

BUCKS SCHOOL SWIMMING NEWSLETTER

Summer Term 2019

Welcome to the Summer Edition of the Bucks School Swimming Newsletter. It was lovely seeing lots of fun learning at some recent School Swimming visits at the end of last half-term. I'm looking forward to visiting more lessons this term! Activities ranged from Aqua Splash Relays to Mini Polo and Water Safety. It was lovely to see so many confident happy pupils, particularly those who were able to demonstrate how to keep themselves safe should they find themselves unexpectedly in water! We hope you will all be able to share these important messages with your pupils this term particularly and support the RLSS Drowning Prevention Week, taking place from 14th – 24th June 2019.

We hope you have a great term of School Swimming and, as always, are keen to hear from you about your School Swimming successes! Keep swimming!

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Supervision of Pupils on Poolside during School Swimming

Following recent concerns raised by a couple of our Leisure Providers in Bucks, along with some recent drop in visits to School Swimming lessons, please could I request that you remind your staff to adhere to the following:

- Refrain from using mobile phones whilst on poolside. Given the nature of School Swimming, the requirement for continuous supervision is vital. School Staff have Duty of Care over their pupils at all times and looking at phones detract from this role.
- Ensure involvement in the School Swimming lesson at all times - this may be to support the teaching of Leisure Provider staff as lowering ratios is key to progress in School Swimming. Supervision on poolside may be to reinforce behavioural expectations, to remind pupils of teaching points provided by the Swimming Teacher or to encourage less confident swimmers. It really does help pupils!

School teachers are accountable for pupils' attainment, progress and outcomes. Regardless of whether school teachers or an external swimming teacher delivers the lesson, the school teacher should at all times be aware of what their pupils are doing, how well they are progressing and what they need to do next in their learning.

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Schools should be involved in the planning and delivery of swimming lessons and assessing pupils' attainment, satisfying themselves that what is being taught is appropriate and will help all pupils make progress and achieve. Regular and frequent dialogue should take place between school teachers and swimming teachers so that both are aware of what pupils are being taught and what they are learning. (Teaching Swimming and Water Safety at Key Stage 1 or 2, A Guide for Primary Schools).

Thanks to all schools who are demonstrating fantastic partnership working with their Leisure Providers - we hear some excellent feedback and are going to put together some examples of good practice to be shared on our website soon!

If you would be interested in joining the Focus Group, please do get in touch, email me at swimming@ahs.bucks.sch.uk. We would love to work with you! We hold termly meetings, discuss a range of issues and move forward initiatives in School Swimming.

Drowning Prevention Week

From: 14th to 24th June 2019

Do your pupils (and staff!) know how to stay safe around water? With summer fast approaching, teaching children to be safe near water becomes increasingly important.



Latest stats show that 56 children under the age of 11 years old drowned in the UK in the last 5 years, with more than 300 people accidentally drowning every year. And for every drowning death that occurs, there are more than 10 near drownings, with many of these leading to life changing injuries.

We are supporting the RLSS UK's Drowning Prevention Week campaign, running from 14-24 June, to help put water safety at the forefront of everyone's mind in the lead up to summer, a high-risk time of year for drowning. Drowning Prevention Week is a national awareness raising campaign and every year schools, leisure centres, community groups, businesses and MPs use the **RLSS free downloadable resources to teach invaluable lessons about staying safe near water.**

To sign your school up (which takes no more than 2 minutes!) and to access some great **FREE resources**, go to <https://www.rlss.org.uk/drowning-prevention-week>.

- Over 700 people drown in the UK and Ireland every year and many more suffer injury, some life-changing, through non-fatal drowning experiences. Keep your family safe this summer with the RLSS UK's summer water safety messages.
- Drowning is a leading cause of child accidental death. Stay safe with RLSS UK summer tips.
- You are more likely to die from drowning than by being hit by a car or in a fire. Stay safe.





SWIMMING RESOURCES FOR YOUR SCHOOL!!!

To win a set of swimming resources for your school, we'd like to hear from your pupils about what they got up to as part of Drowning Prevention

Here are some ideas:

- Set a range of scenarios for pupils to undertake to show their understanding of the Water Safety Code
- Safe Rescue Relays (e.g. throw relay...)
- Flag game to show understanding of beach flags

And if you have finished your swimming programme, why not teach some of these messages in the following ways:

- As part of PE - the school playground or field with a little imagination, make a great lake or river to deliver skills and understanding about the Water Safety Code
- Ask your older pupils to deliver Water messages to younger pupils in assemblies or as part of their Life Skills lessons!
- Use the resources from RLSS when you sign up to the Drowning Prevention Week Campaign 2019 (it takes 2 minutes!)

Email your photos and articles to swimming@ahs.bucks.sch.uk by Friday, 5th July.

BEAN BAG HOOP THROW

PE Activity Card 4

Set Up & Equipment

- Explain that it is important that Lifeguards can throw accurately to get rescue equipment to people who need it
- One hoop per group
- At least one bean bag each

Description

- Place a hoop a few metres away from each group of pupils
- Pupils take turns in throwing a bean bag into the hoop



Progression & Notes

- Group Progression: Move the hoops further away
- Individual Progression: For those who are regularly landing in the hoop, ask them to throw with their less dominant hand



Reminding you of the Key Water Safety Messages:



Make sure your pupils know the Water Safety Code! Whenever you are around the water:

- Stop and think – look for the dangers, always read the signs
- Stay together – never swim alone. Always go with friends or family
- In an emergency: Call 999 or 112 and shout for help
- Float – if you fall in, float or swim on your back. Throw something in that floats to anyone that falls in.

Some Shocking Statistics

- Some 52% of accidental drownings happen in open water,
- More than 80% of all accidental drownings are male,
- More than 56% never intended to be in the water,
- Around 34% of accidental drownings happen in the summer.



Summer safety messages

On holiday:

- Is there a lifeguard at the pool or beach?
- Check bathing sites for hazards, check the safest places to swim and always read the signs – find out what local warning signs and flags mean. Take time to check the depth, water flow and layout of pools,
- Swim with an adult,
- On beaches check when the tide will be high and low and make sure that you won't be cut off from the beach exit by the rising tide. Also, be aware of dangerous rip-currents,
- Inflatables like dinghies or lilos are a well-known hazard – every year someone drowns when inflatables are blown out to sea. Do not use them in open water,
- Do not swim near to or dive from rocks, piers, breakwater or coral,
- Swim parallel to the beach and close to the shore.

Swimming in Open Water is increasingly popular.

Teach your pupils these important messages:

Don't

- Swim at unsupervised (un-lifeguarded sites) including lakes, quarries reservoirs and rivers,
- Jump into the water until you have acclimatised to the water temperature,
- Jump into the water from heights or 'tombstone',
- Swim into deep water which will be colder.

Do:

- Swim at supervised (lifeguarded) sites,
- Swim parallel with the shore, where you can quickly get to safety,
- Swim with friends or family, so that you can help each other if you need to,
- Look for signs and advice about the specific dangers at the place where you are swimming,
- Think about what you will do if something goes wrong,
- Contact a reputable outdoor pursuits or coasteering centre if you want to take part in more extreme activities.

Beyond Primary School Swimming

Primary Schools: you may be in the process of passing NC data to your Secondary Schools. As part of PE, Swimming Attainment also needs to be passed on. Learning to swim and understanding how to stay safe in the water is not just about passing a test and ticking a box, these basic requirements will help young people to have the best chance of acting responsibly around water and surviving in it.

Where your pupils have not achieved the minimum national curriculum requirements for swimming and water safety, schools should signpost pupils to summer school courses at local pools or encourage parents to take their children swimming. Whilst many Secondary Schools do not include Swimming, some in Bucks continue to develop swimming and water safety skills to ensure confidence, knowledge and ability is retained. As such, information about pupils that have not achieved national curriculum swimming and water safety requirements should be communicated to the next school so they can put into place additional support to help them become competent and proficient swimmers. This information will also help those schools who do not swim understand pupils needs with regards to Water Safety e.g. for school trips and visits, as these students are at greater risk around water and may not be able to take part in other water-based activities at secondary school. Research tells us that older students are more likely to take risks and get themselves into dangerous situations around water, sometimes with tragic consequences.

Great Water Safety Resources for Secondary aged pupils which cover issues around peer pressure, risk taking etc can be found at <https://rnli.org/youth-education/education-resources>

For the swimmers amongst you...

- 1 jammy dodger = 83 calories - 7 mins fast front crawl
- 1 chocolate bourbon = 67 calories - 8 mins backstroke
- 1 digestive biscuit = 73 calories - 6 mins breaststroke



Swim England collaboration with Disney•Pixar



As we know, School Swimming may be the only time some children have the opportunity to swim. This can be due to a number of reasons but includes previously bad parental experiences and cost. Unfortunately, not all schools swim all year through or offer extensive follow up programmes. **Thus, encouraging pupils to continue swimming outside of school is really important. Promoting the initiative below may be one way to ensure more pupils learn to swim.**

This summer Swim England are encouraging thousands of families to enjoy the water, with a programme featuring some of Disney's most recognisable, popular characters including Woody, Buzz Lightyear and the gang from Toy Story 4, the upcoming movie from Disney•Pixar. Swim England has joined forces with Disney in an exciting new collaboration which aims to inspire families to love swimming and learn an essential life skill.

Some of Disney's most-loved characters, including Buzz and Woody from Disney•Pixar's Toy Story, Disney's Mickey Mouse and Friends plus key characters from the upcoming Disney Frozen 2 will be featured as part of the year-long campaign taking place at more than 250 pools nationwide. Kicking off in June 2019 to coincide with the release of Disney•Pixar's Toy Story 4 at cinemas across the country, swimming pools will hold Disney-inspired fun swim sessions lasting 45 minutes, aimed at families with children aged between three and eleven-years-old.

"Our vision is of a nation swimming and with Disney on board, we're confident more families will want to take the plunge and have fun adventures with their favourite characters."

The sessions will be delivered by a trained Activator upskilled through the new Continued Professional Development (CPD) course delivered by the Institute of Swimming, featuring content inspired by the magic of Disney storytelling.

The Swim England collaboration with Disney forms part of Disney UK's wider Healthy Living commitment, designed to use the power of Disney's characters and storytelling to inspire families to lead healthier lifestyles. (Swim England)

A Few Fun Aquatic Games:

Activity	Organisation	Teaching Point
Washing machine game	Pupils in a circle. Blow bubbles (soap bubbles); pretend to throw in dirty socks; soap powder etc; pupils lie on back and kick feet to make splashes; link hands and move in a circle to spin the clothes, then repeat in opposite direction.	Keep shoulders under the water.
	With more able group, on command 'spin cycle', pupils let go and tuck into a ball where they will spin.	Take a breath and tuck up with knees to chest and chin tucked in; blow out continuously.

Shopping game	Each swimmer has a float (trolley) and with lots of floating fruit/veg on the water, they have to collect as many as they can and bring them back to the poolside. Great to reinforce leg kick if this has been the lesson focus as a contrast activity but also good simply as a warm up.	Continuous leg kick; keep toy on float; hold float with both hands.
Under the rainbow	Pupils hold different coloured noodles over the water in an arch; other pupils move under the rainbow using a push and glide (front and/or back).	Stretch the body as long as possible; legs together; face in water.
Pearl fishing	Pupils travel to collect 2 small balls; holding ball in each hand, dolphin leg kick on front pupils travel to collect one larger ball; holding ball on tummy swim in back using a dolphin leg kick.	Continuous action, move head up and down to help undulation; use a wriggly action like a worm; keep legs close together, kicking them at same time.
Robinson Crusoe	One side of the pool is the shipwreck and the other is the island. Robinson Crusoe and his friends have to carry saved items from the shipwreck to the island without getting them wet - pupils to identify different ways of moving; e.g. swim backstroke, holding item across chest or on front.	Breast stroke on back holding the item above chest breaststroke on front with item resting on a float.
Water Safety Scenario	You are in the lake on a boat and your boat has capsized. There are lots of you in the water. What is your first reaction? What happens to your body? Why is it important to keep your head out of the water? Complete an obstacle course going round/under/through equip.	Discuss cold water shock; keeping organs warm and fact that heat from body escapes from head. Challenge is to keep head dry throughout.

The Young Aquatic Leader Certificate

Do you have Secondary pupils who may be able to support Primary School Swimming as part of their DofE or other leadership pathways?

The Young Aquatic Leader Certificate (also known as the YALC) is a dynamic, skill building, sport specific leadership course designed to develop young aquatic leaders (aged 14 - 19 years) and provide them with the knowledge to active volunteer in an aquatic environment. No prior knowledge of aquatics is required.

This free course can be delivered in school over a series of sessions or as a day's course (5½ hours theory & 2 hours practical). The YALC will support the development of the young leader's knowledge across the aquatic disciplines.

It will challenge them to work within a team, step outside of their boundaries and will develop communication, organisation, leadership and planning skills through interactive activities and problem solving.

“Taking part in the Young Aquatic Leaders Award has enabled me to develop my leadership skills and has helped me to realise how challenging yet rewarding planning and leading an aquatic session can be. The Young Aquatic Leaders course has expanded my knowledge of aquatic events and has encouraged me to continue my participation in aquatics after my competitive swimming career.”

Previous Aquatic Leader.

For further information visit:

<http://www.swimming.org/swimengland/volunteer-training-development/>
or contact volunteering@swimming.org

Alternatively, we are happy to discuss how this award could work at your school. Contact swimming@ahs.bucks.sch.uk

Swim Course Dates 2019-2020

Date	Time	Location	Course	Cost per Delegate
19.09.2019	09:00 – 16:00	Green Park	Support Teacher of School Swimming	£190
03.10.2019	09:00 – 16:00	Green Park	Support Teacher of School Swimming	£190
17.10.2019	08:30 – 16:30	Green Park	Secondary Teacher & Support Teacher of School Swimming	£190
07.11.2019	09:00 – 16:00	Green Park	Support Teacher of School Swimming	£190
21.11.2019	09:00 – 16:00	Green Park	Support Teacher of School Swimming	£190
05.12.2019	15:30 – 18:00	Green Park	Refresher Course	£45
23.01.2020	08:30 – 16.30	Green Park	NEW 1 day course - Teacher of School Swimming	£200
13.02.2020	09:00 – 16:00	Green Park	Support Teacher of School Swimming	£190
26.03.2020	09:00 – 16:00	Godstowe School High Wycombe	Support Teacher of School Swimming	£190
30.04.2020	09:00 – 16:00	Green Park	Support Teacher of School Swimming	£190
14.05.2020	09:00 – 16:00	Green Park	Support Teacher of School Swimming	£190
21.05.2020	09:00 – 16:00	Green Park	Support Teacher of School Swimming	£190
04.06.2020	09:00 – 16:00	Green Park	Support Teacher of School Swimming	£190
02.07.2020	15:30 – 18:00	Green Park	Refresher Course	£45

How to apply?

Please complete the Application Form which can be found on the AVTP Swimming Website - <http://avtp.co.uk/school-swimming/> and return to Allison Holley, School Swimming Administrator at swimming@ahs.bucks.sch.uk.

Bespoke Courses

We are also able to offer the following bespoke courses:

- Refresher course (2 hours) for Swim England Fundamentals,
- Supporting Pupils with a Physical or Sensory Need during their School Swimming,
- National Curriculum Mini Polo,
- National Curriculum Synchronised Swimming,
- National Curriculum Games based approach to teaching swimming,
- Water Safety awareness talks to pupils.

For further information or to discuss a bespoke course suitable for your school environment, please email swimming@ahs.bucks.sch.uk.



- The oldest form of stroke used is the breaststroke.
- Ancient drawings and paintings found in Egypt depicting people swimming, date back to 2500 BC.
- Swim fins were invented by Benjamin Franklin. Benjamin Franklin was an avid swimmer from a very young age. Throughout his life he consistently promoted its healthful benefits... However, unlike today's foot flippers, these were attached to one's hands.
- Swimming in the Olympics started as a men's event only but women were able to participate starting in 1912.
- After World War I and the departure of "Long John" style swimming costumes, interest in competitive swimming grew. Standards improved and training became essential.
- The first woman to swim the English Channel in 1926 is Gertrude Ederle, an American competition swimmer who was actually 21 years old.



- Swimming first became an Olympic event in 1896.
- American Actress and competitive swimmer, Esther Jane Williams, set multiple national and regional swimming records in her late teens as part of the Los Angeles Athletic Club swim team. She went on to popularise synchronised swimming when she starred in movies known as "Aqua Musicals" produced by MGM in the forties and fifties.



- Synchronised swimming first appeared in the Olympics during the 1984 games.

If you have any comments about this Newsletter or have suggestions for our next edition, please email: swimming@ahs.bucks.sch.uk. Thank you.

AVTP Website: www.avtp.co.uk/school-swimming

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