Dear Parent/Carer,

Next term, Year X will be starting their Statutory School Swimming Programme as part of National Curriculum Physical Education, more information can be found [here](https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study/national-curriculum-in-england-physical-education-programmes-of-study#swimming-and-water-safety).

By the time a child is ready to leave primary school they 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.

Your son/daughter will have a XXXX week programme every {day and am/pm} of XXXXX minute lessons, commencing {date} {Add School Staff names here} will be accompanying your son/daughter to their School Swimming lesson at {add venue here}. We will be travelling by {add transport here}

Level 2 Swimming Teachers from {add Leisure Provider} will be taking the lessons. In addition to Level 2 Swimming Teachers, accompanying School Staff have also undertaken training in National Curriculum Swimming so they are able to work in partnership and support the School Swimming lessons - this enables high quality lessons through Swimming Specialism alongside National Curriculum knowledge (more information on this can be found - [here](https://www.bssp.org.uk/national_curriculum/swim-star-awards/)).

Within a class or year group, 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 regard to the water safety lessons as this is an area which can never be over-taught. Swim England have launched a Water Safety Code, information on this can be found [here](https://www.swimming.org/learntoswim/water-safety-code/).

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 click [here](https://www.swimming.org/assets/curriculum_swimming_and_water_safety-a_guide_for_parents.pdf) for Swim England’s ‘A Guide for Parents’:

Please provide your son/daughter with a waterproof kit bag with the following items:

* Suitable swimwear
* Towel
* Swim cap with their name written on it (Sharpie or any other alternative permanent pen will do)
* Money for locker
* Plastic bag for wet clothes to be placed in
* Any additional items the school wish; e.g. healthy snack

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. We should inform you that it is your responsibility as a parent/carer, 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 include makes such as Speedo or Zoggs, which will include instructions 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 such as Water Safety or Water Polo.

If you would like your son/daughter to wear goggles please complete the attached form. This also requests any information you may be able to provide us with regarding previous swimming experience. The first swimming lesson will always include a full health and safety brief, where your son/daughter will be assessed in shallow water.

The importance of getting this swimming data before the first lesson enables the assessment lesson to be a less anxious experience and enables the Leisure Centre Swimming Teachers to quickly and efficiently group the pupils. The analogy we like to use is ‘you wouldn’t expect your child to be able to ride a bike without first using stabilisers’, as this would be dangerous. Please facilitate this process, so that we can all work together to achieve the outcomes of the National Curriculum.

We hope your son/daughter enjoys their School Swimming lessons.

Yours faithfully,

Headteacher / Teacher in Charge of School Swimming

…………………………………………………….. School

**Swim Data Sheet**

Name of child: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Googles Consent Form**

Please delete as appropriate.

I/ we give consent for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to take their Goggles to their School Swimming Lesson.

I/ we recognise that I/we need to ensure that they can put on their goggles and be able to take them off.

I/ we recognise that there maybe times that they will be asked to remove their goggles, depending on the activity i.e. Water Safety and/or Water Polo.

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

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Swim Data**

Please circle the descriptor that best describes your child’s swimming experience:

| **Beginner** | **Lower Ability** | **Improver** | **Advanced** |
| --- | --- | --- | --- |
| Unable to put their face into the water.  Unable to float. | Able to travel (aided) a distance 5-10m.  Able to float (aided).  Confident to put their face into the water. | Able to swim a distance of 10-15m on front/ back (with/out aids).  Able to float (unaided). | Able to swim a recognisable stroke for a distance of 15-25m on front/ back. |

If your child has attended swimming lessons either at a Leisure Centre Complex/ private swim school, can you let us know the Level Achieved and the date.

Level Achieved: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Award: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Descriptors of these can be found on the following links if you are unsure:

* Swim England’s Learn to Swim Programme (Levels 1 - 7) - [here](https://www.swimming.org/learntoswim/swim-england-learn-to-swim-awards-1-7/)
* International Learn to Swim Programme (STARFish, STAnley, Octopus etc) - [here](https://www.sta.co.uk/international-learn-to-swim-programme/awards/)