

BADGE 1	
1 metre	Arms up forward jump straight
Poolside	Arm circle forward jump straight
Poolside	Arms up backward jump straight
1 metre	Arms up backward jump straight
Poolside	Hands grabbed forward entry pike
1 metre platform	Slide board forwards entry
Poolside	Slide board backward entry

BADGE 2	
1 metre	Arms up forward jump tuck
1 metre platform	Arm circle forward jump tuck
1 metre	Arm circle backward jump straight
1 metre platform	Slide board backward entry
1 metre	Hands grabbed forward entry pike
3 metre	Arms up forward jump straight
Poolside	Arms up forward dive straight

BADGE 3	
3 metre	Arm circle forward jump straight
1 metre	Arms up forward dive straight
1 metre	Assisted backward entry straight
1 metre	Forward entry tuck (peanut roll)
3 metre	Hands grabbed forward entry pike
1 metre	Arms up backward entry straight

BADGE 4	
Poolside	Falling backward pike sit
1 metre	Backward entry straight
3 metre	Arm circle backward jump straight
1 metre	Arms up forward dive tuck
3 metre	Forward entry tuck (peanut roll)
Poolside	Dive roll (front somersault tuck)
1 metre platform	Arms up forward jump pike

BADGE 5	
1 metre	1 bounce arms up forward jump straight
Pool deck	7 step hurdle progression
Poolside	Forward pike wedge
1 metre	Arms up mini push backward dive straight
3 metre	Arms up forward dive tuck
Poolside	Forward somersault tuck onto mat
3 metre platform	Platform hurdle forward jump straight

BADGE 6	
1 metre	Arms up forward somersault tuck
Poolside	Arms up backward pike wedge
Poolside	Arms up inward pike wedge
1 metre	Hurdle progressions 1 & 2 with forward jump straight
1 metre	Arms up back dive tuck with small tuck
1 metre	Arms up forward dive pike
5 metre	Arms up forward jump straight

BADGE 7	
1 metre	Hurdle progressions 3 & 4 with forward jump straight
3 metre	Forward entry pike with arms in 'T' position
1 metre	Arms up inward dive tuck
1 metre	Arm circle forward dive tuck
1 metre	1 bounce arms up forward dive tuck
3 metre	Arms up backward entry straight

BADGE 8	
Poolside	Arms up reverse pike wedge
1 metre	Assisted backward entry tuck (back peanut roll)
5 metre	Arms up backward jump straight
3 metre	Arms up forward dive pike
3 metre	Arms up inward dive tuck
3 metre	Backward entry tuck
1 metre	Backward dive tuck