



## **Swimming at Great Denham Primary School**

Since the publication of the National Curriculum in 2013, it has been a requirement of schools to provide the following in terms of swimming through Physical Education:

### ***Swimming and water safety***

***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.***

At Great Denham we aim to address these requirements through a 12 week swimming programme in Year 5, with those who we feel require further swimming instruction having further access to swimming in the Summer Term of Year 6.

We currently use Polam Swim School (<https://www.polamschool.co.uk/swim-school/>) for these sessions. All lessons are run by Polam's swimming instructors, with Great Denham staff in attendance to assist with any additional needs of pupils or swim school staff.

Parents are sent a letter at the beginning of the term in which their pupil will take part in swimming sessions. This is so that we can put children into groups where they feel safe and where they can be taught the National Curriculum requirements most effectively. The school can then take note of numbers of swimmers and non-swimmers for record keeping purposes.

This information is shared with Polam Swim School and through a 'taster' first session and continuous dialogue with Great Denham staff; children are put into 3 groups. The group of less confident swimmers has the aim of achieving 25 metres of confident and proficient swimming. The group of swimmers who are more confident are taught to use a range of different strokes more efficiently. The group of most confident and competent swimmers are taught a range of strokes and begin to be taught self-rescue techniques – the advancement of this skill is dependent on the competence of the group in terms of their variety of swimming strokes.

At the end of the block of sessions, Polam perform a 'test' to make sure that children can swim 25 metres. Those who cannot swim 25 metres and/or the children we feel would benefit from further time learning to swim will return to Polam in the Summer of Year 6.

Hayden Wright

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