

Leeds & Broomfield C.E. Primary School

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(Circulated prior to swimming lessons taking place)

Leeds and Broomfield CE Primary School

How we will organise swimming at Leeds and Broomfield CE Primary School from September 2017

We provide swimming lessons at Leeds and Broomfield CE Primary School to meet the requirements of the National Curriculum.

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- 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]
- perform safe self-rescue in different water-based situations

It also provides the opportunity to

- develop the personal and social development of children and their health and well-being;
- promote a valuable life skill

Swimming at Leeds and Broomfield CE Primary School will be time tabled for all of the academic year for all Year 2 and Year 3 pupil. Children, therefore, have the opportunity to develop and improve their swimming during the primary phase. Swimming lessons last approximately 30 minutes and count as one of the classes' weekly PE lesson. Children will be transported to the swimming pool by the KULB federation minibus to help keep costs low. To ensure annual briefing sessions take place with all staff involved with swimming provision.

Attendance at swimming lessons

All parents must ensure that their children attend all allocated lessons. As swimming is a statutory part of the National Curriculum. Parents do not have the right to withdraw their children from this statutory element of the National Curriculum, unless the child has an EHCP (Education Health Care Plan).

Children who forget their swimming kits or cannot participate in the lesson for any reason will be required to attend the swimming lesson at the pool (this will be charged at the normal cost) and observe the lessons from the side of the pool. This is in line with the other aspects of the PE curriculum delivery.

Parents of children returning from an illness that would prevent them from swimming for a short period of time must provide the school with medical evidence of the illness in order that they may be excused from the lesson. Should a child not be able to swim for an extended period of time, a Doctor's letter must be provided.

Swimming Kit

Girls should wear a one-piece swimsuit and boys should wear swimming trunks (not baggy 'board shorts' please). The wearing of swimming hats is desirable and long hair must be tied up. No Jewellery should be worn at any time. We do not encourage the wearing of goggles for any swimmers as part of the lessons.

CHILDREN WHO WISH TO WEAR GOGGLES IN A SCHOOL SWIMMING LESSON

Advice To Parents Whose Children Wish To Wear Goggles In A School Swimming Lesson.

Goggles are not needed for everyday swimming. It should be remembered that in the event of your child being involved in a hazardous water situation it is extremely unlikely that he/she would be wearing goggles. It is highly desirable therefore that your child learns to swim without being dependent on goggles.

Goggles may cause injuries even resulting in blindness if a child is knocked on the goggles when swimming or diving or putting them on and removing them. Goggles do not keep all water out of the eyes. Goggles often steam up for the first few minutes after putting them on. School swimming lessons usually last for about 30 minutes. The children swim in large numbers and sometimes in crowded conditions.

Beginners do not always have full control of arm and leg movements. These factors may increase the possibility of being hit on the goggles. Goggles are held in place by tight elastic and are made of hard plastic.

The use of goggles is advisable only when there is excessive reaction to the chemicals in the water and where the swimmer is involved in lengthy training sessions. In these cases goggles may reduce the effect of contact of the eyes with the water a little. If goggles are used they should not be made of glass or breakable plastic. It is recommended that such goggles be purchased from a recognised sports equipment retailer or from local baths/leisure centres.

Your child will need to be taught how to put on and remove the goggles and how to empty the water out safely:-“The goggles must be held firmly with both hands each gripping the outside corner where the straps are attached. The goggles must then be pushed upwards and NEVER pulled out away from the face.”

If you wish your child to wear goggles in the school swimming lessons please make this request in writing to the school.

GOGGLES

I, as parent/guardian of

I acknowledge that I have received and read the notes relating to the changes to swimming lessons and advice to parents whose children wish to wear goggles in a school swimming lesson.

SignedDate.....

Please complete and return to the school office before your child's first swimming lesson.