Swimming

Once a week, all Year 4 children go to the local swimming baths for lessons. Swimming is a statutory part of the National Curriculum and all of our pupils are taught to:

* Pace themselves in floating and swimming challenges related to speed, distance and personal survival.
* Swim unaided for a sustained period of time over a distance of at least 25 metres.
* Use recognised arm and leg actions, lying on their front and back.
* Use a range of recognised stroke and personal survival skills (such as front crawl, backstroke, breaststroke, sculling, floating and surface dives).

Manchester City Council School Swimming Programme delivers the lessons. Please find below important information regarding the lessons.

All Manchester Swimming Teachers are professionally qualified and are trained National Pool Lifeguards. Standards are high due to continued professional development in all aspects of aquatic disciplines. The safety of your child is of paramount importance.

Clothing requirements for School Swimming are as follows:-

Girls:-

One-piece swimming costume – no bikinis\*

A swimming hat is required to be worn if the hair covers the eyes or airways

A towel

\* Please note that in order for your child to benefit from the swimming lessons appropriate aquatic clothing must be worn. Should your children wish to wear items of clothing that cover up parts of the body, there are specific aquatic clothing designed for this purpose. Cotton leggings are detrimental to teaching and are a risk to health and safety. If you need anymore information then please do not hesitate to contact the number above.

Boys:-

​A pair of traditional lycra swimming trunks/shorts

No Bermuda or long shorts are allowed, - for reasons of safety the swimwear should be sufficiently tight fitting to allow the freedom of body and limb movement without causing unsafe water resistance. In terms of the legislation that governs this we are guided by AfPE (Association for Physical Education) Safe Practice in Physical Education and Sport 2012 and the ASA (Amateur Swimming Association)

A swimming hat is required to be worn if hair covers the eyes or airways

A towel

It remains the policy of the School Swimming Programme that jewellery of any description should not be worn in the School Swimming lesson. It is important that earrings in particular are removed. If you wish for your child to have pierced ears, please ensure that they are able to be removed. Goggles are only permitted for medical reasons. Parents must produce a letter from either a Doctor or Optician to state that your child has a medical condition and is required to wear goggles in the school swimming lesson. Once again this policy is in place for safety reasons and AfPE Safe Practice 2012 is the legislation that governs this.

The School Teacher and Swimming Teacher must be informed of any medical conditions that might affect your child during their Swimming lesson (It is imperative that any medication required on poolside should be clearly labelled and brought to the lesson).

We would like to once again welcome you to the School Swimming Programme and wish your child every success in their future swimming. Please note: any queries regarding the school swimming programme needs to be communicated via your school.