



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...

WILLIAM HARDING SCHOOL

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19 December 2022

Dear parents and carers,

Re: Year 4 Swimming information for parents

Next term, Blenheim and Osborne will be starting their Statutory School Swimming Programme as part of National Curriculum Physical Education.

The children will be swimming at Stoke Mandeville Stadium and will have their lesson on Wednesday's between 2:00-3.00pm.

Blenheim and **Osborne** will swim on Wednesday 11th January, 18th January, 25th January, 1st February, 8th February, 15th February, 22nd February, 1st March, 8th March, 15th March, 22nd March.

By the time a child is ready to leave primary school they should be able to swim, know how to get out of trouble if they fall into the water, know the dangers of water and understand how to stay safe when playing in and around it. This includes understanding and adhering to national and local water safety advice, being able to use appropriate survival and self-rescue skills if they unintentionally fall in or get into difficulty in the water and knowing what to do if others get into trouble. The reasons we believe School Swimming to be so important include:

- It teaches pupils how to safely have fun in the water with family and friends,
- Water safety is an essential life-saving skill,
- Swimming provides numerous physical and mental health benefits throughout a pupil's life,
- Knowing how to swim confidently provides access to many other water-related activities and careers,
- Learning about water safety in different water environments and situations is vital to staying safe in and around water.

Swimming is effectively 'Wet PE'. As such, in addition to the above, our aim is for pupils to be physically active during their School Swimming lesson and have opportunities to:

- Engage in competitive situations (both against themselves and others) and co-operative physical activities,
- Communicate, collaborate and compete with each other,
- Develop an understanding of how to improve; learn how to evaluate and recognise their own success.

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.



Level 2 Swimming Teachers from Stoke Mandeville Stadium will be taking the lessons. In addition to Level 2 Swimming Teachers, accompanying School Staff have also undertaken training in National Curriculum Swimming so they are able to work in partnership and support the School Swimming lessons - this enables high quality lessons through Swimming Specialism alongside National Curriculum knowledge.

Your child will be taught the following skills and strokes in different water-related contexts:

- how to enter and exit the water, floatation, submerging, rotating from back to front and front to back and regaining an upright position, pushing and gliding and an understanding of streamlining, aquatic breathing.
- moving effectively and efficiently through the water using alternating and simultaneous strokes on front and back, such as front crawl, back crawl, breaststroke, side stroke, swimming longer distances and for increasing amounts of time.
- survival and self-rescue skills: treading water, Heat Escape Lessening Position (HELP) and Huddle positions, floating and resting in the water, attracting attention, sculling and swimming in clothes/buoyancy aids.
- water safety: knowledge and understanding of different water environments, how to stay safe when playing in and around water including recognising flags and warning signs and understanding national and local water safety advice,
- what to do if others get into difficulties: stay safe: shout, signal; throw, do not go into the water; raising the alarm 999,

Within a class or year group, pupils are likely to hold a range of abilities in these areas. Regardless of prior swimming experience, it is important to ensure all pupils are offered the same lessons initially to provide consistency. This is particularly important with regard to the water safety lessons as this is an area which can never be over-taught.

Please provide your child with a waterproof kit bag with the following items:

- Suitable swimwear (girls 1 piece swimsuit/boys swimming trunks or above the knee swim shorts)
- Towel
- Swim cap (these are essential for accessing the pool and can be purchased from the pool for £1)

Whilst they are not considered to be essential, we recognise that children who swim frequently or whose eyes are susceptible to irritation may prefer to use goggles for swimming. They may help maintain the required body position and improve vision through the water. Therefore, parents may request that their child uses goggles during the lessons. I should inform you that it is your responsibility, to teach your child to put on and take off goggles in the correct and safe fashion. Please ensure that goggles are of a good quality, makes such as Speedo or Zoggs meet British Standard Institution (BSI) requirements. You should be aware that on occasions your child will be asked to remove their goggles in order to safely perform certain aquatic activities such as Water Safety or Water Polo.

If you would like your child to wear goggles please complete this by copy and pasting the following link:

<https://forms.gle/7NH5qJca5bi1w9nL9>

Yours faithfully,

Mr Thorpe

PE & Sports Lead

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