

# Barbarian Swimmers

## 4 Stroke

Learning Outcomes	Assessment Standards
<b>Demonstrate the ability to:</b>	<b>Maintaining the following:</b>
1 Perform a safe entry	<ul style="list-style-type: none"> <li>▪ Vertical Ladder Steps - Walking down backwards</li> <li>▪ Dive - Controlled</li> <li>▪ Swivel Entry - Safe and controlled</li> </ul>
2 From a diving start, swim 25 metres butterfly	<ul style="list-style-type: none"> <li>▪ Recognisable Stroke</li> <li>▪ Undulation</li> <li>▪ Evidence of timing</li> <li>▪ <b>No buoyancy aids or assistance</b></li> </ul>
3 Butterfly turn and finish	<ul style="list-style-type: none"> <li>▪ Touch the poolside with both hands at the start of the turn and / or finish</li> </ul>
4 From a competitive start in the pool, swim 50 metres Back Crawl	<ul style="list-style-type: none"> <li>▪ Improvement shown from 3 Stroke</li> <li>▪ Good timing</li> <li>▪ Clear transition to stroke</li> <li>▪ <b>No buoyancy aids or assistance</b></li> </ul>
5 Competitive Back Crawl turn and finish	<ul style="list-style-type: none"> <li>▪ Touch the poolside with one hand and swimmer must still be on the back</li> </ul>
6 From a diving start, swim 50 metres Front Crawl	<ul style="list-style-type: none"> <li>▪ Recognisable Stroke - Improvement from 3 Stroke!</li> <li>▪ Good timing</li> <li>▪ Clear transition to stroke</li> <li>▪ <b>No buoyancy aids or assistance</b></li> </ul>
7 Competitive Front Crawl turn and finish	<ul style="list-style-type: none"> <li>▪ Tumble Turn efficient!</li> </ul>
8 From a diving start, swim 100 metres breaststroke	<ul style="list-style-type: none"> <li>▪ Improvement shown from 3 Stroke</li> <li>▪ Pull / Breathe / Kick / Glide</li> <li>▪ Clear transition to stroke</li> <li>▪ <b>No buoyancy aids or assistance</b></li> </ul>
9 Competitive breaststroke turn and finish	<ul style="list-style-type: none"> <li>▪ Touch the poolside with both hands at the start of the turn - efficient!</li> </ul>
10 Exit the pool safely and unassisted	<ul style="list-style-type: none"> <li>▪ Safe method of exit</li> </ul>

**ALL the above skills are to be performed in deep water**

The next badge is **Shark 1**