



St Mary's Cof E school
LEARNING WITH HOPE

**St Mary's C of E Primary
School
Swimming Policy**

From September 2014 all children must be taught the programme of study for swimming as defined in the national curriculum 2014. In particular pupils should be taught to:

- **1)** *Swim competently, confidently and proficiently over a distance of at least 25 metres*
- **2)** *Use a range of strokes effectively*
- **3)** *Perform a safe self-rescue **(4)** in different water- based situations*

How will St Mary's define and assess the national curriculum requirements?

- The definitions of competently, confidently and proficiently and effectively together suggest that swimmers should use a range of strokes demonstrating sufficient skill and knowledge for the intended outcome to be achieved and for the swimmer to be certain of success. *Intended outcomes might be a swim of 25 metres or using an effective stroke to play a water-based game.*
- To be certain of success, swimmers will need to demonstrate their ability to swim over specific distances or achieve certain outcomes on more than one occasion. It is not good enough to swim the distance or achieve the outcome once. This does not imply certainty.

How will we ensure that all children swim can swim a distance of at least 25m by the end of year 6? **(1)**

- All children will have a minimum of a 12-week block of swimming lessons, for every year after completing year 1.
- The children's progress will be recorded monitored and reviewed yearly- with the children working towards the next St Mary's swimming award (8 levels to be achieved).
- Intensive swimming blocks in the Autumn, spring and summer will be offered to those children in Year 5/6, who may not meet the National curriculum requirements.
- Swimming lessons will be taught by qualified swimming instructors or class teachers, who follow a prescriptive and progressive scheme of work.
- By the end of year 6, all children will be able to swim 'At least 25 metres' with at least 50% of the distance in deep water. Deep water is defined as greater than shoulder depth. At no time should the side of the pool or pool floor be touched.
- When undertaking swims of 25metres, we will require children to complete a 30 metre swim. This will ensure competence to swim 25 metres.

Every child should make progress in their swimming and achieve their very best. Therefore, swimming at least 25m should be viewed as an absolute minimum entitlement as set out in the National curriculum for P.E, 2014. Every year 6 should achieve this distance and the majority significantly higher.

How will we ensure that children swim competently, confidently and proficiently over a distance of at least 25 metres? **(2)**

We will assess the children's ability to swim competently, confidently and proficiently over a distance of 25 metres using the following criteria.

- Swim 30 metres in deep water (passing over deep water for at least 50% of the swim). At no time should the sides of the pool or pool floor be touched.
- The swim should be continuous and completed without undue stress. The stroke or strokes used should be as strong at the end as at the start of the distance.
- Strokes used should be recognizable to an informed onlooker. The minimum expectations will be:

Alternating strokes <i>e.g front crawl, back crawl</i>	Streamlined body position Effective arm pulls Regular breathing
Simultaneous strokes <i>e.g breaststroke, butterfly</i>	Simultaneous arm and leg actions Broadly symmetric Regular breathing

25 metre certificates will be awarded to children who meet these criteria in full on more than once occasion and when it is certain that the swim can always be achieved.

Whenever an award requires a distance of 25 metres or further, children will be expected to meet the same criteria as defined for 25 metres.

How will we ensure that the children can perform a 'self-safe rescue' in different water-based situations? (3)

At St Mary's, we believe it is very important that all children have the necessary knowledge and skills to recognise when they are getting into difficulties and be able to take appropriate actions to help themselves out of the situation. The skills below will be taught during swimming lessons and in classroom, through theory sessions. Children will be aware of the following;

Examples of **how** an incident could occur:

Falling into water when playing on a footpath	Falling out of a boat
Swimming in clothes	Becoming tired
Sustaining an injury	Being out of one's depth
Hampered by weeds or underwater hazard	Rough water or dangerous tides

Examples of **where** an incident could occur:

Homes and gardens	Swimming pools
Beaches	Rivers
Canals	Reservoirs

To achieve this objective, we will teach the following self-rescue techniques and set up simple scenarios so that non-swimmers, beginners and improver swimmers can practice and use these skills:

- Treading water
- Floating correctly, and for sustained period of time
- HELP/Huddle positions
- Sculling
- Head up swimming/ no goggles
- Swimming through waves and rough water
- How to use buoyancy aids
- Swimming in clothes and without goggles
- Swimming to save oneself- adapting technique, changing stroke, resting and swimming

The children will be given simple assessment scenarios to help teach safe rescues.
i.e. *You've fallen into the water unintentionally. You are wearing a pair of shorts and t-shirt.*

Without touching the sides of the pool or the pool floor:

- enter the water and float for 30 seconds
- rotate and swim on your front for 15 metres
- tread water for 30 seconds. Try to attract attention
- rotate and swim on your back for 15 metres
- return to the side of the pool and exit the water safely.

We will also teach the children the SAFE code and know how to be safe when playing near water (through curriculum lessons, guest talks from the RNLI and annual surf-safety days-with Global boarders)

All children will be taught the following SAFE code and the RNLI's SSFC code:

- Spot the dangers
- Always swim with family and friends
- Find and follow the safety signs and flags
- Emergency- know what to do

- Stop and Think- spot or know the dangers
- Stay together- with a friend/family
- Float- until they feel calm and think what to do next
- Call 999/112- If you see someone in trouble

How will we ensure the children take part in different water-based situations? (4)

We will do our very best to provide a range of different water-based situations in which children can use swimming and self-rescue skills. These water-based situations might include:

- Shallow water
- Deep water
- Out of reach of the pool sides
- Rough water (sea)
- Cold water
- Outdoor swimming
- Swimming in clothes

Children will be taught to recognise hazards in various locations (through school trips) and will participate in different water-based activities at the beach and in the pool.

Hazards to recognise

Swimming pools	Sea and Coastal Areas	Inland water sites
Slipping surfaces	Waves and tides	Speed of water
Different depths	Sudden depth changes	Debris and pollution
Steps/ hoists	Hidden hazards- rocks, stones and debris	Hidden hazards- weeds and debris
Trip hazards	Cold water	Dangerous banks
Other swimmers	Offshore winds	Canal locks, wiers

Additional considerations to be taught:

It is important to consider the following when swimming outside:

- Always look for guidance and warning signs
- Swim parallel with the shore line and in standing depth of water
- Avoid drifting in the current
- Get out as soon as you start to feel cold
- Wash hands and face in fresh clean water and if possible, take a shower straight afterwards

When at the beach, children should adhere to the following water safety guidance:

- Only swim at lifeguarded beaches
- Learn the meaning of different coloured beach flags
- Read safety signs
- Check tide times to avoid being cut off by incoming tides

Beach flags

The beach flags are displayed by the lifeguards in patrolled areas to provide guidance on the water and wind conditions. The flags also inform beach users where the swimming and water sports zones are. When travelling outside of the

UK you should check the meaning of flags locally as there is no international standard.

How will we extend those children meeting the National expectations for swimming?

Firstly, all children exceeding in swimming- for their age expected standard- will represent the school and compete in local swimming galas.

Furthermore, upon completing the 7 swimming levels, at St Mary's, and meeting all of the National curriculum expectations for swimming, the children will complete a Junior life saving and personal safety award, with a qualified swimming instructor.

This award will involve the children being able to:

- Swim 50 metres in deep water- wearing clothes
- Perform a safe rescue of a casualty, with a rescue tube and fins, entering the water and returning to the side of the pool.
- Perform a throw and reach rescue from the side of the pool
- Place a conscious casualty in the recovery position and seek emergency medical help. (Children will know how to support the recovery of an unconscious patient in year 5/6, as part of the P.S.H.E curriculum- C.P.R)

All of the children who can demonstrate the above skills, will be awarded with a personal safety award and will be deemed to have met the expectations for swimming and water safety elements of the National curriculum for P.E.

How will we report the attainment of swimming at St Mary's?

As of October 2017, schools are now required to publish their results of pupils' achievement as per the national curriculum. This makes the recording of pupil achievement and the notification of such achievement to schools essential.

- We will report our end of year 6 data for swimming, on our school website, within our Sports premium policy.
- The attainment levels, in swimming, will be shared with all staff and governors annually.
- Progress will be monitored in performance management by the head teacher and P.E lead.