School Swimming at <*insert name of school*>

Parent Update <*insert date*>

We’re looking forward to School Swimming Awards 5, 6, Self-Rescue and Aquatic Skills

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

We take school swimming seriously and hope you’ll join us in encouraging your child to take part. Together we can make sure it’s an enjoyable, memorable and valuable learning experience which results in them gaining an essential life skill.

There are eight levels in total; each has a certificate and sticker. Please be aware that children all progress at different levels so please 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 Awards to complete their school swimming achievements:

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| **Award 5** | **Award 6** |
| Pupils can complete these outcomes without floatation equipment or support: | Pupils can complete these outcomes without floatation equipment or support: |
| 1. Jump into the water, submerge, surface and swim back to the point of entry (at least full reach depth).
2. Perform a horizontal stationary scull on the back.
3. Kick 10 metres backstroke.
4. Kick 10 metres front crawl.
5. Kick 10 metres butterfly or breaststroke on the front or on the back.
6. Travel on back and log roll 180 degrees in one continuous movement onto front.
7. Travel on front and log roll 180 degrees in one continuous movement onto back.
8. Swim 10 metres, choice of stroke is optional.
9. Give two examples of where it is safe to swim and why.
10. Exit the water safely.
 | 1. Perform three different shaped jumps into deep water (to include a straddle jump).
2. Perform a head first scull for 5 metres.
3. Two out of the following three must be completed:
	1. Swim 10 metres front crawl.
	2. Swim 10 metres backstroke.
	3. Swim 10 metres breaststroke.
4. Tread water for 30 seconds.
5. Perform a handstand or forward somersault, tucked in the water.
6. Swim 25 metres (choice of stroke optional).
7. Swim 10 metres wearing clothes - as a minimum t-shirt and shorts.
8. Exit deep water without the use of steps.
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| **Safe Self-Rescue** | **Aquatic Skills** |
| Pupils can complete these outcomes without floatation equipment, in clothing and in the order listed without pause: | Pupils can complete these outcomes without floatation equipment or support: |
| 1. Enter the water using a fall in entry.
2. Float on the back or scull.
3. Tread water for 20 seconds with one arm in the air and shout for help.
4. Swim 15 metres on the front rotate and swim 15 metres on the back to a floating object.
5. Take up the Heat Escape Lessening Position (H.E.L.P).
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 at 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 based situations.
 | 1. Enter the water safely.
2. Submerge to pick up an object from the bottom of the pool (full reach depth).
3. Swim 25 metres (choice of stroke is optional).
4. Swim 50 metres (choice of stroke(s) may be used).
5. Participate in a game of mini-polo.
6. Discuss in your group the tactics and skills used and evaluate them.
7. Perform a one minute movement sequence in a group of three or more, incorporating a number of different skills, for example: sculling, treading water, floating, rotations.
8. Exit the water safely.
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There are four initial Awards which I updated you on last term. If you would like this information provided to you again, please just let me know.

**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 and water safety 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**