



Uffington Church of England Primary School

'Optimum Solum Satis Est' – 'Only the best is good enough'

School Policy for Swimming

Introduction

Swimming is an important life skill. In addition it is highly beneficial for acquiring increased movement vocabulary, skills, health and enjoyment. Swimming is one of the few activities that people at any age and of varying abilities can enjoy and develop skill in, whether just for fun or competitively. We provide the opportunity for children at Uffington School to swim from the foundation stage until their final year.

Entitlement

Children are taught the skills and knowledge of Swimming as outlined in the purpose of study of the National Curriculum for Physical Education which states that:

All schools must provide swimming instruction either in KS1 or KS2.

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, e.g. front crawl, back stroke and breast stroke;
- Perform safe self-rescue in different water-based situations.

Aims

In Key stage 1, we aim:

- To deliver a progression of swimming lessons enabling children to work with confidence, to explore skills, actions and ideas individually and in combination, to remember, repeat and link their actions.
- To teach children to choose and use skills for different swimming tasks and to improve the control and coordination of their bodies in water.
- For children to recognise what their bodies feel like during different activities and that being active is fun and good for them.
- To teach children how to watch, copy and describe what they and others have done, and to use the information to improve their work.

In Key stage 2, we aim:

- For children to consolidate and develop the quality of their skills and to improve linking movements and actions.
- To teach children to choose, use and vary strokes and skills, according to the task and the challenge.
- For children to know and describe the short-term effects of exercise on the body, and how it reacts to different types of activity.
- For children to be able to describe and evaluate the quality of swimming, and to recognise what needs improving.
- For all children to swim unaided for a sustained period of time over a distance of at least 25m.

Implementation

Children in the Foundation Stage, Year 1 and Year 2 swim for ten consecutive sessions each year.

Year three and four swim every week through Autumn and Summer terms. Year five and six swim every week through the Spring term.

In the Foundation stage, swimming activities work within the Early Learning Goals and foster physical development. We encourage children to develop confidence and control in the way that they move in the water and the way they handle and use resources and flotation aids. The children are given opportunities to learn, practice and develop skills with guidance. They are also extended or supported according to their individual swimming ability. In Key Stages 1 and 2 children attend their swimming lesson within groups according to their skill and ability. Children are taught by qualified swimming instructors employed by Leisure Connections Pool and three members of qualified staff from Uffington School.

Swimming is taught to all children, whatever their ability; instructors provide learning opportunities that are matched to the needs of the children.

Health and Safety

Children are made aware of the need for appropriate swimwear and swimming hat, and the need for all jewellery to be removed before participating in lessons.

To ensure the safety of children at the swimming pool, all children are supervised whilst changing.

- Children from Foundation Stage to Year 5 change in the female changing rooms.
- Girls in Year 6 change in the female changing rooms.
- Boys in Year 6 change in the male changing rooms.

Normal and emergency procedures are enforced in line with Leisure Connections Pool guidelines.

A risk assessment is in place and reviewed on an annual basis.

Leisure Connections Pool

The children are taught by instructors provided by the Leisure Connections Pool. The children follow the pools rules as instructed by their swimming instructor. Two members of school staff are present at all times; these are trained in swimming instruction and teach small groups. A lifeguard provided by Leisure Connections is present at all times.

Any accidents that happen at the poolside or in the pool are dealt with by the pool first aiders.

Any other incidents are dealt with by school staff and are reported to the teacher and/or head teacher on return to school. Accident forms are completed as appropriate by Pool staff at the time.

In an emergency situation while at Leisure Connections Pool we follow the procedures as instructed by the pool staff and guidelines provided by the pool, for example Emergency Action Plan and Swimming Pool Safety Issues.

All pool staff are DBS checked.

Assessment and Recording

Children are given the opportunity to attain ASA (Amateur Swimming Association) swimming badges. These are then presented in whole school celebration assemblies.

Monitoring and Review

This policy will be monitored and reviewed on a biennial basis.

Reviewed by the Curriculum Committee	October 2013
Reviewed by staff and the Curriculum Committee	February 2016
Reviewed by staff and the Curriculum Committee	February 2018
Next Review	February 2020