

School Swimming and Water Safety

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School Swimming and Water Safety

Aims of session:

1. Department of Education update.
2. National Curriculum requirements for swimming and water safety.
3. PE and School Sport Premium.
4. Introduce the Swim England School Swimming and Water Safety Charter.

Why are school swimming lessons important?

- School swimming is often the one and only opportunity for all children to learn to swim and know how to be safe in and around water.
- It's likely that children who don't learn to swim during school lessons, will never learn this lifesaving skill.
- While 77% of all children can swim the minimum 25 metres unaided by the time they leave primary school, that figure drops to **42%** for children from the least affluent families and is at 86% for the most affluent*.



*Findings from Sport England Active Lives survey
December 2018.

The national curriculum for physical education (PE)

The national curriculum for PE aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities.
- Are physically active for sustained periods of time.
- Engage in competitive sports and activities.
- Lead healthy, active lives.



School Swimming and Water Safety Review

A New Strategy for an Active Nation

- Sporting Future – A New Strategy for an Active Nation
- Strategic Swim Group – Chair Steve Parry
 - Report submitted Spring 2017
 - 16 practical recommendations
 - 6 Key areas
- Technical Group – frontline expert deliverers
- Implementation group – focus on the implementation of the 6 key areas



#SportingFuture

Six key areas on improving curriculum swimming in primary schools.

1. Ensuring all children meet the national curriculum requirements.
2. Ensuring the national curriculum requirements are fit-for-purpose.
3. Ensuring good communication about curriculum swimming and water safety.
4. Ensuring quality swimming tuition.
5. Ensuring effective monitoring and evaluation.
6. Ensuring access to facilities.

National Curriculum requirements for Swimming and Water Safety.

Swimming and water safety: what does the curriculum say?

All schools must provide swimming instruction either in Key Stage 1 or 2.

In particular, pupils should be taught to:

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



What does this mean?

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

- Knowledge and understanding of water safety key messages.
- Know how and when to use appropriate survival and self-rescue skills.
- Knowledge and understanding of local and national water hazards.
- Knowing what to do if others get into trouble.



Water safety and safe self-rescue key messages

- Always swim in safe place.
- Always swim with an adult.
- If you fall in, float, breathe, relax.
- If someone else is in trouble call 999/112.



What does this mean?

Use a range of strokes effectively.

- Pupils make choices about the strokes they use to achieve different outcomes.
- Experience both alternating and simultaneous strokes.
- Adapt the strokes for a range of purposes and intended outcomes.
- Strokes do not have to be perfect, they have to be effective for the intended outcome.



What does this mean?

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

- Continuous swim for 25 metres or more.
- Strokes are as strong at the end of the swim as at the start.
- Part of the swim should be completed in deep water.
- Strokes recognisable to an informed onlooker.



PE and School Sport Premium

Refreshed guidance includes

- Change in reporting date
- Clarification on role of the Primary PE and Sport Premium to support school swimming
- Importance of ensuring the funding is utilised in a sustainable manner
- Funding allocation and payment dates

www.gov.uk/guidance/pe-and-sport-premium-for-primary-schools

Using the PE and School Sports Premium

Schools must use the funding to make additional and sustainable improvements to the quality of PE and sport that is offered by:

- Developing or adding to the PE and sport activities already offered by the school. The use of the PE and sport premium for swimming and water safety must be in addition to or beyond regular national curriculum swimming and water safety lessons
- Building capacity and capability within the school to make sure that improvements made now will benefit pupils joining the school in future years

Possible use of funding

- Provide additional swimming provision.
- Top-up swimming lessons in Year 6.
- Hiring qualified swimming teachers
- Provide existing staff with professional development
- Introducing new sports or activities
- Enter or run more challenges, for example, Swim Safe session
- Supporting and involving the least active children by running or extending school swimming clubs,
- Encourage pupils to take on leadership or volunteer roles.
- Embed more physical activity into the school day.
- Swim England School Swimming and Water Safety Charter

Activity

- Place in priority the possible uses of funding to ensure
 - All pupils meet the minimum requirements for swimming and water safety

- Place in priority the possible uses of funding to ensure
 - Any additional and sustainable improvements made now will benefit pupils joining the school in future years

What to report

- You are also required to publish the percentage of pupils within your year 6 cohort in the 2018 to 2019 academic year who met the national curriculum requirement to:
 - swim competently, confidently and proficiently over a distance of at least 25 metres
 - use a range of strokes effectively
 - perform safe self-rescue in different water-based situations
- Attainment data for year 6 pupils should be provided from their most recent swimming lessons. This may be data from years 3, 4, 5 or 6, depending on the swimming programme at your school.

Possible Interventions

- Upskilling school staff
- Top up lessons
- Family swims
- School swimming and water safety charter

Curriculum Swimming and Water Safety Resource Packs

- Curriculum Swimming and Water Safety Resource Packs
- The guides give practical advice for how to plan, deliver and report on curriculum swimming and water safety.
 - Primary schools
 - Lesson providers
 - Swimming teachers
 - Parents and carers

Find these and more on our website at: swimming.org/schools/resource-pack



School Swimming and Water Safety

Supporting resources

School Swimming and Water Safety Charter

- A **partnership** between primary schools, lesson providers and Swim England, recognising schools for taking swimming and water safety seriously.
- Designed to support school swimming by **developing and improving** teaching and assessments.
- Recommended for **any school delivering curriculum swimming** and water safety lessons.



School Swimming and Water Safety Charter

- A structured teaching programme that **meets government criteria** for swimming and water safety.
- A **pathway of progressive Awards** for pupils to follow and mark their achievements.
- **Resources for teachers and lesson providers** on how to deliver inclusive, fun and effective school swimming lessons.



School Swimming and Water Safety with Swim England

- For Key Stage 1 and Key Stage 2 children aged 5 -11 years.
- Six core Awards aligned to the Learn to Swim Framework.
- Pupils are taught safe self-rescue, effective stroke technique and swimming competence to 25 metres and beyond.
- Additional Awards help pupils exceed national curriculum standards.



School Swimming and Water Safety Charter Pack

For schools who sign up to the School Swimming and Water Safety Charter.

Includes a range of print and digital resources:

- Award certificates, pin badges, encouragement stickers and progress cards (passports) for learners.
- Syllabus guidance cards, lesson plan tips and templates for teachers.
- Access to an online portal where resources can be stored, downloaded and updated.
- Email updates from Swim England each term.
- £30 + VAT



Further Information

For more information regarding school swimming

Email Schoolswimming@swimming.org

School Swimming web site

www.swimming.org/schools/



Questions

