**Swimming Sessions at Fulwell Juniors**

Since 1994, swimming and water safety has been a statutory element of the National Curriculum for Physical Education in England.

This means that every 11-year old child should leave primary school with the skills to keep themselves safe while enjoying swimming with friends and family. Swimming is a compulsory subject, and we expect all pupils to take part in these valuable lessons.

**The three National Curriculum outcomes**

Swimming is the only sport to be included within the national curriculum physical education programme of study.

All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2.

Each pupil is required to be able to do the following:

* Perform safe self-rescue in different water based situations
* Swim competently, confidently and proficiently over a distance of **at least** 25 meters
* Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

**Where and when do our swimming sessions take place ? How are children transported?**

We take our pupils in Year 4 to the Raich Carter Sports Centre where children take part in swimming lessons delivered by trained coaches.

Children are assessed by the Raich Carter staff then grouped by ability. Swimming sessions take place during the school day. Raich Carter Sports Centre is a short coach ride (approximately 15 minutes) from Fulwell Junior School and we use one of our regular providers to transport the children.

For the academic year 2023-24 children will access lessons one class per year group as detailed below.

Term 1: Class 4

Term 2: Class 5

Term 3: Class 6

**What PE kit does my child need for a swimming lesson?**

Children should come to school in their usual uniform (this should be PE kit if your child's Swimming session is on their allocated PE day). All children will change for their swimming session at the aquatic center and will need a piece of appropriate swim wear (detailed below) and a towel in a bag.

Girls should wear a one-piece swimming costume (plain where possible).

Boys should wear a set of swimming shorts (plain where possible).

Your child may wish to bring a swimming hat or set of goggles but this is not a requirement.

**Swimming Session Dates for Term 1**

Year 4 swimming class 4

Date: Wednesday 13th, 20th, 27th, 4th, 11th, 18th October.

Wednesday 1st, 8th, 15th, 22nd, 29th November and 6th, 13th, 20th December.