

BUCKS SCHOOL SWIMMING NEWSLETTER

Welcome to the Autumn Edition of the Bucks School Swimming Newsletter. We hope your pupils have enjoyed this term's swimming. Please do get involved in the Big School Swim from 11th to 15th November - it's a great way to have fun and celebrate how great school swimming can be!

Mandy Carey

AVTP School Swimming Adviser

Aylesbury High School, Walton Road, Aylesbury, Bucks.

Tel: 01296 388222 ext. 296 / swimming@ahs.bucks.sch.uk

<http://avtp.co.uk/school-swimming>

Bucks Swim Star Awards and NEW Water Safety Awards



We are delighted to announce that the Bucks Swim Star Awards have undergone some updating to bring them in line with Swim England and National Curriculum Swimming updates. Whilst most of the criteria remains unchanged, the Water Safety criteria have become more specific. We have also developed two awards for Water Safety: a Water Safety Developing Award (Silver) and a Water Safety Mastering Award (Gold). The aim of these awards is to provide schools with criteria for their pupils for Water Safety and a means of assessment against these criteria to support their online reporting and reporting to parents on progress. The Developing (Silver) Award outlines what pupils should be able to do by the end of Key Stage 2. The Mastering (Gold) Award develops and challenges more able pupils further. These awards should be used alongside Swim Star, as Water Safety is an important part of National Curriculum Swimming.

Please see the link below for the criteria and certificates for both the updated Swim Star and new Water Safety Awards. Please do get in touch if you have any feedback or suggestions regarding these awards. We hope you and your pupils enjoy using them!

Link: <http://www.avtp.co.uk/behaviour-policy/>

Wycombe Schools Gala - 17th July

Our annual school gala was a roaring success yesterday afternoon, we had a record number of participants; 7 schools all with 12 swimmers each (a mixture of years 4,5 and 6).

Results were:

7th place	Downley School
6th place	Wooburn Green Primary School
5th place	Manor Farm Junior School
4th place	Hughenden Primary School
3rd place	Hamilton Academy
2nd place	St Michael's CE Combined School
1st place	Highworth Combined School - winning by a large margin

The best bit about yesterday was that we only had a handful of club swimmers, so the children that have improved through their school lessons mostly participated. Highworth School have a particularly passionate PE team who have kept swimming for the whole of year 4 and 2 terms in year 6, this model is clearly working as their swimmers were amazing. As you can see from the photos, all of the children thoroughly enjoyed themselves, it was lovely to see them all competing.



It was the first time St Michaels, Downley and Wooburn Green have joined in and they all said how much fun the children had.

Carla Brown
Wycombe Leisure Centre,
Schools Swimming Co-ordinator

The Big School Swim

The next Swim England Big School Swim takes place from 11-15 November 2019, with schools and swimming pools across the country celebrating their School Swimming!



What is the Big School Swim?

The Big School Swim is an annual event that celebrates swimming in schools. It is a great opportunity for you and your pupils to celebrate the fun – and importance – of learning how to swim and learning about water safety.

This year more than 60,000 pupils will be taking part during their PE lessons. Sadly, 23% of pupils are still leaving primary school unable to swim, leaving them unable to take part in a wide-range of activities. Statistics tell us that these pupils are unlikely to ever learn to swim if they don't do so at primary school – that's why helping them achieve this important life skill is so important. As a requirement of the national curriculum, we want to help you make the most of the time you do get in the pool, by keeping those lessons fun and engaging – and maximising the time spent in the water.

Can secondary schools take part?

The resources for the Big School Swim are aimed at primary schools delivering curriculum swimming and water safety lessons. But don't let that stop you. If your students are enjoying time in the water during term time – then feel free to get involved, we'd love to hear from you about how you have adapted the activities.

School Swimming Charter Schools will receive a pack of lessons, activity sheets, certificates and a poster for your school notice board.

We want **all pupils** to leave primary school able to swim, so celebrating achievements in swimming lessons and helping your pupils (and teachers) to have some fun while learning is a great way to encourage them to learn this important life skill - and be safe around the water.



150 years of swimming

This year Swim England is celebrating its 150th anniversary – so with this in mind, they have added a couple of games to celebrate how much fun School Swimming can be:

- **'Ball Pit 150' game:**

Intent: to get your pupils thinking about using different ways of travel

Implementation: 150 ball pit balls placed in 'ball pit (floating hoop or area of pool); in relay pupils travel to ball pit, collect one of their team's colour balls; take back to team; next swimmer goes; play until all balls collected; differentiate through different ways of travelling, with/without aids, different ways of taking ball back to team; different strokes, sculling...

- **Magic number 150:**

Intent: to get them thinking about creating the number 150 on the surface of the water while working as a team.

Implementation: pupils working in two teams; they can use themselves or floating shapes and numbers, to create the number 150 on the surface of the water

All you need for this is some flotation equipment and a pack of plastic or foam balls.



FREE TOP UP PROGRAMME AT WYCOMBE ABBEY SCHOOL FROM 16TH - 19TH DECEMBER 2019



We are looking forward to December when 90 pupils from 7 primary schools in Buckinghamshire will be taking part in an exciting Top Up School Swimming initiative taking place at Wycombe Abbey School.

We are working in partnership with Neil Bailey Swimming, an experienced learn-to-swim-provider in your area, who is committed to helping schools to ensure their pupils leave school able to swim and be safe in and around water. The Swim School are pledging free qualified swimming teachers to the programme taking place for Year 5/6 pupils from Monday 16 to Thursday 19 December 2019 at Wycombe Abbey School. We are incredibly grateful to Wycombe Abbey School too for providing free use of their pool to enable this valuable programme to take place.

The only cost implication for schools will be transport costs. We look forward to updating you on the success of this week whose aim is to enable more pupils to meet minimum NC requirements and become safe in and around water.



Some ideas for activities and games...

- **Stingray** - pupils sit on a noodle which has a foam float disc arm band on the back of the noodle to resemble 'the sting'; pupils spaced in the pool randomly; travel upright on the noodle to steal other pupils' 'stings' (discs), whilst trying to keep own 'sting' (disc),
- **Card game** - pupils split into 4 teams. Each team has a suit of cards the other side of the pool; e.g. Team 1 have all the hearts, Team 2 have all the spades. Cards are face down. First swimmer travels (run/swim) their set of cards, where they turn one card. If this card is an Ace, they bring it back and then each subsequent swimmer can bring a card back to their team. If it is not the Ace, they turn the card down and come back; next swimmer goes etc. Only one swimmer at a time. Key is to come up with a strategy to best remember which cards have been turned. Pupils may use floatation aids; you can specify a stroke etc ...,
- **Flag Game** - discuss the various beach flags with pupils; ask them to imagine they are in the sea travelling by either walking or swimming; when each flag is waved, they need to move to the designated area and perform an action to show they understand the flags; e.g. red flag = climb out safely at a designated area; red and yellow flag = swim or collect a float and travel with tummy on the float to represent a body board; Black and white flag = sit on a noodle and hold another noodle in front making paddling actions as though in a kayak; orange flag = get rid of any floatation aids which may represent a lilo or create waves with their arms!
- **Ball pit game** - throw a large number of ball pit balls into the middle of the pool area; put pupils in teams and allocate them a colour; one at a time they need to collect a ball of their colour and bring it back to their 'pit' (may be a floating hoop); keep going until each team have all their balls. This can be extended to allow teams to steal balls from other teams,
- **Water Safety scenarios** - create some scenarios based around water safety; e.g. a dog is in a reservoir and cannot get out - what will you do? ; your friend took a dip in the river to cool off and is being dragged by the current... Pupils need to use the Water Safety Code to respond safely to the incident; i.e. they do not get into the water; assess any dangers; call for help/make an emergency phone call then help the casualty by using shout and signal/throw rescues.....(have a range of floatation equipment ready on poolside that they may use to throw),
- **Team challenges** - teams of 4/6 - ask them to swim a set number of widths (e.g. 12) as a relay team ensuring everyone is involved. How can they make this as fast as possible? Will everyone swim the same distance/stroke? How can you improve your time (e.g. fast turns, streamlining; fast starts etc) - give them roles (timekeeper, coach, manager...). They may or may not need floatation aids. Teams can be mixed ability so long as all in safe depths/areas of the pool. Bring in new conditions such as 'you have to use 3 strokes in the relay; you need to take a piece of equipment with you; you have to swim on front and back...'

Sharing information with your Leisure Providers

This is a Plea for schools to share information with their Leisure Providers about pupils who have additional needs or medical conditions. It is really important that the staff who will be teaching or lifeguarding your pupils are aware of any needs of your pupils in order to keep them safe. GDPR does give consideration for providing vital information such as this.

For example first names and/or initials may be used. Leisure Providers should hold this information securely and then dispose of it at the end of the programme once data on attainment has been shared with the school. Discuss with your Leisure Providers their policy for this.

Example forms can be found in Appendix X of the Safe Practice in School Swimming Policy found on the following link: <http://www.avtp.co.uk/policy-documents/safe-practise-in-school-swimming-policy/>.

Governor Checklist and Census - Return deadline Friday 22nd November!



In compliance with the Buckinghamshire Safe Practice in School Swimming Policy and Guidance 2018, every school has been asked to complete the School Swimming Governor Checklist & Census 2019-20. This document is important because it indicates the extent to which your school is meeting the statutory expectations for School Swimming. Even if you are an infant school who do not currently swim, this information is helpful to know. In this instance, the return should take no more than two minutes to complete.

This will not only help Bucks County Council build a better picture of School Swimming in Buckinghamshire, but will also provide the statutory information which schools are now being asked to publish on their websites concerning swimming attainment by the end of Key Stage 2. Where you have already reported on attainment on your website, please could you take this information and add to the Census. Your Leisure Provider should be able to help you collect this data if you have not already done so and your pupils swim at a Leisure Provider Pool.

Please complete and return this form by Friday, 22nd November. If you have any questions about the form please contact Allison Holley, School Swimming Administrator - swimming@ahs.bucks.sch.uk.

#LoveSwimming: It's never too late to learn to swim

The swimming sector has released this year's **Love Swimming** campaign, celebrating the achievements of adults who have conquered a fear of water or simply decided it's never too late to learn to swim in a bid to inspire others to do the same.

This comes following new statistics from the Swim England brand tracker revealing 14.2 million – one in three of the adult population in England cannot swim one length of a 25m pool.

Watch this inspiration film of the star of our Love Swimming film, Helen Mbaziira, who was keen to learn how to swim after her daughter came into difficulty in a swimming pool and she felt helpless and unable to save her.

<https://www.swimming.org/justswim/love-swimming-campaign/>

There is hope for us all!

Mo Kornfeld is a champion swimmer who didn't learn to put her face in the water until her mid 60's. She's a world record holder, but has only the vaguest notion of her fastest times. She's a national champion in the backstroke who can tell you about the mechanics of the stroke, but would rather rhapsodize about the heavenly view one gets, swimming with her back to the world, sunny-side up.

At 97, Mo didn't swim her first serious lap until just before her 60th birthday. She now holds 16 age-group world records, 26 U.S. bests and dozens of national championship titles.



Taken from Los Angeles Times, 23 May 2019



New Course available:

We are delighted to have been working closely with Swim England to develop an adapted **Support Teacher of School Swimming Course for Special Schools**. This is currently in its pilot phase but we hope to roll this training out and offer to all Special Schools and staff working with pupils with sensory and/or physical needs. For more information, please contact Allison Holley at swimming@ahs.bucks.sch.uk.

Course Dates

Date	Time	Venue	Course Title	Cost
07.11.19	09.00 - 16.00	Green Park	Support Teacher of School Swimming	COURSE FULL
21.11.19	09.00 - 16.00	Green Park	Support Teacher of School Swimming	COURSE FULL
05.12.19	16.00 - 18.00	Green Park	Refresher Course for Support Teacher and Teacher of School Swimming	£45
23.01.20	09.00 - 16.00	Green Park	NEW 1 day Teacher of School Swimming	£200 1 SPACE LEFT
13.02.20	09.00 - 16.00	Green Park	Support Teacher of School Swimming	£190

26.03.20	09.00 - 16.00	Godstowe School, High Wycombe	Support Teacher of School Swimming	£190
30.04.20	09.00 - 16.00	Green Park	Support Teacher of School Swimming	£190
14.05.20	09.00 - 16.00	Green Park	Support Teacher of School Swimming	£190
21.05.20	09.00 - 16.00	Green Park	Support Teacher of School Swimming	£190
04.06.20	09.00 - 16.00	Green Park	Support Teacher of School Swimming	£190
02.07.20	16.00 - 18.00	Green Park	Refresher Course for Support Teacher and Teacher of School Swimming	£45

How to apply?

Please complete the Application Form which can be found on the AVTP Swimming Website - <http://avtp.co.uk/school-swimming/> and return to Allison Holley, AVTP Administrator at swimming@ahs.bucks.sch.uk.

Bespoke Courses

We are also able to offer the following bespoke courses:

- Refresher course (2 hours) for Swim England Fundamentals,
- Supporting Pupils with a Physical or Sensory Need during their School Swimming,
- National Curriculum Mini Polo,
- National Curriculum Synchronised Swimming,
- National Curriculum Games based approach to teaching swimming,
- Water Safety awareness talks to pupils.

For further information or to discuss a bespoke course suitable for your school environment, please email - swimming@ahs.bucks.sch.uk.

If you would be interested in joining the Bucks Swim Focus Group, please do get in touch - swimming@ahs.bucks.sch.uk. We would love to work with you! We hold termly meetings, discuss a range of issues and move forward initiatives in School Swimming.

If you have any comments about this Newsletter or have suggestions for our next edition, please email: swimming@ahs.bucks.sch.uk.

Thank you.