

## BUCKS SCHOOL SWIMMING NEWSLETTER

### Spring Term 2019

Welcome to the Spring Edition of the Bucks School Swimming Newsletter. Never before has there been so much guidance for schools nationally to help them with their school swimming programmes. We have included links to key documents for you within this edition. Have you signed your Partnership Agreement? Read more below! 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!

**Mandy Carey**  
AVTP School Swimming Adviser  
Aylesbury High School, Walton Road, Aylesbury, Bucks.  
Tel: 01296 388222 ext. 296 / [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk)  
<http://avtp.co.uk/school-swimming>

### Partnership Agreement

We are delighted to have launched a new Partnership Agreement across Bucks. This is a shared document between Leisure Providers and Schools. The Agreement has been developed with and by the Bucks School Swimming Focus Group, comprising Leisure Providers and Swimming Teachers; it has also been reviewed by Head Teachers. It outlines responsibilities of both Schools and Leisure Providers for School Swimming and supports the guidance within the Bucks Safe Practice in School Swimming Policy and Guidance 2018. We hope that you will be able to use this document with your Schools. Any feedback will be gratefully received during its first six months of implementation to ensure its continued value.

The document can be found here - <http://www.avtp.co.uk/school-swimming/safe-practise-in-school-swimming-policy/>.

**If you would be interested in joining the Focus Group, please do get in touch - [swimming@ahs.bucks.sch.uk](mailto: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.



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## Stroke Changes

'Key-hole' and 's' pull may be terms that you have previously used with your pupils. Well no more! For up to date stroke technique and expected standards, please visit

<https://www.swimming.org/swimengland/swim-england-expected-standards/>.

The table below shows teaching points which may help you when supporting your Swimming Teachers:

Stroke Teaching points			
Backstroke	Front crawl	Breaststroke	Butterfly
Long stretched body – head on a pillow.	Long stretched body.	Body slightly sloped – feet under the water.	Flat body position, eyes looking down.
Long legs, splashy toes- no naughty knees!	Long legs, toes pointed.	Heels up towards seat, turn feet out, follow a circular pattern.	Body moves in a wave action, or wiggly worms.
Little finger first – shaped pull.	Stretch forward, catch the water, pull to the hip.	Draw a line around the pizza, then chop it in half.	Legs together, kicking together.
	Ear on the shoulder – see the fishy, hear the fishy.	Breathe the hands in, then blow them away.	
		Pull, breathe, kick, glide.	

## School Club links for National Curriculum Swimming

We are currently working with Maxwell Swimming Club to offer you an exciting opportunity. The club are keen to work with schools in the Aylesbury area as part of their School Swimming. This will benefit School Swimming Programmes in a number of ways:

- reduce ratios, aiding progress
- challenge and inspire more able swimmers
- provide good links to club swimming

Club Coaches will work alongside Leisure Provider and School Staff to lead a small group of pupils. All coaches hold DBS checks and will be able to provide the school with details of these. There will be no cost to schools for this initiative. As this is a three-way partnership, we would recommend that you contact your Leisure Provider to ensure that they are happy for the club to be involved.

If you are interested in support from Maxwell Swimming Club for your School Swimming and would like to know more, please contact Noel at [head\\_coach@maxwellswimclub.org](mailto:head_coach@maxwellswimclub.org).

Outside Aylesbury area? Why not contact your local club to see if they would like to get involved!

We look forward to hearing about how this benefits your pupils.

## Water Safety beyond Key Stage 2

Water safety messages should continue to be given to young people even when they leave primary school. As well as the Key Stage 3 & 4 requirement for young people to take part in a broad range of physical activities including outdoor and adventurous activity challenges, other subjects like Geography and PSHE should support water safety messages and help young people understand dangers in different water environments.

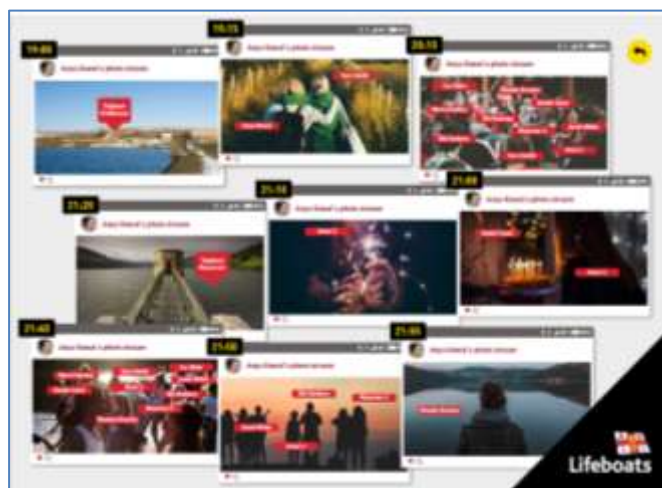


*It is important to remember that meeting the minimum national curriculum requirements for swimming and water safety does not guarantee the safety of a child when in, or near water. (National Swim Group 2018)*

The National Swim Group believe that all young people should be able to swim 400m competently and know and understand the risks in different bodies of water so they can make informed decisions about enjoying the water safely.

Both RLSS (<https://www.rlss.org.uk/drowning-prevention-week>) and RNLI (<https://rnli.org/youth-education/education-resources>) offer excellent cross curricular age appropriate water safety resources for schools.

An example of an excellent programme for KS5 students is the RNLI Rewind Resource where students need to work through a series of clues and tasks to identify what has happened to result in a casualty in difficulty in a lake after a party and how things should have been different – particularly relevant to students heading off to university...



## National Swim Group Guidance Documents

The National Swim Group have produced a range of guidance documents to support both schools and leisure providers. These can be found by clicking on this link <https://www.swimming.org/schools/resource-pack/> Their contents are summarised below.



### Teaching Swimming and Water Safety at Key Stage 1 or 2, A Guide for Primary Schools

This invaluable guide explains what each of the 3 NC requirements for School Swimming should look like and how they should be structured. It gives activity ideas for more able swimmers as well as addressing next steps for those pupils who do not reach minimum standards, including advice on use of the PE and Sport Premium Funding. The guide also provides different programme models for school swimming and gives examples for assessing requirements.

## Teaching Swimming and Water Safety at Key Stage 1 or 2, Water Safety Resource

What is the Water Safety Code? What key messages should we be giving to our pupils? What is cold water shock? This guide explains it all, as well as describing key self-rescue skills we should be teaching our pupils.



## Teaching Swimming and Water Safety at Key Stage 1 or 2, A Guide for Leisure Providers

Your Leisure Providers may not be aware of this document so it may be useful to share it with them whilst planning your school swimming programme.

All 3 documents contain links to a range of useful organisations as well as the website reporting tool for evidencing the impact of the Primary PE and Sport Premium Funding, a national requirement.



## Teaching Swimming and Water Safety at Key Stage 1 or 2, A Guide for Swimming Teachers

This guide explains what each of the 3 National Curriculum Swimming requirements should look like; it discusses the roles of all involved; assessing progress and attainment and use of the PE Funding; eg for Top up Style schemes.

## Teaching Swimming and Water Safety at Key Stage 1 or 2, A Guide for Parents



This guide informs parents about the requirements for all schools to ensure that by the time a child is ready to leave primary school at the end of Year 6, they should be able to swim, know how to get out of trouble if they fall into water, know the dangers of water and understand how to stay safe when playing in and around it. It outlines Swimming and water safety as part of the national curriculum PE programme of study for England and explains some of the models schools may adopt.

It explains how School Swimming is different from 'after school stages' style lessons and gives advice on challenging more able swimmers as part of their school programme.



## Would your school benefit from Example lesson plans for School Swimming and Support from Swim England?



If yes, why not become a Swim England Charter School! For only £35 schools benefit from:

A resource pack with:

- 70 passports,
- 70 sets of stickers,
- 35 pin badges,
- Waterproof syllabus guidance cards.

Go to: <https://www.swimming.org/swimengland/school-swimming-water-safety-charter/>



### Digital resources:

These resources are accessible to members of the Swim England School Swimming and Water Safety Charter:

- Free downloadable Awards (schools only),
- Lesson plans and resources for school teachers to use in the classroom, including fun activities and cross-curricular ideas,
- Guidance documents,
- Digital banners for use on website and School Swimming charter digital logo stamp to use on printed and online materials,
- Templates to help deliver lessons and record pupil achievement and to use in communications with parents, swimming teachers and lesson providers,
- Water safety presentation for pupils for use in classroom or assembly.

### Did you know.....

- A child can drown in less than 5cm of water,
- A rip current moves faster than an Olympic swimmer can sprint,
- One person drowns every ten hours in the UK,
- You are more likely to die from drowning than you are from being hit by a car or in a fire.

### School Water Safety Talks

To support the Water Safety messages you are giving your pupils as part of their School Swimming or Life-skills lessons and to remind them about the importance of the Water Safety Code particularly as we approach warmer weather and are venturing outside more, why not arrange a visit by an RNLI volunteer - <https://rnli.org/youth-education/educational-visits> or the AVTP - Email: [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk).

## Save the date!

## RLSS Drowning Prevention Week: 14th – 24th June 2019

It is now time for schools to sign up to this excellent campaign. **It takes 2 minutes to register as a school.** Once registered you will have access to a range of downloadable resources. If you took part last year, please re-register as there are new resources! To sign up, click on the link: <https://www.rlss.org.uk/drowning-prevention-week>.

Drowning Prevention Week aims to reduce the number of drowning and non-fatal drowning incidences that occur in the UK every year, by showing people how to be safe and have fun near water.



**Stop when you reach water.** Look to see what the dangers could be and read any safety signs.

**Stay together.** Don't swim on your own and never leave your children unattended.

**If there is an emergency,** shout for help and call 999.

If you do fall in, try to **float** until help comes. Or if you see anyone in trouble, throw them something that will help them to float.

There are more detailed water safety tips on the RLSS UK's website [www.rlss.org.uk](http://www.rlss.org.uk).



As well as these excellent resources, please check out [RNLI Youth Education page](https://rnli.org/youth-education/education-resources) (<https://rnli.org/youth-education/education-resources>), where you will find a range of excellent lessons based on Water Safety Education. The Primary [Water Smart](#) and the Secondary [Get Soaked](#) booklets can be ordered from the RNLI, with posters and activity sheets

free to download (<https://rnli.org/youth-education/education-resources/activity-sheets-and-posters>). These guide young people about how to keep safe and have fun around water.





## AVTP Twilight session for all things School Swimming!

Thursday, 27<sup>th</sup> June 2019 from 3.30pm to 6pm  
Green Park Conference Centre, Aston Clinton, HP22 5NE

This twilight session is aimed at Bursars and office staff involved in setting up School Swimming Programmes or other school staff who want to gain a better understanding of the Bucks Safe Practice in School Swimming Policy and Guidance. This informal session aims to help those involved in setting up school swimming programmes understand:

- The requirements for all involved; including those accompanying pupils to their school swimming lessons - a step by step approach to setting up programmes,
- Partnership working with Leisure Providers and Swimming Teachers,
- School Swimming Programmes - what should we be asking Leisure Providers to teach?
- Components of the school swimming folder,
- Good practice,
- Use of Primary School PE and Sport Funding,
- Addressing challenges and issues.

To book on, please email [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk).

### Course Dates

Please find below remaining courses for the Summer Term. Dates for the next academic year will be published in the Schools Bulletin soon. You will also be able to find these on the AVTP website in due course - <http://avtp.co.uk/school-swimming>.

Date	Time	Location & Course		Cost per Delegate
09.05.2019	09.00 – 16.00	Green Park, Aston Clinton	Support Teacher of School Swimming	£190
23.05.2019	09.00 – 16.00	Green Park, Aston Clinton	Support Teacher of School Swimming	£190
06.06.2019	09.00 – 16.00	St. Andrew's CE Primary School, Chinnor	Support Teacher of School Swimming	£185 (no lunch provided)
27.06.2019	15.30 – 18.00	Green Park, Aston Clinton	Twilight Session for all things School Swimming! Suitable for Bursars and office staff involved in setting up your school swimming programmes	FREE

### 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, Swimming Administrator at [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk).

## Bespoke Courses



Would you like training in Water Safety lessons; Mini Polo or Synchronised Swimming as part of NC Swimming? If so, please email [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk) to register your interest.

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 Games based approach to teaching swimming
- Water Safety awareness talks to pupils
- Twilight Session for all things school swimming!

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

If you have any comments, suggestions or good news to share about school swimming, please email: [swimming@ahs.bucks.sch.uk](mailto:swimming@ahs.bucks.sch.uk). Thank you.