

Y4/5/6 Swimming lessons Summer term 2022

Dear Parents,

We are hoping to be able to deliver the swimming curriculum to our Y4/5/6 pupils this term. We are just awaiting confirmation from the Dartington Swimming Pool that they can accommodate us with lifeguards and a swimming teacher. However, the pool can't let us know until next week so we wanted to send the letter with advanced notice to gain consent in the hope that it will go ahead. We haven't shared it with the children yet just in case it cannot happen.

Normally, this would be a Year 6 offer, but we want to extend it to the three year groups due to the last few years of lockdowns reducing swimming opportunities. We have been given some additional funding from the Trust to support this.

Through the curriculum, they will be taught the following skills:

- 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, Mrs Mitchell and the Y4/5/6 class teachers.

We are hoping that lessons will be every Thursday, commencing **Thursday 19th of May** and on the dates following.

Thursday 19th May
Thursday 26th May
Thursday 9th June
Thursday 16th June
Thursday 23rd June
Thursday 30th June

Your child would 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.



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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, 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 Y4/5/6 swimming consent SOE3 form by **Monday 16th May 2022**.

Kind regards,
Mrs Huish



Headteacher