School Swimming at <*insert name of school*>

Parent Update <*insert date*>

We’re looking forward to School Swimming and Water Safety Awards 1, 2, 3 and 4

Your child will be attending school swimming lessons soon, which follow the Swim England School Swimming and Water Safety Awards.

We take school swimming seriously and hope that you’ll join us in encouraging your child to take part. Together we can ensure it is an enjoyable, memorable and valuable learning experience which will result in them gaining an essential life skill, and a clear understanding of how to keep themselves safe in and around water.

There are eight levels in total, each has a certificate and sticker. Children will progress at different levels, so be patient if your child seems to be taking longer than others in their class to achieve individual Awards.

Your child will have the opportunity to work through the following progressive Awards to begin with:

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| **Award 1** | **Award 2** |
| Pupils can complete these outcomes with or without floatation equipment or support | Pupils can complete these outcomes with or without floatation equipment: |
| 1. Enter the water safely.
2. Move forwards, backwards and sideways for a distance of 5 metres, feet may be on or off the floor.
3. Scoop the water and wash face, be comfortable with water showered from overhead.
4. Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.
5. Take part in a movement game.
6. Give examples of two pool rules.
7. Recognise and identify the purpose of beach flags.
8. Exit the water safely.
 | 1. Enter the water safely.
2. Move from a horizontal floating position on the front and return to standing.
3. Move from a horizontal floating position on the back and return to standing.
4. Push and glide on the front in a horizontal position, to or from the pool wall.
5. Push and glide on the back in a horizontal position from the pool wall.
6. Travel on the back for 5 metres.
7. Travel on the front for 5 metres.
8. Float on the back.
9. Know how to signal for help.
10. Exit the water safely.
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| **Award 3** | **Award 4** |
| Pupils can complete these outcomes without floatation equipment or support: | Pupils can complete these outcomes without floatation equipment or support: |
| 1. Jump in from poolside and submerge (minimum depth of 1 metre).
2. Fully submerge to pick up an object.
3. Perform a tuck float and hold for five seconds.
4. Push from wall and glide on the front with arms extended.
5. Push from wall and glide on the back (optional with arms extended).
6. Perform a rotation from the front to the back, then return to standing.
7. Perform a rotation from the back to the front, then return to standing.
8. Identify an open water hazard near your home or school.
9. Exit the water safely.
 | 1. Jump into the water, submerge, surface and swim back to the point of entry (minimum depth 1 metre).
2. Push and glide towards the pool floor with arms extended.
3. Perform a sequence of changing shapes (minimum of three) whilst floating on 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 5 metres on the front, perform a tuck to rotate onto the back and return to the side.
7. Travel 10 metres on the front with feet off the pool floor.
8. Travel 10 metres on the back with feet off the pool floor.
9. Perform a ‘shout and signal’ rescue. Explain how you would get help.
10. Exit the water safely without using steps.
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**Your child’s School Swimming Passport**

This is an important document that charts your child’s progress and is a permanent record of their school swimming participation and attainment level. Please help your child to keep it safe as it will be passed on if your child changes school and when they move onto secondary school.

**Further information**

I will be in touch again soon, in the meantime if you have any concerns or queries, please see me at school for a chat, email me at <*insert address*> or call me during school hours on <*insert contact telephone number*>.

<*Insert name*>

**School Swimming Champion**