

## SWIMMING GUIDANCE FOR YEAR 5 PARENTS

**Year 5 will be having swimming lessons on a Thursday afternoon at Grand Central Pool, Stockport commencing Thursday 11<sup>th</sup> January 2024 with the last lesson on Thursday 21st March 2024.**

- Swimming is a compulsory element of the programme at Key Stage 2 unless pupils have already completed the full requirements of this level at Key Stage 1.
- In swimming activities and water safety pupils should be taught to:
  - Pace themselves in floating and swimming challenges related to speed, distance and personal survival.
  - Swim unaided for a sustained period of time over a distance of 25 metres.
  - Use recognised arm and leg actions, lying on their front and back.
  - Use a range of recognised strokes and personal survival techniques.
- The programme is delivered with the Class Teacher and Swimming Teacher working in partnership. If you have any concerns or worries with reference to your child and swimming do contact the school.
- The school must be informed of any medical conditions that might affect your child's performance in lessons. If your child has a serious medical condition, such as epilepsy or a heart condition, medical clearance and written permission from you are both essential for your child to take part in the normal swimming programme. If your child has asthma it is important that he/she bring the prescribed inhaler with them onto the pool side. If your child has a severe visual problem and needs to wear glasses/prescription goggles you should attach elastic to them to keep them in place.
- Your child's swimwear needs to be close fitting in order not to hinder movement or produce resistance. Low cut costumes with straps that fall from the shoulder, bikinis and baggy shorts are ideal for the beach or holiday wear but seriously restrict a swimmer and are therefore not appropriate for swimming lessons. If for religious reasons your child is not allowed to wear the usual swimwear please contact the school.
- We expect all children whose hair could impede their vision to wear a swimming hat.
- **The wearing of ANY jewellery is strictly forbidden.** The only exception to this rule is a medication identity bracelet where a sweatband should be worn to cover the bracelet.
- Goggles are not advised for school swimming lessons. It is important that children are comfortable in AND below the water (without the use of goggles). However there may be medical reasons why they need to be worn. It is important that the Class Teacher be informed of such medical reasons. Children will not be allowed to wear goggles for jumping, diving, game sessions & water safety/skills assessments, unless their use has been previously agreed by the Swimming Teacher due to an inhibiting medical condition. Where the use of goggles is agreed, it may be necessary to modify the pupil's participation so that neither they, nor other pupils, are placed at undue risk.
- Your child will be assessed when they start their school swimming lessons. This is to clearly identify his/her level of swimming in terms of the various skills and techniques. How far he/she can swim is not the criteria used in this assessment. Your child will then be placed in a group suited to his/her ability.
- If there is a small pool/shallow water is not just used for non-swimmers and beginners but is also used to teach appropriate skills therefore do not be worried if your child is having lessons in the small pool/shallow water. Similarly your child may be given the opportunity to experience deep water. The Swimming Teacher will make the best use of water space, ability and staff numbers.
- Parents/carers should only attend school swimming lessons to observe with the prior agreement of both the school and swimming pool.

**If you have any worries or concerns with regard to swimming contact the school.**