I hope that you have received information from us by now, explaining about the Aylesbury Vale Teaching Partnership's (AVTP) exciting new role for School Swimming in association with Buckinghamshire County Council.

Buckinghamshire County Council (BCC) commission the Aylesbury Vale Teaching Partnership (AVTP) to provide school swimming information, advice and guidance to Buckinghamshire schools on safe practice in swimming, to keep everyone involved in school swimming safe. This includes a Safe Practice in School Swimming Policy which sets out policies and provides guidance and advice on safe practice in school swimming, whether at a school pool, hydrotherapy pool, public pool or during school visits.

The Aylesbury Vale Teaching Partnership provide essential school swimming teaching and swimming safety training and qualifications to enable school staff to safely undertake school swimming as per the policy.

Working in partnership will ensure a consistent joined up approach in the planning and delivery of safe, quality school swimming lessons. Evaluations from the Swim England courses we run, show that staff leave feeling more confident in their role and ready to support swimming teachers with school swimming activities. As part of PE, staff also need to be able to assess and report on progress in School Swimming.

I look forward to supporting and working with your staff.

Mandy Carey
AVTP & Bucks School Swimming Adviser
ARE YOU COMPLIANT?

BCC and AVTP have a responsibility for ensuring safety in swimming in all maintained schools. The Buckinghamshire Safe Practice in School Swimming Policy 2015 is based on current national guidance in relation to school swimming lessons, swimming pool safety, and educational visits, which may include water based activities. This policy is for all BCC maintained schools. In Academies, Foundation and Voluntary Aided schools the Governing Body holds this responsibility. Therefore, it is recommended that Academies, Foundation and Voluntary Aided schools also follow the guidance within the policy

School staff have overall DUTY OF CARE for School Swimming and they cannot transfer their duty of care to anyone else. This means that they must remain on poolside to provide an assisting role to teach swimming (they must hold a minimum ASA Fundamentals of School Swimming certificate). They also have the responsibility for monitoring the progress of the pupils, regardless of who directs the sessions

It is the Governor and Headteacher’s responsibility to ensure that a nominated member of staff is delegated the responsibility of Teacher in Charge of Swimming and applies the Safe Practice in School Swimming Policy to all aspects of school swimming. This will include:

1. Up to date rigorous risk assessments

2. Ensuring all staff accompanying pupils to school swimming have read and understood the current Normal Operating Procedure (NOP) and Emergency Action Plan (EAP)

3. Ensuring staff accompanying school swimming are qualified in both the delivery of school swimming & safeguarding - at least 2 members of school staff accompanying pupils to their school swimming lesson must have undertaken, as a minimum, the Swim England Fundamentals of School Swimming (delivered by AVTP)

4. Both the Association of Physical Education (AfPE) and Swim England recommend completion of the National Curriculum Training Programme which also comprises the Aquatic Skills of School Swimming Course
Why go further and undertake the ASA Aquatic skills of School Swimming Course (to complete the National Curriculum Training Programme)?

The National Curriculum swimming training for primary school teachers is a training programme aimed at improving the quality of swimming teaching in schools. It equips school staff with the right skills and knowledge to deliver high quality school swimming lessons to help ensure that your school not only meets but exceeds the national curriculum requirements.

The NCTP is comprised of two training programmes that use a combination of theory and practical sessions on how best to deliver school swimming. Fundamentals of School Swimming – once completed the holder will be able to actively assist and support a more qualified teacher. This is the minimum requirement for school staff in Buckinghamshire. Candidates can then progress to the second training programme.

Aquatic Skills of School Swimming – once completed the holder will be qualified to plan and evaluate session plans in line with the national curriculum and teach independently within a school swimming programme. Staff can work with ratios up to 1:8 pupils (risk assessed). This course covers physical literacy in the water in more depth; teaching key aquatic skills and breaks delivery of strokes down in more detail. It also gives candidates opportunities to plan a range of lessons, including self-rescue and water polo.

Evaluations from both these courses show that staff leave feeling more confident in their role and ready to support swimming teachers with school swimming activities. Some candidate comments:

- I am looking forward to teaching my high ability group now and feel better equipped
- A very supportive environment to ask questions and share ideas.
- It was fantastic to practice
- Lots of resources and ideas
- Lots of new ideas to introduce Cross Curricular PE into swimming-making things more fun!

Fundamentals Refresher Course has come to AVTP!

As many of you are aware, Swim England recommend that school staff refresh and upskill their school swimming training. There are limited on line opportunities for non ASA Level 2 Swimming Teachers. Therefore, in consultation with Swim England, we are offering schools a 2hr twilight session to keep their training current and up to date. This is aimed at providing practical examples for school swimming, along with health and safety refresher training. The course will include practical and theory elements. If you are interested in attending this course or would like to host one at your school pool, please contact Allison Holley at swimming@ahs.bucks.sch.uk for further information.
Water Polo and Synchro Awards

Are you using the Mini Polo and Synchronised Swimming Awards? As Swimming is essentially ‘Wet PE’ (part of NC PE), the awards will follow NC requirements as well as being progressive and lots of fun.

Each scheme progresses through Bronze-Silver-Gold-Platinum and thus is appropriate for a wide range of abilities. Schools with club swimmers have found them particularly useful to further develop aquatic skills in line with NC requirements.

The awards can be found at:
http://avtp.co.uk/school-swimming/swimming-courses/ or
https://schoolsweb.bucksc.gov.uk/swimming/

Example criteria from the Silver Mini Polo Award is shown below:

<table>
<thead>
<tr>
<th>SILVER</th>
<th>Achieved</th>
<th>Working Towards</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swim 15M head up water polo front crawl controlling the ball and showing a change of pace</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swim 15M water polo backstroke showing basic technique</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pass and receive with a partner as a feeder, moving backwards, left and right after each pass</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Demonstrate basic egg beater technique for 60 secs</td>
<td></td>
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</tr>
<tr>
<td>Pass a ball in a group of 3 with consistency over 3M for 10 passes using only one hand</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pick up a ball and shoot at 5 targets from a distance of 2m</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Play a 5 v 5 game, demonstrating consistency in dribbling, passing and shooting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Comment on partner’s performance (1 star, 1 wish)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Show they can be fair in competition, gracious in defeat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Explain 2/3 effects on their body whilst playing a game of mini polo</td>
<td></td>
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</tbody>
</table>
Swim Group report to improve swimming and water safety in schools - 24 July 2017 Swim England News

A new report launched today by the Swim Group aims to improve swimming and water safety in schools.

Developed by a range of experts from across the education, sport and leisure sectors, the report explores the challenges that primary schools face in delivering high quality swimming and water safety lessons. It also makes a series of recommendations on how to improve the situation.

The report found that almost a third (31 per cent) of Year 6 pupils will finish school for the summer without being able to swim and without basic water safety skills. This is despite both being stated within the national curriculum. In addition, two-thirds (63 per cent) of parents with Year 6 children fear that their child could not save themselves in water.

The report was written by the Curriculum Swimming and Water Safety Review Group on behalf of the Swim Group, which Swim England leads. Chaired by Olympic medallist Steve Parry, it was formed following the publication of the Government’s sport strategy Sporting Future.

The Group was asked to consider the challenges around swimming and water safety in schools and to submit recommendations on how swimming in primary schools can be addressed. Download the full Swim Group Review of Curriculum Swimming and Water Safety Lessons report here

The report includes 16 recommendations on how government, the education sector and the leisure industry can work together to ensure all children leave primary school with an appropriate level of swimming and water safety ability.

These include specific training for school teachers and other teaching staff, and new resources for all those involved in delivering school swimming lessons, including pools.

A new national top-up swimming programme for schools with the lowest swimming attainment levels has also been proposed, and achievement badges to celebrate the success of pupils achieving statutory standards.

Steve Parry commented: “We know that over a thousand schools don’t teach swimming even though it is a statutory requirement. At the moment we are failing our children by not helping them learn an essential skill. Hundreds of people drown every year and that is something we can remedy.”
“Water safety is the only part of the national curriculum that will save children’s lives, it can’t be treated as an optional extra. We would welcome the opportunity to work closely with Ofsted in setting quality standards for curriculum swimming. That is the ‘silver bullet’ for ensuring schools deliver swimming.”

Tracey Crouch, Minister for Sport and Civil Society, welcomed the report, commenting that “Swimming is not just a great sport but a discipline that is crucial for children to learn. We want to see more schools stepping up and ensuring that the number of children who leave school able to swim rises. I am grateful for the work of Swim England and the Swim Group on this report and government and Sport England will continue to work with them on this issue”.

Robert Goodwill, Minister of State for Children and Families, commented: “Swimming is a vital life skill and schools have a duty to teach children how to swim and learn about water safety at primary school. These findings show that more needs to be done to ensure all schools feel confident teaching swimming to students, which is why we will continue to work closely with Swim England and the Swim Group to review the recommendations within this report.”

Jane Nickerson, Swim England CEO, said: ‘This is a great opportunity to raise the profile of swimming and help ensure important issues such as curriculum swimming, water safety and facility provision remain on the political agenda’.

Ref. Swimming Times – November 2017

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Schools join in with school swimming celebration - 4 May 2016 Swim England News

Date of next Big Swim – Wednesday, 8th November 2017

The Big School Swim was organised by the ASA to help raise awareness of the importance of school swimming. You can still access the Big School Swim resources with lesson plans, fun games and more.

Over 160 primary schools across the country joined in with the Big School Swim on 28 April as part of the 125 years of school swimming celebration and to raise awareness of the importance of learning to swim.
Primary schools from across the country held swimming galas, water safety sessions and fun swimming lessons throughout the day. The perfect way to join in with the school swimming celebration.

Pupils from Yarrell’s School in Poole and Warwick Prep learned lifesaving skills as part of their Big School Swim events, while Shardlow Primary in Derby held a special Big School Swim assembly followed by swimming sessions for Years 2 – 6.

In Newcastle upon Tyne, Newburn Manor Primary celebrated the progress their Year 4 have made since January. The infant class at St Martin’s in Chester had their second swimming lesson of the week, showing just how seriously they take learning to swim. A group of 35 children from Harbour School in Kent also held their own mini swimming gala.

Swimming teacher Kevin Clemson from Castle School in Cambridge, said: “We had a fantastic day celebrating the Big School Swim. Our Head teacher joined our swimming fun session. He really enjoyed seeing the kids swimming and the progress they are making. We also held a swimming poster competition which will be part of our Big School Swim display.”

After the session one of the Bristol pupils said: “I’ve had a really good day. My favourite bit was racing and beating an Olympic champion. My favourite thing about swimming is being able to do whatever you want in the pool. And also it feels really relaxing and can calm you down.”

**National Curriculum Swimming at its best –**
**Physical Education Matters (Association for Physical Education) Summer 2015 – Jon Binney**

*Swimming does not need to be all command, command, command... Consider the effective implementation of open and productive teaching methods*

**AfPE Positive Learning Environments for school swimming**

In light of the heuristic nature of productive teaching styles it is fundamental to create and maintain a positive learning culture where children feel safe to explore new concepts.

**Practical Examples:**

1. **Breaststroke** – pupils can be asked to determine the order in which gross body movements by the head, arms, legs and whole body extension occur. The correct order is pull, breathe, kick then glide, but pose questions in such a way that allows the pupils to explore these four actions, trying different orders before realising that the correct order is the most efficient and easiest to perform.

2. **Frontcraw** – pushing and gliding. Allow pupils opportunities to explore ways in which they can create drag or resistance against the water using their bodies or equipment and to select which actions create the greatest amount of opposition when gliding through the water. Then allow meaningful discussion about why this is and how it affects streamlining. The next task is for pupils to use this information to create the most streamlined position in the water, devising self-competitions where they try to beat previously attained gliding distances.

3. **Backstroke** – ask pupils to swim on their backs, in a horizontal position, across the pool but they have to keep a small float in contact with their hips. They are not allowed to hold the float with their hands but, through exploration, they will realise that in order to successfully achieve this task they must keep their hips high in the water to ensure the float stays in contact with their body.
Courses & Dates

All Swim England certified courses are delivered by a licenced Swim England Tutor (Mandy Carey, formerly BLT). We would also like to make you aware of other bespoke courses we are able to offer:

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

We have received several requests from schools to offer a date for the Swim England Fundamentals of School Swimming Course as a "female only" course. As such, we have been able to allocate Thursday, 23rd November.

For all Fundamentals and Aquatic Skills Courses, please do book early (even if your pupils are swimming in the summer term) to avoid disappointment as our courses fill up very quickly. For further information on courses, please email swimming@ahs.bucks.sch.uk or visit http://avtp.co.uk/school-swimming/swimming-courses// or https://schoolsweb.buckscc.gov.uk/swimming/.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Course Title</th>
<th>Cost per person</th>
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<tbody>
<tr>
<td>09.11.2017</td>
<td>09.00-16.00</td>
<td>Thame Leisure Centre, Oxon</td>
<td>Fundamentals of School Swimming</td>
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<td>Fundamentals of School Swimming (Female only course)</td>
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<td><strong>08.45-16.30</strong></td>
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<td><strong>Secondary Fundamentals &amp; Aquatics Skills of School Swimming</strong></td>
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<td>Aquatics Skills of School Swimming- Day 1</td>
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<td>08.03.2018</td>
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<tr>
<td>26.04.2018</td>
<td>09.00-16.00</td>
<td>Oxfordshire TBC</td>
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<tr>
<td>03.05.2018</td>
<td>09.00-16.00</td>
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<td>Fundamentals of School Swimming</td>
<td>£190</td>
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<td>17.05.2018</td>
<td>13.00-17.00</td>
<td>Green Park</td>
<td>Aquatics Skills of School Swimming- Day 1</td>
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<tr>
<td>24.05.2018</td>
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<td>14.06.2018</td>
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<td>£190</td>
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<tr>
<td>28.06.2018</td>
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<td>Green Park</td>
<td>Fundamentals of School Swimming</td>
<td>£190</td>
</tr>
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</table>

How to apply? - Application Form

Please complete the application form in the link below and return to Allison Holley, AVTP Administrator at swimming@ahs.bucks.sch.uk.

Link - AVTP Swim Course Application Form
Requests and reminders from AVTP!

PLEASE LET US KNOW IF YOU MOVE SCHOOL, SO THAT WE CAN UPDATE OUR DATABASE. THIS KEEPS US UP TO DATE WITH STAFF TRAINED WITHIN EACH SCHOOL TO DELIVER NC SWIMMING.

PLEASE ENSURE THAT YOU PLAN YOUR SWIMMING PROGRAMME JOINTLY WITH YOUR LEISURE PROVIDER SO THAT YOU ARE CONFIDENT ABOUT WHAT IS TO BE TAUGHT IN EVERY LESSON. INVOLVEMENT IN SCHOOL SWIMMING LESSONS WILL HELP TO REDUCE RATIOS, THUS ENABLING FASTER PROGRESS BY YOUR PUPILS.

‘Partnerships between leisure providers, schools and swimming teachers can make a big difference’ Rebecca Addlington

‘If leisure providers and schools work together and make the most of the tools and support given by the ASA and local authorities, we can really make a difference.’ Jacqui Tillman, Everyone Active Group Swim Manager

‘I believe it is essential that the teacher is involved in the planning and delivery of the swimming lessons as they can be hugely influential.’ Trainee Rosie Ogden, Physical Education Matters – Spring 2016

Lastly, did you know?

- School swimming has been a statutory part of the national curriculum for over 100yrs,
- The National Curriculum 2014 has placed an emphasis that primary schools MUST deliver school swimming,
- Elephants can swim up to 20 miles a day using their trunks to breathe through
- The first cruise ship with a swimming pool was the Titanic
- On planet Earth there is 328 million cubic miles of sea water which covers about 71% of the entire Earth’s surface

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