

The Bellbird Primary School



Swimming Policy

March 2021

(To be reviewed January 2023)

Aims:

At the Bellbird Primary School we aim to enable all our pupils to become competent, confident swimmers. Therefore, we ensure that children are given the opportunity to meet the requirements of the National Curriculum for Physical Education related to swimming. We aim to:

- Provide a safe environment for children to learn to swim;
- Develop water confidence;
- Make swimming an enjoyable and challenging physical experience;
- Provide children with the opportunities to experience different types of swimming strokes; and
- Enable all pupils to meet the minimum 25m swimming requirement by the end of Key Stage 2.

Curriculum:

All children have equal access to the swimming curriculum regardless of race, gender or ability and in line with the school's policy on Special Educational Needs (SEND). Swimming develops children's overall physical health and fitness and encourages them to maintain a healthy lifestyle in later life.

National curriculum requirements -

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

The National Curriculum provides non-statutory guidelines for Key Stage 1:

Pupils are taught to move and float in water with and without swimming aids. They are taught to feel the buoyancy and support of water and swimming aids and propel themselves using different swimming aids, arm and leg actions and basic strokes. Pupils learn to get in and out of the water safely.

The National Curriculum requires that for Key Stage 2:

Pupils are taught to pace themselves in floating and swimming challenges related to speed, distance and personal survival. They are taught to swim unaided for a sustained period of time over a distance of at least 25 metres. The children use recognised arm and leg actions and a range of recognised strokes and personal survival skills.

We aim to give experience of:

Key Stage 1	Key Stage 2
Water confidence	Water confidence
Water safety	Water safety
Back stroke	Back stroke
Breast stroke	Breast stroke
Front crawl	Front crawl
	Sculling
	Survival skills
	Treading water
	Introduction of butterfly stroke.

Defining a 'swimmer':

- **Non-swimmer:** those who need to have their feet on the pool bottom.
- **Beginner:** those who can swim a width without putting feet down unaided.
- **Swimmer with some confidence:** those who can swim 10 metres unaided.
- **Confident swimmers:** those who can swim 25 metres on front and back. Can tread water for. 2 minutes. Children must be able to swim 100 metres if the lesson is to be conducted in deep water. Children must present a 100m swimming certificate.

Organisation and guidelines for teaching swimming:

- Swimming at the Bellbird Primary School is timetabled in the summer term.
- Children are not permitted to swim unsupervised or without an appropriate level of life guarding skill present. A life guard must be able to observe the water at all times and remain on the pool side at all times.
- The supervising teacher must be on pool side in a position to see the whole group at all times.
- Teachers may act as instructors, life savers or escorts depending on the circumstances, but will always retain overall responsibility for the safety of the pupils.
- We encourage the children to use floats in the early stages of swimming.
- Pupils receiving medication or who suffer from conditions such as epilepsy or diabetes, which might affect their ability to swim, may require special arrangements, such as an additional adult. The swimming instructor must be informed of any medical issues before swimming commences. The School will discuss individual needs with the parents and may seek medical opinion.
- No diving is permitted unless the water is deeper than 1.8 metres.

Behaviour, Health and Safety

- The swimming pool is a place of work and should be treated as a classroom with the same rules regarding behaviour.
- At The Bellbird we access the swimming pool at our local Village College in Sawston.
- Children are required to walk to the college and so it is the responsibility of each ~~teacher to familiarise themselves with the journey and complete a Risk Assessment.~~

- Class teachers will also have to ensure the necessary adult supervision to ensure the children's safety as they journey to and from the pool.
- The Bellbird, as part of Cambridgeshire LA, adopts guidance for swimming from Cambridgeshire Education Authority Health and Safety Management in Schools.
- The maximum numbers in the pool are:
 - 1 adult to 20 children** – for swimmers who can swim 25 metres confidently.
Children at this level must be able to put their feet on the floor at all times.
 - 1 adult to 12 children** – for non-swimmers

Assessment and Record Keeping

The swimming ability of the children will be assessed at the beginning of a unit of work by the swimming instructor and recorded. Records will be kept of the progress of individual pupils throughout the unit of work.

Certificates are used to reward children's achievements, and these achievements are celebrated during our assemblies.

Sawston Sports Centre grouping for swimming lessons.

abilities based around the Swim England Learn to Swim Programme. It also includes opportunities for everyone to enjoy swimming as a lifeskill, including health, fitness, safety and stamina.

CLASS	ABILITY	AWARDS	CLASS SIZE*
Parent & Child 2-4 yrs 	Water Familiarity games Basic water skills / Parents in water	Duckling 1-3	8
Tadpoles 4-5 yrs 	Water Familiarity games Basic water skills / Parents not in water / Teacher in water	Duckling 1-3 Stage 1	6
Frogs 	Developing safe entries to the water, including jumping in, basic floating, travel and rotation unaided to regain upright positions.	Stage 2	7
Penguins 	Developing safe entries, including submersion, travel up to 10 metres on front and back, progress rotation skills and water safety knowledge.	Stage 3	8
Seals 	Developing the understanding of buoyancy through a range of skills refining kicking technique for all strokes, and swimming 10 metres to a given standard as directed by the Swim England.	Stage 4	10
Sealions 	Developing 'watermanship' through sculling and treading water skills, and complete rotation, also performing all strokes to the given standard as directed by the Swim England.	Stage 5	10
Dolphins 	Developing effective swimming skills, including coordinated breathing; developing the water safety aspects and understanding of preparation exercise.	Stage 6	10
Sharks 	Developing quality stroke technique up to 100 metres, incorporating skills learnt and combining them to develop a linked routing and complete successfully an obstacle course that combines a variety of skills accomplished throughout stages 1 – 7.	Stage 7	10
Advanced 1	By the end of this stage, children will be able to: swim 400 metres continuously using one stroke, kick 25 metres for all strokes and perform legal turns for all strokes.	Stage 8	10
Advanced 2	By the end of this stage, children will be able to: swim 800 metres continuously using one stroke, swim a continuous 100 metres IM (Individual Medley) using legal turns, and perform legal starts for all strokes.	Stage 9	10
Advanced 3	By the end of this stage, children will be able to: swim 1500 metres continuously using one stroke, swim a continuous 200 metres IM and perform relay take overs as an incoming and outgoing swimmer.	Stage 10	20

* Class sizes may vary.