



St Nicolas C of E Primary School

Year 4 Swimming

Swimming Lessons

- Friday 31st January 2025 – Friday 13th June 2025 inclusive (16 weeks).
- **CLASS 9 ONLY Friday 31st January**: Leave school at 10.30am. Will return to school for 12.25pm. This session is for swimming assessment. Class 10 will **not** swim on this date.
- **CLASS 10 ONLY Friday 7th February**: Leave school at 10.30am. Will return to school for 12.25pm. This session is for swimming assessment. Class 9 will **not** swim on this date.

Swimming Lessons

- Friday 14th February 2025 – Friday 13th June 2025 **both classes swimming.**
- Lessons will always take place on a Friday morning as follows:
- **Class 9:** Leave school at 10.30am. Will return to school for 12.00pm.
- **Class 10:** Leave school at 11.00am. Will return to school for 12.30pm.
- All children must have a packed lunch or a pre-ordered brunch bag.

Abingdon School (Sports Centre)



Swimming hats are compulsory.

All earrings and jewellery must be removed before swimming.

Goggles can only be worn if permission has been given in advance by parents/carers. They must be good quality BSI standard e.g. Speedo or Zoggs.

Please do not bring armbands, floats or any other equipment.

Swimming Kit

- Swimming hat
- One piece swimming costume for girls (no bikinis)
- Swim shorts for boys (short and tight in style – no board shorts because this makes it harder to swim)
- Towel (a hooded towel is recommended for ease when changing)
- Underwear
- Hairbrush/comb
- Goggles (if prior permission has been given)
- We do have spare swimming kit if your child forgets to bring it.
- We will only bring water bottles if needed when the weather is hotter.

Children need to come to school in PE kit on their swimming day wearing their swimming costume underneath.

Staffing and Travel

- Each class will walk from school to the Sports Centre with their class teacher along with Mrs Harrop, Mrs Allen and our 1:1 TAs. They will return to school on foot following their lesson.
- There are two qualified swimming teachers at the Sports Centre who will take the lesson each week. Children will be organised into three groups with 11 children in each group.

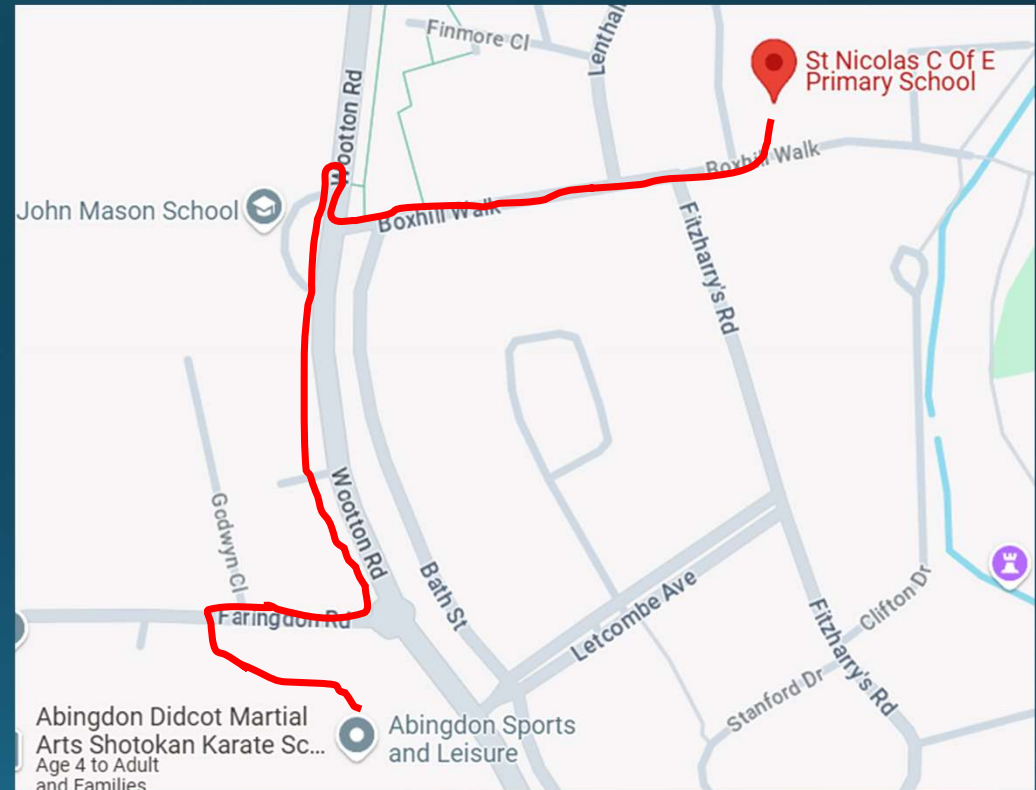
School staff will be there to:

- Supervise the children in the Sports Centre and changing room areas;
- Mark the attendance register;
- Monitor the water safety of all children and maintain a safe environment;
- Ensure that all children continue to follow our school behaviour policy throughout.

- Risk Assessments are in place for each Year 4 class and, where necessary, individual risk assessments are in place where needed.

Our route to the leisure centre

- We will walk out of school towards John Mason.
- When we reach Wootton Road, we will cross at the zebra crossing.
- We then walk in single file around the corner on to Faringdon Rd.
- The children will cross Faringdon Rd at the zebra crossing and enter Abingdon School site.
- This is a 10 minute walk.



Safety in and out of the pool

- Before swimming lessons start, we'll chat with the children so they know what to expect. If needed, we'll provide social stories to help them feel more comfortable.
- We expect all children to walk sensibly with their talk partner on the way to the pool. It's important that everyone listens carefully at all times.
- The Sports Centre and swimming pool will be treated just like a classroom – the same rules and behaviour expectations apply.
- If a child doesn't follow our school behaviour expectations, they will be brought back to school and won't take part in the lesson. This is to make sure everyone stays safe.
- When exams are taking place in the leisure centre area, it is very important that our children are as quiet as possible when inside the sports centre.

Water Safety Rules

- The children need to wait for permission before going near the poolside.
- They must ask before leaving the pool or returning, and always let a school adult know.
- We walk, not run, around the pool.
- We listen carefully and follow instructions right away.
- The children will be told what to do in case of an emergency around the pool.
- If anyone is acting unsafely, it will be reported, and parents/carers will be informed.
- No food is allowed on the poolside.
- It is important that we do not shout.
- We only jump or dive when it's part of the activity and we've been told it's safe to do so.
- All outdoor shoes must be left outside the changing rooms.
- If a child needs medication, our school first aider will have it nearby.
- Let's all stay safe and have fun!

Attendance

- All parents/carers must ensure that their children attend all allocated lessons. Swimming and water safety **is included** within the National Curriculum PE programme of study for England. The purpose of this area of the curriculum is to ensure that all pupils develop competence to excel in a broad range of physical activities, are physically active for sustained periods of time and lead healthy, active lives.
- Children who cannot participate in the lesson for any reason will be required to attend and observe the lessons from the side of the pool.
- For children returning from an illness that would prevent them from swimming for a short period of time, parents/carers must provide medical evidence of the illness in order that they may be excused from the lesson. If your child is not able to swim for an extended period, a letter from your GP surgery should be provided.
- If your child has had vomiting/diarrhoea, they will not be able to swim until 48 hours after the last episode.



Thank you for coming!

Any questions?