



## Upwood Primary School Swimming Policy

### Aims of Swimming

- We aim to make swimming an enjoyable and challenging physical experience for the children.
- We aim to increase the water confidence of beginners.
- We provide children with the opportunities to experience different types of swimming strokes and skills.

We recognise that individuals are unique and, regardless of shape, size and ability, everyone can participate and succeed in swimming. Swimming will develop children's overall physical health and fitness.

### Guidelines for Teaching Swimming

- Swimming will be taught by class teachers.
- The teacher will observe the water at all times and remain on the pool side at all times.
- Children are not permitted to swim unsupervised and a member of school staff who has completed the relevant first aid/resuscitation training, must be on pool side.
- Children can wear tummy bands although we try to encourage the children to use floats, which can be easier to wean children off in the early stages of swimming.
- Pupils receiving medication or who suffer from conditions such as epilepsy or diabetes, which might affect their ability to swim, may require special arrangements. Qualified medical opinion will be sought as well as considering parental views.
- No diving is permitted in our school pool. Only the surface dive is permitted in water depth less than 1.8 metres.

The PE Coordinator holds an ASA swimming qualification (as can other members of staff) and is responsible for monitoring the swimming provision at Upwood Primary School. The monitoring is then used to inform training needs.

### Adults Other Than Teachers (AOTTS)

Adults other than teachers can be extremely helpful to support the delivery of school swimming and in the extended curriculum. They can:



- Support and work beside teachers,
- Supervise changing,
- Administer first aid,
- Look after any unwell children or children who are not swimming.

Teachers cannot transfer duty of care to AOTTs, but where AOTTs have swimming teaching qualifications they may be involved in the teaching of swimming. The pool environment is more isolated than a classroom where they can more easily call upon qualified teacher support if required.

### **Adult/Child Ratios**

#### **Non-swimmers and beginners 12:1**

Young children, normally primary school age, being introduced to swimming who are unable to swim 10 metres unaided on back and front.

#### **Children under the age of seven 12:1**

Irrespective of their swimming ability, group size should be restricted.

#### **Improving swimmers 20:1**

Swimmers of a similar ability to each other who can swim at least 10 metres competently and unaided on their back and on their front. It is recommended that the lesson be confined to an area in which the children are not out of their depth.

#### **Mixed ability groups 20:1**

Pupils with a range of ability (from improving to competent) where the least able and least confident are working well within their depth. Swimmers' techniques, stamina and deepwater experience should be considered.

#### **Competent swimmers 20:1**

Those swimmers who can swim at least 25 metres competently and unaided on front and back, and can tread water for 2 minutes.

#### **Swimmers with disabilities 1-8 (with an appropriate number of helpers)**

Each situation must be considered individually as people with disabilities are not a homogeneous group. Care must be taken to ensure that there are sufficient helpers in the water to provide a 1:1 ratio for those needing constant support and a sufficient number of other helpers to provide the degree of support required by the range of disabilities within the group.

### **National Curriculum Requirements**

Key Stage 1 - SWIMMING ACTIVITIES AND WATER SAFETY (non-statutory guidelines):



Pupils should be taught to:

- Move in water (e.g.: jump, walk, hop and swim, using swimming aids and support).
- Float and move with and without swimming aids.
- Feel the buoyancy and support of water and swimming aids.
- Propel themselves in water, using different swimming aids, arm and leg actions and basic strokes.

### Key Stage 2 - SWIMMING ACTIVITIES AND WATER SAFETY

Pupils should be 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 25m.
- Use recognised arm and leg actions, lying on their front and back.
- Use a range of recognised strokes and personal survival skills (e.g.: front crawl, back crawl, breaststroke, sculling, floating and surface diving).

### Foundation Stage

Foundation Stage children follow the EYFS Curriculum. Recognising individual needs, we provide opportunities for the children to develop their water confidence and swimming skills.

### **Assessment and Record Keeping**

Evaluation is a continuous process in which we examine:

- a) pupils' performance – has this improved?
- b) the effectiveness of the lesson organisation.

For all year groups, the teaching of Swimming takes place during the second half of the Summer term in our pool on the school site. Class teachers record pupils' achievements throughout this period and all records are passed onto the next class teacher.

### **Health and Safety**

There will be a qualified first aider (holding the First Aid at Work Certificate) on pool side, at all times that the pool is in use. This can be any member of school staff.

Teachers will be equipped with a whistle and at the start of each lesson will remind children of the following safety procedures:

- Two children are nominated to seek additional help in the case of an emergency.



- **One blow of the whistle** - all children stop their activity immediately, stand with both feet on the bottom of the pool and await next instructions.
- **Two blows of the whistle** – all children calmly and safely leave the pool using the steps.
- During thunder storms the children are unable to use the swimming pool.

### **Review**

This policy will be reviewed according to the policy cycle, as set out in the School Improvement Plan.