



Wednesday, 26 February 2025

Year 5 Swimming Lessons

Dear Parent/Guardian,

All year 5 pupils are required to take part in swimming and safety lessons, as part of the national curriculum guidelines.

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

Swimming Information:

Location: Adwick Leisure Centre

Date & Duration: Fridays (during term time and excluding Bank Holidays) from the 25th April 2025 to the 11th July 2025

Time Session 1: 9.15am – 10.15am. Coach Collection 08.45am prompt, please arrive at school on time.

Time Session 2: 10.30am – 11.30am.

As part of the swimming policy regarding clothing and equipment, pupils are required to wear:

Boys: Dark fitted swim shorts or trunks.

Girls: Dark one-piece swimming costume.

Goggles: Goggles are permitted with written consent, but pupils will be encouraged not to wear them to replicate real life swimming safety scenarios.

Water safety testing: During the course, pupils will be asked to bring clothing to wear in the pool. This will include 2 x long sleeve tops and trousers; girls can wear skirts.

Swim Safety Items: All arm bands and swimming aids will be provided by the leisure centre.

Jewellery: No jewellery shall be worn for swimming.

Hair & cosmetics: Long hair must be tied up. No items including deodorants or hair gel will be required. Please ensure all nail varnish is removed before swimming. Swim caps are advised.

Medical: Any inhalers or medicinal items will need to be available during swimming sessions, please supply any items required.

Consent Form

Attached are the consent forms that are required to be completed regarding water confidence and medical details before swimming starts, please return these to your child's class teacher by Monday 3rd March 2025.

Kind regards,

Mr Newsham

Sarah Lathlane - Executive Headteacher
Neil Harris – Head of School

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