

School Swimming and Water Safety



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Purpose of the session

- To refresh your understanding of the National Curriculum requirements.
- Discussions around improving delivery and quality of school swimming lessons
- To introduce the School Swimming and Water Safety Charter
- To explain what resources and campaigns are available for you to enhance your school swimming lessons from Swim England.



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.

National Curriculum requirements for Swimming and Water Safety

What does the curriculum say?

All schools must provide swimming instruction either in Key Stage 1 or 2.
Pupils should be taught to:



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

Video to come soon...

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.



Perform safe self-rescue in different water-based situations

Key water safety and safe self rescue messages

Always swim in a safe place

Always swim with an adult

If you fall in, float, breathe, relax

Call 999 or 112 and stay out of the water



Use a range of strokes effectively

Video to come soon...

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.



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



Video to come soon...

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

What to report

Schools are required to publish the percentage of pupils within the year 6 cohort in the 2018/2019 academic year who met the national curriculum requirement to:

1. Swim competently, confidently and proficiently over a distance of at least 25 metres.
2. Use a range of strokes effectively.
3. 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 the school.

What influences a great school swimming programme?

What are your challenges with school swimming?

Activity

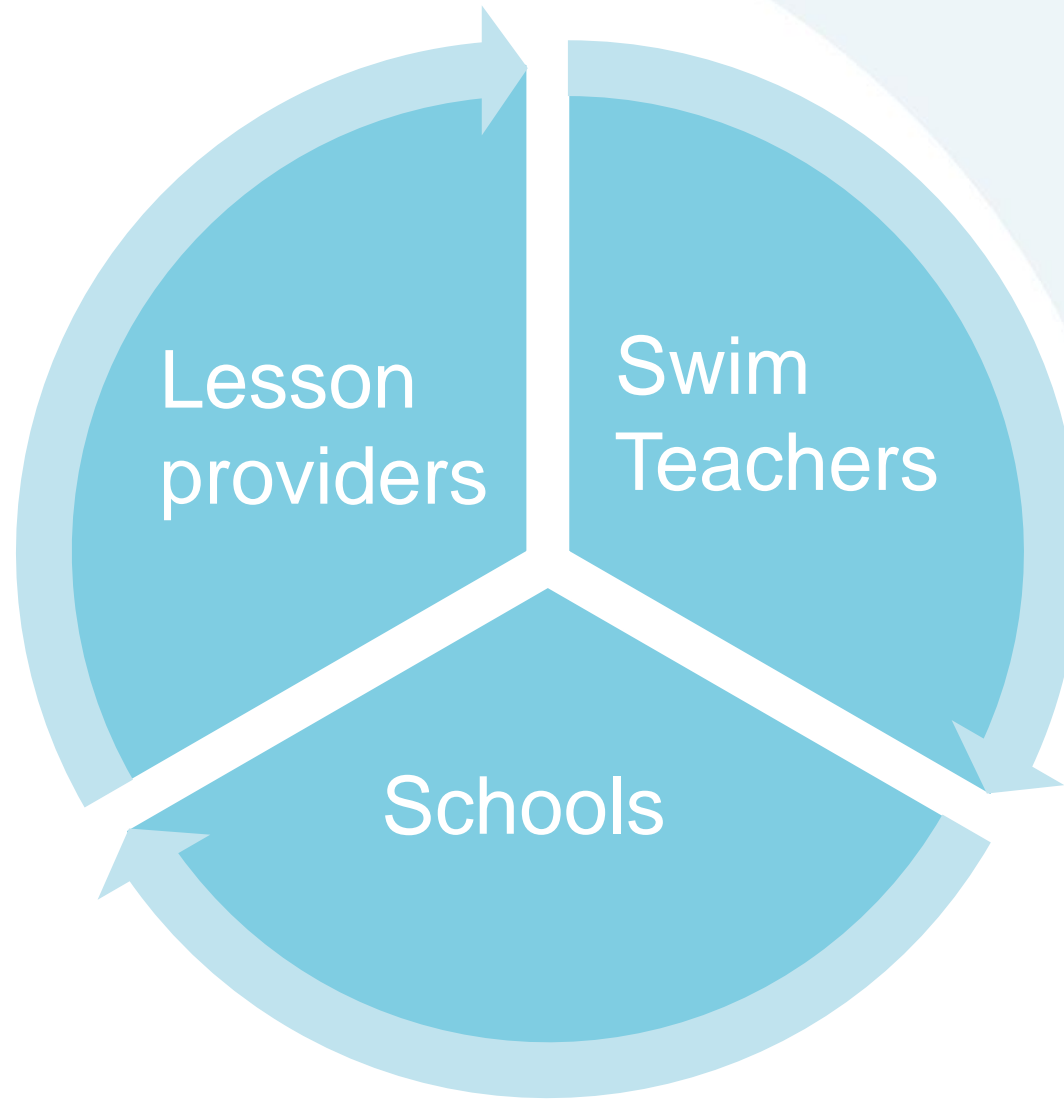
Discussions around your current programme and any challenges.



Challenges

- Assessment of lessons
- Transport
- Training
- Delivery options
- Communication
- Water space
- Cost
- Time out of school
- Parental support

What influences a great school swimming scheme?



What influences a great school swimming scheme?



Communication

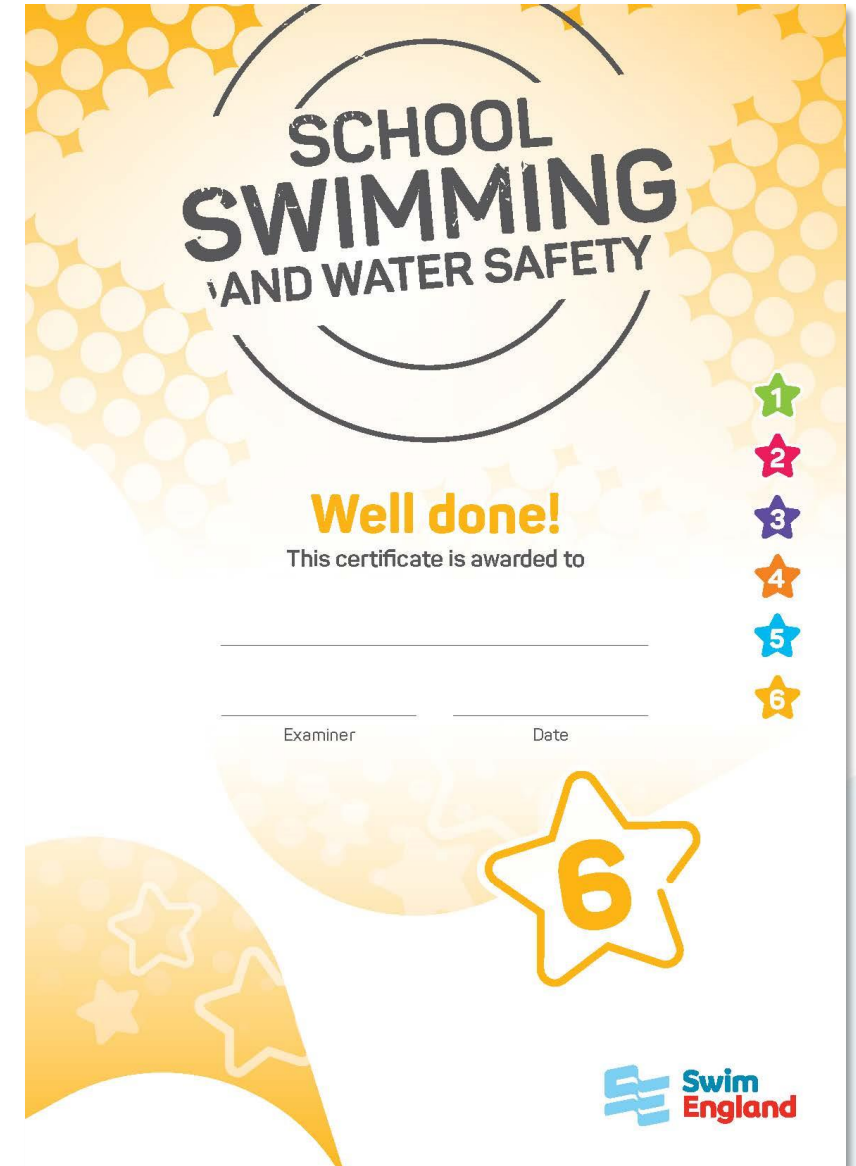
School Swimming and Water Safety Charter

- A **partnership** between primary schools, lesson providers and Swim England.
- 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.
- Recommended for **any school delivering curriculum swimming** and water safety lessons.



Awards 1-6

- Six core Awards.
- Pupils develop crucial skills in basic water safety, self-rescue and effective stroke technique.
- By Award 6, pupils can swim competently, confidently and proficiently for at least 25 metres.



Self Rescue Award

- Can be achieved at any stage during the School Swimming and Water Safety programme.
- Teaches safe self-rescue in different water-based situations.

Aquatic Skills Award

- Pupils with this Award have proved they can exceed minimum requirements for swimming and water safety.

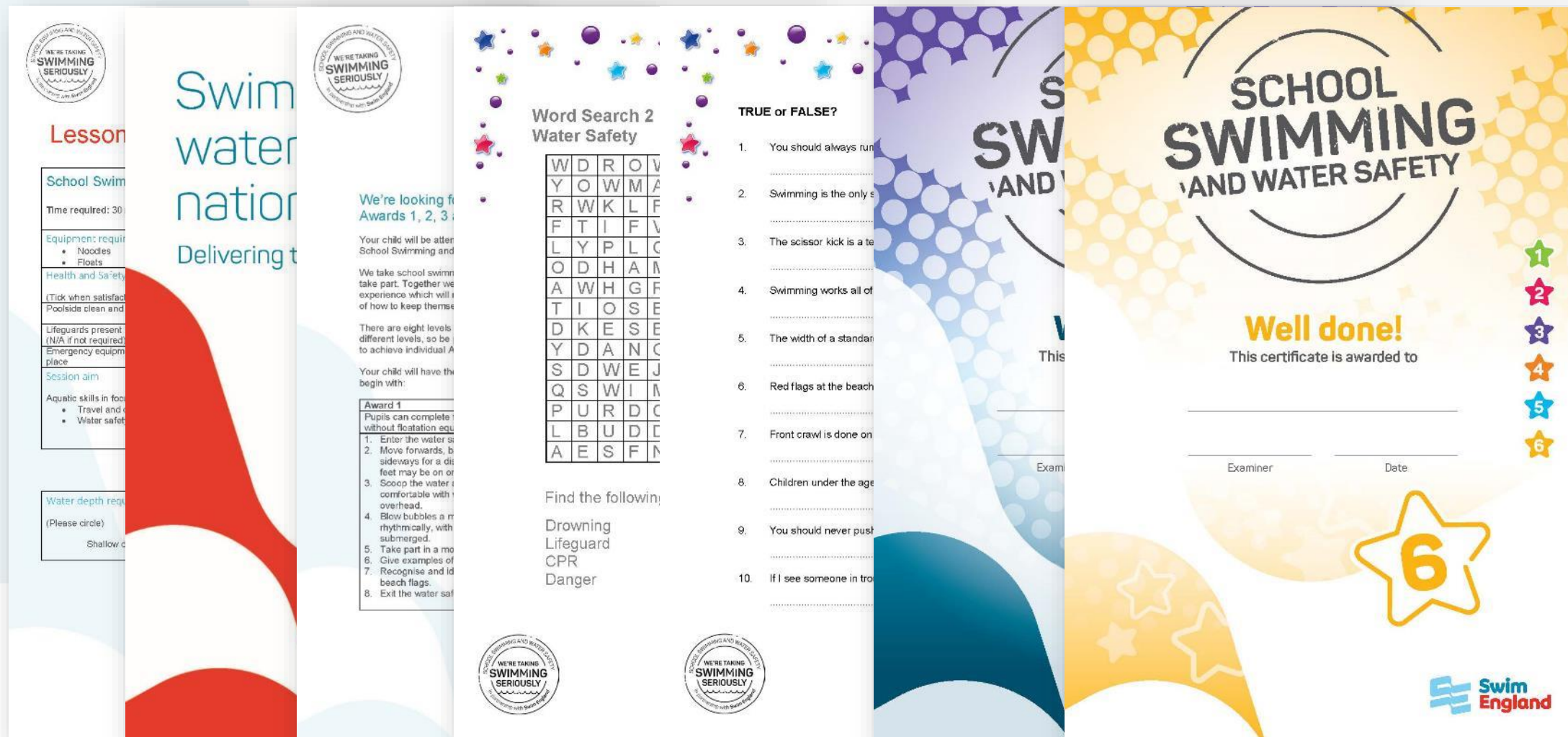


Star Achiever (pin badge)

- For pupils who have successfully completed all eight Awards of the School Swimming and Water Safety programme.
- Awarded when pupils complete their sticker progress card (passport).
- Recognises children for reaching a high standard of swimming at school.



Access to the School Swimming Hub



School Swimming and Water Safety Charter

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 the online portal where resources can be stored, downloaded and updated.
- Email updates from Swim England each term.
- £30 + VAT



For more information please follow this link: www.swimming.org/schools/school-swimming-water-safety-charter/

Campaigns

Big School Swim



Monday 11th to Friday 15th November

Big School Swim

- Signing up is free to everyone:
 - Schools
 - Leisure Operators
 - Swimming teachers
- Free resources
 - Lesson plans
 - Activity cards
 - Games



www.swimming.org/schools/big-school-swim/

Aquasplash

- A water-based festival that you can run at any time during your school swimming programme.
- Includes eight team-based activities, which link with the School Games.
- Encourages pupils of all abilities to get involved and enjoy the water, as well as engage in healthy competition.
- A great celebration event for skills learnt during school swimming lessons
- Download our free festival pack.



www.swimming.org/schools/aquasplash

Drowning Prevention Week

The aim...

- Working in partnership with the RLSS
- To increase the number of children receiving water safety education
- To reduce the number of drowning incidences
- To promote local and national drowning prevention projects and initiatives

This takes place in June each year

www.rlss.org.uk/drowning-prevention-week





- Free outdoor swimming and water safety programme for children aged 7-14
- Working in partnership with the RNLI
- Run by beach lifeguards and local volunteers
- 37 events across the country in 2019

www.swimsafe.org.uk/



Purpose of the session

- To refresh your understanding of the National Curriculum requirements.
- To introduce the School Swimming and Water Safety Charter, the resources available within it.
- To explain what resources and campaigns are available for you to enhance your school swimming lessons from Swim England.
- To explain what training opportunities are available for you from the Institute of Swimming

Useful links

General Information; <https://www.swimming.org/schools/>

School Swimming Charter; <https://www.swimming.org/schools/school-swimming-water-safety-charter/>

Training opportunities; www.swimming.org/ios/school-swimming/

Swim safe; www.swimsafe.org.uk/

Drowning Preventing Week; www.rlss.org.uk/drowning-prevention-week

Aqua Splash Information; www.swimming.org/schools/aquasplash

Big School Swim; www.swimming.org/schools/big-school-swim/

Swimming and the national curriculum; www.swimming.org/schools/swimming-national-curriculum

Contact

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