

## Swimming

### Why do we take the pupils swimming?

Swimming is not only about the physical exercise aspect, but it is a vital life skill. As we live within an area that has so many bodies of water, it is essential that children become competent swimmers from an early age. There are many health benefits from swimming, which include:

- a positive mental aspect
- it maintains and can improve joint mobility
- it can improve stamina, as it helps maintain the cardiovascular system
- it is a whole body workout, which helps maintain muscles and their functions
- it can maintain and improve the swimmers lung capacity and function.

The National Curriculum guidance is as follows:

*Swimming instruction must be provided in either KS1 or KS2. In particular pupils should be taught to:*

- *swim competently, confidently and proficiently over a distance of at least 25m*
- *use a range of strokes*
- *perform a safe self rescue in different water situations*

All KS2 children will be offered a half term block of swimming sessions as part of their PE curriculum. In our school we have a wide range of swimming ability amongst the pupils. As such we use the teaching pool and two lanes of the main pool. This allows us to differentiate the children based on their needs and ability. Those who cannot yet swim 25m are taught in the teaching pool and those who can confidently swim are placed in the lanes of the main pool based on their strengths in the water.



All of our school children, from nursery to Year 6, have taken part in the RLSS's Drowning Prevention week. Lessons were tailored to each age group and they have all learned how to stay safe around open water, swimming pools and water they encounter at home.

Published September 2017

Review date Summer 2019

