



Aylesbury High School, Walton Road, Aylesbury, Bucks. HP21 7SX
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14th July 2020

Dear Headteacher,

We appreciate that you will currently have many challenges and amendments to make to your curriculum due to Covid-19. Many of the pupils joining you in Year 7 this September may have missed their School Swimming over the last two terms at their previous school due to the pandemic and closure of pools. Whilst we fully understand that School Swimming is not compulsory in KS3/4, we would urge you to consider opportunities for taking these pupils swimming as part of a Top Up Programme to enable them to meet the minimum requirements for School Swimming. To identify these pupils, please contact your feeder primary schools who are expected to hold this data (and publish on their websites). We are sure you can appreciate that these requirements include vital lifesaving skills. We are aware that many PE Departments are reviewing their PE Curriculum currently in light of Covid and many will be making significant changes to their previous provision. This may be a good time to plan sessions for these pupils.

The requirements for School Swimming by the end of Key Stage 3 are highlighted at the bottom of this letter, along with a breakdown to show what these actually mean. If you are unable to offer a programme of Top Up Swimming, please do consider implementing Water Safety into your Life Skills Programme - the RNLI provide a range of fantastic resources for secondary age students, both KS3 & 4: <https://rnli.org/youth-education/education-resources/lower-secondary>) and KS4 & 5: <https://rnli.org/youth-education/education-resources/upper-secondary>.

The RLSS also has some very good activities for secondary aged students - sign up for Drowning Prevention Week and this will give access to a range of activities: <https://www.rlss.org.uk/dwp-ttrefgsgd45354367hjksakyuidauksh>.

With outdoor pools opening from 11 July and indoor pools being able to open from 25 July, we know that many centres around Bucks are busy developing their video tours of facilities to show how this might look upon return to the pool. Here at the Bucks School Swimming Partnership, we have been working on School Swimming Covid-19 Risk Assessments to support you with planning your School Swimming. These can be found on our website - <http://www.avtp.co.uk/policy-documents/>.

If your school is able to offer School Swimming to these pupils and you would like support or advice with this, please do not hesitate to contact us, where we can discuss training requirements. Please email swimming@ahs.bucks.sch.uk.

Yours faithfully,

Mandy Carey
Buckinghamshire School Swimming Adviser
(BSSP in partnership with Buckinghamshire Council)



NATIONAL CURRICULUM REQUIREMENTS FOR SCHOOL SWIMMING **(BY END OF KS2)**

- 1. Swim competently, confidently and proficiently over a distance of at least 25m,**
- 2. Use a range of strokes effectively, such as front crawl, backstroke and breaststroke,**
- 3. Perform safe self-rescue in different water based situations.**

In November 2018, the National Swim Group published further guidance and clarity about what each of the above strands should look like. Swim England have produced some useful guidance for schools which can be found on the following link: <https://www.swimming.org/schools/resource-pack/>.

WHAT DO THE OUTCOMES MEAN?

1. Swim competently, confidently and proficiently over a distance of at least 25 metres

This means demonstrating:

- *a continuous swim of more than 25 metres without touching the side of the pool or the pool floor without the use of swimming aids. Whenever possible, at least part of the swim should be completed in deep water, defined as greater than shoulder depth. This is because 'competence' and 'proficiency' can't be assured if the swim takes place in shallow water only,*
- *the stroke, or strokes, are as strong at the end of the swim as at the start, and that the swim is completed without undue stress,*
- *the stroke or strokes are recognisable to an informed onlooker. Using an ineffective stroke and just managing to swim 25 metres does not meet the minimum requirement. Nor does it provide the skills necessary for pupils to be able to self-rescue if they get into difficulty. A competent, confident and proficient swim over a distance of more than 25 metres is the minimum requirement to meet the national curriculum outcomes. It is hoped that a number of pupils will be able to swim significantly further, although evidence of this is not required for primary schools to officially record (although could be considered for parent and secondary school reporting).*

2. Use a range of strokes effectively

Pupils should be able to use a range of strokes and make choices about the strokes they use to achieve different outcomes and be certain of success. To do this they need to experience simultaneous and alternating strokes, on their front and back, and be able to adapt them for a range of purposes and intended outcomes. Examples of an intended outcome might be a swim of 50 metres, or using an effective leg kick to tread water successfully. Swimming strokes do not have to be perfect; the emphasis should be on effectively achieving the required aim rather than precision hand or foot movements. Other examples could be using front crawl with face down and aquatic breathing to swim in a competitive race Use front crawl with head up to play water polo; using a front crawl-type leg kick in a vertical position to tread water.

3. Perform safe self-rescue in different water-based situations

Pupils should know the dangers of water and understand how to act responsibly when playing in or near different water environments. This includes understanding and adhering to national and local water safety advice, being able to use appropriate survival and self-rescue skills if they unintentionally fall in or get into difficulty in the water, and knowing what to do if others get into trouble. To ensure pupils fully understand this important area, 'water-based situations' should not only cover how an incident could occur, but also different types of water space.

Teaching Swimming and Water Safety at Key Stage 1 or 2 - A Guide for Primary Schools (produced by Swim England on behalf of the National Swim Group).



The Water Safety Code to help pupils stay safe around water includes:

Stop and Think:

- Water is always moving
- The water is colder than you think
- Edges can be dangerous
- There may be dangers under water

Stay Together:

- Never swim alone - stay close to a friend or family member
- Find a safe place to go - only swim in the sea where there is a lifeguard
- Plan your activity – check weather, tide times, get local advice and wear the right clothing for your activity

Float:

- If you fall in, float until you feel calm
- Signal for help, raising one hand in the air and shouting for help
- If you can, swim to safety or hold on to something that floats
- Keep warm if you can't swim to safety, using the Heat Escape Lessening Position (HELP) or huddle position

Call 999 or 112:

- If you see someone else in trouble in the water call 999 or 112
- Never enter the water to save others
- Look for something you can throw to help them float like a life ring or even a football could help
- Keep watch until help arrives

To meet the three national curriculum requirements for swimming and water safety, lessons should focus on developing some or all of the following skills and strokes in different water-related contexts:

- how to enter and exit the water,
- floatation,
- submerging,
- rotating from back to front and front to back and regaining an upright position,
- pushing and gliding and an understanding of streamlining,
- aquatic breathing,
- moving effectively and efficiently through the water using alternating and simultaneous strokes on front and back, such as front crawl, back crawl, breaststroke, side stroke,
- swimming longer distances and for increasing amounts of time,
- using swimming skills and strokes for different purposes such as water polo and synchronised swimming,
- survival and self-rescue skills: treading water, Heat Escape Lessening Position (HELP) and Huddle positions, floating and resting in the water, attracting attention, sculling and swimming in clothes/buoyancy aids,
- water safety: knowledge and understanding of different water environments, how to stay safe when playing in and around water including recognising flags and warning signs and understanding national and local water safety advice,
- what to do if others get into difficulties: stay safe: shout, signal; throw, do not go into the water; raising the alarm 999,
- play competitive games such as water polo and apply basic principles suitable for attacking and defending.

Teaching Swimming and Water Safety at Key Stage 1 or 2 - Water Safety Resource (produced by Swim England on behalf of the National Swim Group).

