



12<sup>th</sup> September, 2022

Dear Parent/ Carer

### **RE: Year 4 Swimming Lessons**

**Swimming lessons for Year 4 will begin on Thursday 15<sup>th</sup> September.**

A frequently asked questions sheet has been uploaded to School Jotter.

All lessons will be taught in the same way as per previous years, with the focus on your child achieving the National Curriculum standard of:

1. Swim competently, confidently and proficiently over a distance of at least 25m
2. Use a range of strokes effectively (front crawl, backstroke and breaststroke)
3. Perform safe self-rescue in different water-based situations

Please see below the current policy in place for equipment including swimwear, goggles and jewellery.

Clothing requirements for School Swimming are as follows:

#### **Girls**

- One-piece swimming costume
- A swimming hat is required to be worn if the hair covers the eyes or any airways
- A towel
- No jewellery including all earrings (The only exception to this rule is a medication identity bracelet.)

\*Please note that in order for your child to benefit from the swimming lessons, appropriate aquatic clothing must be worn. Should your child wish to wear items of clothing that cover up parts of the body, there are specific aquatic clothing designed for this purpose. Cotton leggings are detrimental to teaching and are a risk to health and safety.

#### **Boys**

- A pair of traditional swimming trunks. No Bermuda or long shorts are allowed, as these can be dangerous. - for reasons of safety the swimwear should be sufficiently tight fitting to allow the freedom of body and limb movement without causing unsafe water resistance.
- A towel
- A swimming hat is required to be worn if the hair covers the eyes or any airways
- No jewellery including all earrings (The only exception to this rule is a medication identity bracelet.)

## Examples of appropriate tight fitting swim wear:



Goggles are only permitted for medical reasons. Parents must produce a letter from either a Doctor or Optician to state that a child has a medical condition and is required to wear goggles in the school swimming lesson. Once again, this policy is in place for safety reasons.

Please ensure school are aware of any medical conditions that might affect your child during their Swimming lesson (It is imperative that any medication required on poolside should be clearly labelled and brought to the lesson).

We are looking forward to beginning the School Swimming Programme, we are communicating with our swimming provider to ensure the children can continue swimming lessons and will complete the full swimming curriculum.

Please ensure your child has the correct clothing requirements, if you have any questions regarding swimming lesson please do not hesitate to contact the school office.

Yours sincerely



Miss E Simmons  
Acting Headteacher