**School Swimming at <*insert name of school*>**

**Swimming Provider Meeting: <*insert date*>**

**Checking where we are with school swimming**

Thank you for agreeing to meet with me to discuss our current school swimming provision. The key areas I would like to discuss are as follows.

**Meeting the minimum standards**

One of our first actions is to establish each pupil’s current attainment level so that we can gain an overall view of where we need to focus initially. Specifically, we need to record how many of our pupils are currently able to meet the minimum requirement to swim 25 metres unaided.

The minimum standard set down by the Department for Education is that 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 such as front crawl, backstroke and breaststroke

• Perform safe self rescue

**Recording of attainment levels**

I can share with you today the templates which we will need to keep regularly updated, including an assessment form for the first lesson.

Additionally each pupil will have their own School Swimming Passport which will chart their personal progress and act as their own permanent record of their school swimming participation and attainment level. Please help to encourage the children to keep their Passport safe, as it will be passed on if they change school and when they move onto secondary school.

**Use of the School Swimming Awards**

Pupils will be working towards achieving eight different levels of School Swimming Award.

The outcomes are detailed on the following page, which will already be familiar to you as they are based on the ASA Learn to Swim Framework. The outcomes are reproduced on Guidance Cards for use on poolside and on the assessment forms. We have also been provided with template lesson plans and achievement forms.

**Next steps**

I suggest that we continue to have regular update meetings once per *<term> <half-term>* *<month>* and would like to meet again on *<insert date>.*

If you have any queries at any time please email me at <*insert address*> or call me on <*insert telephone number*>.

<*Insert name*>

**School Swimming Champion**

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| **Award 1** | **Award 2** |
| To achieve these Awards the pupil must meet the following outcomes with or without aids, equipment or support: |
| 1. Enter the water safely (steps, swivel)
2. Move forwards, backwards and sideways for a distance of five metres
3. Scoop the water and wash face, wash hair, be at ease with water showered from overhead
4. Blow bubbles a minimum of three times with nose and mouth submerged
5. Take part in a teacher led partner orientated game
6. Demonstrate an understanding of pool rules
7. Recognise and understand beach flags
8. Exit the water safely
 | 1. Enter the water safely (jump, steps, swivel)
2. Move into a stretched floating position using aids, equipment or support
3. Regain an upright position from floating on the front (aids may be used)
4. Regain an upright position from floating on the back (aids may be used)
5. Push and glide in a horizontal position to/from the pool wall
6. Travel on the back and front for five metres
7. Have an understanding of the water safety code
8. Exit the water safely
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| **Award 3**  | **Award 4** |
| To achieve these Awards the pupil must meet the following outcomes with or without aids, equipment or support: |
| 1. Jump in from side and submerge (minimum depth 0.9 metres)
2. Fully submerge to pick up an object
3. Push from wall and glide on the front and back
4. Push and glide from the wall to the pool floor
5. Perform a rotation from the front to the back to gain an upright position
6. Perform a rotation from the back to the front to gain an upright position
7. Answer correctly three questions on the water safety code
8. Exit the water safely
 | 1. Enter the water safely (jump, steps, swivel)
2. Perform a tuck float for five seconds
3. Perform a sequence of changing shapes (minimum of three) whilst floating at the surface
4. Push and glide on the front with arms extended and log roll onto the back
5. Push and glide on the back with arms extended and log roll onto the front
6. Travel on the front, tuck to rotate around the horizontal axis to return on the back
7. Travel 10 metres on the front and 10 metres on the back
8. Demonstrate an action for getting help (shallow/deep water)
9. Exit the water safely without the use of steps
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| **Award 5**  | **Award 6**  |
| To achieve these Awards the pupil must meet the following outcomes without support: |
| 1. Enter the water safely (jump)
2. Kick 10 metres backstroke (one item of equipment optional)
3. Kick 10 metres front crawl (one item of equipment optional)
4. Kick 10 metres butterfly or breaststroke on the front or on the back (one item of equipment optional)
5. Travel on back and roll 360 o in one continuous movement onto front.
6. Travel on front and roll 360o in one continuous movement onto back
7. Swim 10 metres, choice of stroke is optional
8. Shout and signal rescue
9. Exit the water safely
 | 1. Perform three different jumps into deep water to include a straddle jump
2. Perform a horizontal stationary scull on the back, head first sculling action for five metres and feet first sculling action whilst horizontal on the back
3. Perform a sculling sequence with a partner for 30-45 seconds to include a rotation
4. Tread water for 30 seconds
5. Perform a handstand and hold for a minimum of three seconds
6. Perform a forward somersault, tucked in the water
7. Swim 10 metres in clothes
8. Exit deep water without the use of steps
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| **Self Rescue Award**  | **Aquatic Skills Award** |
| To achieve these Awards the pupil must meet the following outcomes without support: |
| 1. Enter the water safely using a swivel or straddle jump
2. Tread water for 20 seconds
3. Float or scull waving one arm and shout for help
4. Swim 25 metres to a floating object
5. Take up the HELP position
6. Swim 10 metres retaining a floating object
7. Take up the Huddle position
8. Swim using a long arm front paddle (survival stroke) to the side
9. Climb out from water of a least full reach depth without using the steps

10.Discuss as a group when these skills  might be used to self rescue in different  water situations | 1. Enter the water safely
2. Submerge to pick up an object from the bottom of the pool (full reach depth)
3. Swim 10 metres front crawl, breaststroke, backstroke (two out of three must be chosen)
4. Swim 25 metres, choice of stroke is optional
5. Participate in a game of mini polo
6. Perform a movement sequence of one minute in a group of three or more pupils incorporating a number of different skills i.e. sculling, treading water, floating, rotations
7. Exit the water safely
8. Discuss in your group the tactics and skills used and evaluate them
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