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Dear Parent/Carer

3<sup>rd</sup> March 2023

### Swimming lessons

After Easter, Year 3, Year 4, Year 5 & Year 6 children will commence swimming lessons. The lessons will take place on THURSDAYS at Padiham Leisure centre at 1.00pm for 1 hour and commence on **Thursday 20<sup>th</sup> April (first week back after Easter) until the 13<sup>th</sup> July** (excluding the half term break).

#### Swimming and the national curriculum -

Since 1994, swimming and water safety has been a statutory element of the national curriculum for physical education in England. This means that every 11-year old child should leave primary school with the skills to keep themselves safe while enjoying swimming with friends and family.

#### The three national curriculum outcomes -

Swimming is the only sport to be included within the national curriculum physical education programme of study. All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2. Each pupil is required to be able to do the following:

- Perform safe self-rescue in different water based situations
- Swim competently, confidently and proficiently over a distance of **at least** 25 metres
- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

Your child will need to bring a towel, trunks/costume, swimming hat/cap, hairbrush and a plastic bag for taking home wet kit. Please ensure that items are clearly labelled to avoid confusion. Children are **NOT** allowed to wear long swimming shorts (they must be above the knee) or earrings. If your child does wear earrings, they will have to be able to remove them themselves. **Children with long hair are required to wear a swimming cap and if you require your child to wear goggles then please read the attached advice and return the permission slip as stated. If we do not receive this, your child will not be able to wear goggles.**

Transport to and from Padiham Leisure Centre is provided. The children will be having an early lunch on Thursdays.

This is a wonderful opportunity for your child to develop this important lifesaving skill and I am sure this will be a fun and memorable experience.

Yours sincerely

**Elizabeth Maskell**  
Headteacher

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