

‘Together we grow, Together we flourish’



Y5/6 Swimming lessons

Summer term 2021

Dear Parents,

We are pleased to be able to deliver the swimming curriculum to our Y5/6 pupils next half term.

Swimming is the only statutory sport on the school PE curriculum and the national curriculum requires that all schools provide swimming instruction in either key stage (KS) 1 or 2 and states that, 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.

To support our children in achieving these outcomes, these lessons will be delivered and supported by a level 2 swimming coach alongside specialist PE teacher, Mr Coupe and the Y5/6 class teachers.

Lessons will be every Thursday, 10-11am, commencing in the first week of next half term (Thursday 10th June).

Your child will need:

- **Swimwear** This may be a swimming costume (one-piece), trunks, shorts (must be swimming shorts). Where there is a medical need, Wetsuit/drysuit will be permissible.
- **Towel/s**
- **Swimming cap** (optional) Swimming caps can be useful for pupils with longer hair. They not only keep the hair out of the face, but also reduce ‘drag’ to make swimming that bit easier.
- **Goggles** Although not essential, wearing swimming goggles during the lesson is acceptable for pupils who have a specific need. Ideally pupils need to experience swimming without goggles, particularly for water safety development. For example,



Dartington C of E Academy
Shinner's Bridge, Dartington
Devon, TQ9 6JU
T: 01803 862357
E: dartington@lapsw.org



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if a child falls into a lake they won't have goggles and may panic. Please ensure that your child knows how to fit and adjust their goggles properly. Teachers will not be responsible for fitting goggles.

- **Hairbrush/Comb** For those with longer hair, please tie hair back on swimming days, to keep it off the face and out of eyes, if your child will be swimming without a cap.
- **Water** Swimming is a form of exercise. When swimming it's important to keep hydrated. Please send your child to school with a water bottle.
- **Snack** Your child is welcome to bring a small snack such as a banana for straight after their swim. This will help to replace energy.
- **Jewellery** As with all PE lessons, earrings and watches must be removed for swimming lessons, to establish a safe working environment.

Please complete and return the Y5/6 swimming consent SOE3 form by **Monday 7th June 2021**.

Kind regards,

Mrs Gilly Honey
PE Lead and Y5/6 teacher



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