



President Road | Aylesbury | Buckinghamshire | HP18 0YA  
Tel: 01296 326320 | e-mail: [admin@greenridgeacademy.co.uk](mailto:admin@greenridgeacademy.co.uk)  
Website: [www.greenridgeacademy.co.uk](http://www.greenridgeacademy.co.uk) | Twitter: @GreenRidgeR2

Headteacher: Mr. Aaron Wanford MA, B.Ed. (Hons), NPQH

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Tuesday 3<sup>rd</sup> December 2019

### Year Three Swimming Lessons – Spring Term 2020

Dear Parents and Carers,

As part of the National Curriculum requirements for Physical Education, Year Three will be starting their Statutory School Swimming Programme next term.

By the time your child reaches the end of Year Six, your child should be able to swim, know how to get out of trouble if they fall into the water, know the dangers of water and understand how to stay safe when playing in and around it. This includes understanding and adhering to national and local water safety advice, being able to use appropriate survival and self-rescue skills if they unintentionally fall in or get into difficulty in the water, and knowing what to do if others get into trouble. The reasons we believe School Swimming to be so important include:

- It teaches pupils how to safely have fun in the water with family and friends,
- Water safety is an essential life-saving skill,
- Swimming provides numerous physical and mental health benefits throughout a pupil's life,
- Knowing how to swim confidently provides access to many other water-related activities and careers,
- Learning about water safety in different water environments and situations is vital to staying safe in and around water.

Swimming is effectively 'Wet PE'. As such, in addition to the above, our aim is for pupils to be physically active during their School Swimming lesson and have opportunities to:

- Engage in competitive situations (both against themselves and others) and co-operative physical activities,
- Communicate, collaborate and compete with each other,
- Develop an understanding of how to improve; learn how to evaluate and recognise their own success.

Your child will be taught the following skills and strokes in different water-related contexts:

- how to enter and exit the water,
- floatation,
- submerging,
- rotating from back to front and front to back and regaining an upright position,
- pushing and gliding and an understanding of streamlining,
- aquatic breathing,
- moving effectively and efficiently through the water using alternating and simultaneous strokes on front and back, such as front crawl, back crawl, breaststroke, side stroke,
- swimming longer distances and for increasing amounts of time,
- using swimming skills and strokes for different purposes such as water polo and synchronised swimming,

- survival and self-rescue skills: treading water, Heat Escape Lessening Position (HELP) and Huddle positions, floating and resting in the water, attracting attention, sculling and swimming in clothes/buoyancy aids,
- water safety: knowledge and understanding of different water environments, how to stay safe when playing in and around water including recognising flags and warning signs and understanding national and local water safety advice,
- what to do if others get into difficulties: stay safe: shout, signal; throw, do not go into the water; raising the alarm 999,
- play competitive games such as water polo and apply basic principles suitable for attacking and defending.

Within Year Three, pupils are likely to hold a range of abilities in these areas. Regardless of prior swimming experience, it is important to ensure all pupils are offered the same lessons initially to provide consistency. This is particularly important with regards to the water safety lessons as this is an area which can never be over-taught.

Any pupils who are unable to meet these outcomes will be offered a Top Up programme where they will receive further lessons to help them to progress to meet these outcomes. For further information, please use this [link](#).

The swimming lessons will be held on a Tuesday and will commence on Tuesday 7<sup>th</sup> January until Tuesday 31<sup>st</sup> March 2020 (Spring Term). The children will leave school at 10.50am, our lessons will be held at Aqua Vale Leisure Centre and we have arranged travel to and from the pool by coach. The children will be taught by qualified swimming teachers at Aqua Vale, but will be accompanied by school staff as well for each lesson.

It is necessary to ask you to make a contribution towards the cost of transport. The total for the term will be £27.70 and payment should be made via Arbor. If your child has ever had Free School Meals, or is currently in receipt of Free School Meals, your allocated funding from Pupil Premium can be used to pay for the travel.

Your child will be **required** to bring the following:

- Swimming costume (one piece swimming costume, not bikini/trunks, not shorts)
- Swimming cap (compulsory)
- Goggles (optional)
- Towel
- Named bag to put their wet towel and costume in

Whilst they are not considered to be essential, we recognise that children who swim frequently or whose eyes are susceptible to irritation may prefer to use goggles for swimming. They may help maintain the required body position and improve vision through the water. Therefore, parents may request that their child uses goggles during the lessons.

I should inform you that it is your responsibility as a parent, to teach your child to put on and take off goggles in the correct and safe fashion. Our advice would be to read the manufacturer's instructions for putting them on and taking them off. This is important to ensure protection of eyes from impact damage through stretching the eyepieces away from the face with wet fingers.

Please ensure that goggles are of a good quality. Goggles should be British Standard Institution (BSI) Goggles which includes makes such as Speedo or Zoggs, which will include instruction on the package for the correct way to put them on and take them off. You should be aware that on occasions your child will be asked to remove their goggles in order to safely perform certain aquatic activities.

If you would like your child to wear goggles during swimming lessons in school, please complete the return slip below. No goggles may be worn without the signed form.

The return slip also requests information you may be able to provide us with regarding previous swimming experience. In order to compile this information, please tick the relevant boxes on the return slip. Please return the slip to Miss. South or the school office by **Tuesday 10<sup>th</sup> December**.

Should you have any questions, please do not hesitate to contact the school office.

Yours faithfully,



Mr. Aaron Wanford  
Headteacher



**Year Three Swimming Lessons – Spring Term**  
**REPLY SLIP**

Child's name \_\_\_\_\_

Please ✓ as appropriate:

I have paid the voluntary contribution towards the cost of the coach via Arbor.

My child is in receipt of Free School Meals and/or Pupil Premium, so no payment has been made.

My child has previously had/is currently having swimming lessons outside of school

My child swims regularly

My child is a non-swimmer

My child lacks confidence in swimming

My child can already swim ..... metres or is at grade ..... in their lessons

I would like to request that my child wears goggles during their swimming lessons at school. I understand that it is my responsibility to ensure the goggles are in good condition and that my child knows how to take them on and off safely. I also recognise that there will be occasions when they may be asked to remove their goggles.

Signed (Parent/Carer) \_\_\_\_\_ Date \_\_\_\_\_

**PLEASE RETURN THIS SLIP BY TUESDAY 10<sup>TH</sup> DECEMBER**  
**PAYMENT WILL REMAIN OPEN UNTIL SUNDAY 5<sup>TH</sup> JANUARY**