

# School Swimming

## — Guidance for Schools —

### THE NATIONAL CURRICULUM

All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2.

**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

### SCHOOLS' SWIMMING WITHIN THE NATIONAL CURRICULUM

The service has taken the opportunity to look at the changes that are to be made to the National Curriculum over the forthcoming year and with this in mind has created The Learners Journey.

All aspects of the curriculum have been considered and to date we have 10 Levels.

The Learners Journey equips children to meet the needs of the National Curriculum in relation to both swimming and survival.

Following their initial swimming assessment children will be started at the appropriate level along the journey. The levels have been carefully considered to ensure progression for all children through to GCSE Physical Education.

It is proposed to produce certificates to match each level which can be downloaded and printed on paper or card at very little cost to the schools.

Swimming can be undertaken at any point within the children's primary education. However, the following must be considered:

- Most children of Key Stage 1 age do not have the stamina to complete the **swimming requirements, competently, confidently and proficiently**
- Most children of Key Stage 1 age are unable to use a range of 3 different strokes effectively (for example, **front crawl, back crawl and breaststroke**)
- Most children of Key Stage 1 age are unable to comprehend the complexities of the elements of personal survival **to equip them to perform safe self-rescue in different water-based situations**
- Most children of Key Stage 1 age are unable to retain the knowledge and understanding of the elements of survival into adulthood to equip them to survive
- The older the children are the more challenging the teaching becomes if the child is fearful of water

**With this in mind the guidance that is offered recommends that schools target years three and four and those swimmers in years five and six who have not yet reached the National Curriculum standard.**

To reiterate the DfE white paper states that schools must provide swimming within the curriculum and parents do not have the right to withdraw their child from the programme of swimming.

The service offers Gala's to allow opportunities for children to excel in competitive sport and to embed values of fairness and respect.

The service also offers Year 6 pupils a one day course covering all aspects of water safety within the classroom environment with the intention of equipping the pupils with a wider knowledge and understanding of safe self-rescue to prevent them from dangerous situations in and around water.