

Barbarian Swimmers

Kingfisher 3

Learning Outcomes

Assessment Standards

Demonstrate the ability to:

Maintaining the following:

1	Perform a sitting dive	<ul style="list-style-type: none">▪ Arms extended, hands clasped with head between arms▪ Body to submerge just beneath the surface▪ Maintain streamline body position
2	Perform a kneeling dive	<ul style="list-style-type: none">▪ Arms extended, hands clasped with head between arms▪ Body to submerge just beneath the surface▪ Maintain streamline body position
3	Perform a squat dive	<ul style="list-style-type: none">▪ Arms extended, hands clasped with head between arms▪ Body to submerge just beneath the surface▪ Maintain streamline body position
4	Perform a crouch dive	<ul style="list-style-type: none">▪ Arms extended, hands clasped with head between arms▪ Body to submerge just beneath the surface▪ Maintain streamline body position
5	Perform a lunge dive	<ul style="list-style-type: none">▪ Arms extended, hands clasped with head between arms▪ Body to submerge just beneath the surface▪ Maintain streamline body position
6	Perform a plunge dive	<ul style="list-style-type: none">▪ Arms extended, hands clasped with head between arms▪ Body to submerge just beneath the surface▪ Maintain streamline body position
7	Perform a racing dive with transition into a prone stroke	<ul style="list-style-type: none">▪ In compliance with FINA rules

ALL the above skills are to be performed in deep water by a suitably qualified Swimming Teacher

The next badge is **4 Stroke**