



Monday 2nd September 2024

## Swimming Lessons

Dear Parents and Carers,

This year, your child will take part in swimming lessons as required by the National Curriculum. They will be swimming every week on a Tuesday at Eccleshill Pool. Swimming lessons will start on **Tuesday 10th September 2024** and run until Tuesday 15th July 2025. Transport to and from the pool is provided and all children must come to school as normal in the morning.

Your child will swim every week throughout the year. Each week they will need to bring:

- Swimwear
- Goggles or a swim cap
- Towel
- Sliders or Flip Flops
- Swimming Cap
- Plastic bag to put the wet swimwear in

## Swimwear

- Girls: one-piece swimming costume
- Boys: swimming trunks or swimming shorts (above the knee)
- Children may choose to wear rash vests and or leggings for modesty if they wish
- Long hair **must** be tied back
- Jewellery is not permitted at all during school swimming lessons
- There are both boys and girls changing rooms at the swimming pool so the children can get changed in private. It is not necessary for the children to come to school in their swimming kit.

## The National Curriculum

The swimming programme has been created with the support of **Swim England and Royal Life Saving Society** and aims to ensure every child leaving primary school is able to meet the Swimming National Curriculum requirements, which are:

• Demonstrate safe self-rescue and evidence of this in different water-based situations.

Headteacher: Mrs E Monnery Deputy Headteacher: Mrs S Canning





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- Swim confidently, competently, and proficiently over a distance of at least 25m.
- Perform a range of strokes confidently and competently.

If you have any questions at all, please don't hesitate to contact our school office.

Yours Sincerely,

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Mrs Monnery Headteacher