

Swimming Policy



Preston Grange Primary School

Issue Date: May 2024

Last reviewed: May 2024

Next review due: May 2026

Why is swimming a part of our PE curriculum?

1. Swimming and Water Safety is included within the national curriculum PE programme of study.
2. Primary school is the only opportunity some young people will have to learn these important life-enhancing and potentially life-saving skills.
3. Swimming is an activity with numerous physical, mental and developmental benefits for all young people.

Swimming is a vital life skill and it is our duty as a school to provide children with the opportunity to develop water safety skills and to develop their ability to swim using different strokes over various distances.

National Curriculum

National curriculum requirement		What your child will learn
1	Swim competently, confidently and proficiently over a distance of at least 25 metres.	The ability to swim confidently from one end of a 25m pool to the other without touching the walls or floor. This is the minimum distance and many pupils may be able to swim further.
		How to maintain their strength throughout the swim so that they can comfortably achieve the distance.
		How to use their chosen stroke effectively throughout the swim.
2	Use a range of strokes effectively.	How to swim on their front and back using different swimming strokes.
		Which stroke to use when. For example, treading water to help with survival and self-rescue, front crawl to swim fast in a race.
3	Perform safe self-rescue in different water-based situations.*	The potential dangers of water and how to act responsibly when being near different types of water e.g. canal, river, lake, reservoir, sea.
		How to use self-rescue skills and when to use them if they unintentionally fall into the water or get into difficulty.
		What to do if someone else gets into trouble in the water and who to call for help.

At Preston Grange Primary School children swim in the following year groups in the specified terms:

- Year 6 - Autumn term
- Year 5 - Spring Term
- Year 4 - Summer Term

This gives children in Y4, 5 and 6 the opportunity to develop and achieve the aims set out in the National Curriculum by the end of KS2.

What your child needs:

- Swimsuit or swimming trunks (no bikinis)
- A towel
- A bobble to tie long hair up

Please ensure your child does not have:

- Hair that has been dyed around the time of the swimming lesson
- Any piercings or earrings (inc. spacers)
- Valuables or items in their bag that could be lost on the way to the pool

In order to cover the cost of travelling to the pool we ask for a payment. You will receive information about this before it is your child's term to go swimming.

Withdrawal from Swimming Lesson

Pupils cannot be withdrawn from swimming, because they can't be withdrawn from PE lessons and swimming forms part of the PE curriculum.

A pupil can also be withdrawn from swimming lessons for valid medical reasons.

If your child is ill and cannot attend a swimming lesson, formal documentation must be presented to their class teacher. For example - a doctors note. Swimming is a statutory requirement of the national curriculum.

Any issues regarding swimming should be reported to the school office.

Swimming Outcomes

You can find our end of KS2 swimming outcomes on our website by following this link:
https://www.pgps.co.uk/website/pe_sport_premium/119727

Supporting swimming at home

Because swimming is such a vital life skill many parents ensure their children attend swimming lessons outside of school. North Tyneside has a many local pools which offer swimming lessons as well as growing numbers of private providers access the local area. You will find more information on how to access swimming lessons in North Tyneside here: <https://my.northtyneside.gov.uk/category/143/swimming>

We love to see our children's achievements gained outside of school so please contact us and share any swimming badges or certificates.