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25th January 2024

Dear Parents

SCHOOL SWIMMING LESSONS

Teaching swimming and water safety during Key Stage 1 or 2 is a requirement of the national curriculum PE programme of study. Sabden Primary has chosen to teach swimming and water safety to KS2 pupils.

After the Easter holiday we will resume our school swimming lessons for some children in KS2 starting on Wednesday 17 April and every Wednesday after that.

All of Year 3 children will be swimming with some children out of Years 4, 5 and 6 having top up lessons at the same time. Top up lessons are offered to children who have not yet reached the standard expectation of being able to swim 25m and/ or who could do with a little more confidence building. You will be informed if your child is invited to take these top up lessons and we will also tell your child.

Pupils in Year 6 who are having top up lessons will start after the SATs assessments have been completed with a view to them joining the group on Wednesday 22 May 24.

The aims of school swimming are:



Many of our children have swimming lessons outside of school so please continue these and do not stop because they are having lessons from school. The more swimming the better and the more safe and competent your child will be.

Continued/...

Headteacher Elizabeth Maskell
B.Ed (Hons), N.P.Q.H.

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For those children with limited experience of swimming we ask that you get them used to the water and the process of changing/ unchanging before Easter. We know of several inexperienced, nervous children who have told us that they have had very little time in a swimming pool. School swimming is not ideal for children who are nervous of the water and if it proves too much for them we may delay their lessons until they have gained more confidence or experience with yourselves. This might be the next year when we start swimming again. Rest assured that all children in KS2 will have school swimming lessons at some point in these four years and if they aren't ready one year we will try again at another time. It is far better to wait and be patient than force a child who isn't ready and scare them off for life.

Swimming is part of the national curriculum and as such schools must offer lessons with children taking part regularly. Requests to withdraw from swimming due to illness should only be a last resort and must be made in writing to school. Children should not attend swimming if they have the following:

- Diarrhoea or gastrointestinal infections
- Skin infections under supervision of doctor
- Diagnosed ear and eye infections
- Infected wounds or some injuries

If in doubt please get in touch with school. As a general rule of thumb if they are well enough to be in school, and are well enough to play out then they are probably well enough to swim.

Kind regards
Elizabeth Maskell
Headteacher