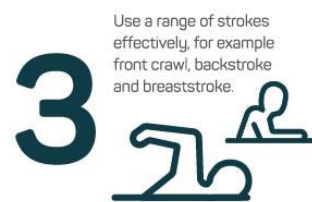


Swimming and water safety is a statutory part of the National Curriculum, with the aim that by the age of 11 (the end of key stage 2) all pupils should be taught to:



- 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 at least 25 metres
- use recognised arm and leg actions, lying on their front and back
- use a range of recognised stroke and personal survival skills (such as front crawl, backstroke, breaststroke, sculling, floating and surface dives)

All schools have a number of responsibilities in providing a swimming programme (though 45 per cent of primary school children are unable to swim 25 metres despite it being a national curriculum requirement), and the ASA – the governing body for swimming in England – offers guidance and advice on delivering these programmes in the best and safest way. <https://youtu.be/fFuu-fARgrU>



Here at St Lawrence Catholic Primary we offer swimming lessons to our year 4 children.

We travel by coach to Hanworth Airpark Leisure Centre.

We asked the children how they were feeling about learning to swim

Year 4 voice – “I am not too good at swimming but I think I will be ok because I know how to swim with a noodle and a board. I am a little bit scared that I will drown, but I am excited to go swimming with my whole class”.

Year 6 voice – “I am very confident and I really love swimming. I had a good teacher and I am at stage 7 now. I still go to lessons at Hanworth Air parks and its fun”.

Here are some useful tips to make your child’s experience less scary: Encourage your child to get their hair and face wet at bath/shower times. Visit a swimming pool regularly to add to your child’s swimming experience. Go swimming together as a family, or with a group of friends to ensure that swimming is a fun, enjoyable and social activity. Sign your child up for additional swimming lessons from a local facility.