



Swimming and Water Safety lessons

Dear Parent,

As part of the PE National Curriculum, we will be taking all the children to Exmouth Leisure Centre for Swimming and Water Safety Lessons.

Children will be given swimming instruction on how to swim more confidently, using a range of strokes effectively (e.g. front crawl, back stroke and breast stroke), and some more confident swimmers will learn to perform safe self-rescue in water based situations.

Depending on their ability, children will be taught these skills by qualified swimming instructors in small groups.

All children in Year 4 will have swimming sessions on the following **Friday** afternoons:
23rd February, 2nd, 9th, 16th, 23rd, 30th March 2018.

Children will travel to and from the pool by coach.

What the children will need:

- appropriate swim wear (i.e. trunks or swim suits not Bermuda shorts or bikinis)
- a towel.

They may bring goggles, but do so at their own risk. It is also important to note that many activities will be undertaken without the child wearing goggles (following advice from the national PE association (BAALPE) as...

...”Swimming goggles may a child feel comfortable in the pool while they are swimming, but if they accidentally fall in water, it is unlikely they will be wearing them.”

Yours sincerely,

Mrs Robertson and Mr Smith

Parents, please complete this questionnaire in order to help us group children for the initial session.

Childs name: _____

Class: _____



Circle or add information as you think appropriate:

How often does your child swim?	often	sometimes	never
Are they confident to play in a pool?	yes	quite	no
Can they swim a width (12m) without floats etc?	yes	not sure	no
Can your child swim a length (25m) without floats?	yes	not sure	no
Has your child attended swimming lessons	Yes and still does	Yes they used to	no
Swimming Stage they have reached (if known):			
Other relevant details?			

In order for Y4 swimming to go ahead, we will need parent volunteers to accompany us on the coach. Volunteers will also need to be poolside or in the pool to support the children with swimming. Please complete the form below if you would like to accompany us and are available on all of the dates above.

I can/cannot volunteer to help with Y4 swimming on all of the Friday afternoon dates shown above. Please write in your name if you are available. _____

I acknowledge the dates and times of the Year 3 Swimming and Water Safety sessions and will ensure my child bring his/hers swim wear and towel to school on those days.

Parent emergency contact number on the swimming afternoons: _____

Inhalers needed? _____

Signed: _____

Date: _____