

Dear parents and carers

SWIMMING IN YEAR 4

Autumn term 2021 swimming in Year 4 Monday 4th October – Friday 15th October.

Dates have not yet been confirmed by Swiss Cottage pool for spring and summer term

Swimming and the national curriculum

Since 1994, swimming and water safety has been a statutory element of the national curriculum for physical education in England.

This means that every 11-year old child should leave primary school with the skills to keep themselves safe while enjoying swimming with friends and family.

The three national curriculum outcomes

Each pupil is required to be able to do the following by the time they leave primary school:

- Perform safe self-rescue in different water based situations
- 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.

At Kingsgate Primary School

In previous years children went swimming once a week. Swimming is now offered in blocks of two weeks. When it is their swimming block children will be out of school every day for two weeks for approximately two hours.

Children in Year 4 go swimming. Children go with their teacher by coach to Swiss Cottage swimming pool.

During their swimming block children need to bring a swimming costume or swimming trunks and a towel to school every day. A swimming hat is optional. Goggles are not allowed. They need to bring their swimming kit to school in a bag suitable for wet towels.

Best wishes



Meg Jones
Deputy Head (Year 3 Year 4)