



**Heather Garth
Primary Academy**
Stars Aiming High

Swimming Policy

Policy Review Details	
This policy will be reviewed by the Board of Governors on a two-yearly basis	
Date of Issue: Spring 2024	
	
Chair of Governors Signature	Headteacher Signature
Date of next review: Spring 2026	

Swimming Policy

Swimming Policy

Children at Heather Garth take part in swimming lessons during Year 4. Lessons normally take place during the Spring term for 12 weeks and last 1 hour.

Children are assessed throughout each block of lessons and work towards specific standards which are:

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively – for example, front crawl, backstroke and breaststroke (without water aids)
- Perform safe self-rescue in different water-based situations

Pupils cannot be withdrawn from swimming, as teaching swimming and water safety during Key Stage 1 or 2 is a requirement of the national curriculum PE programme of study. Therefore, parents have no automatic right to withdraw their children from these lessons (DfE).

Although the cost of the swimming lessons is funded from the school budget, we ask that parents pay a voluntary contribution towards the bus, which transports the children to and from the swimming baths.

Teaching your child to swim and encouraging them to swim regularly can have significant benefits for both their health and safety.

Safety

An obvious reason for learning how to swim is to acquire the ability to survive in water. According to KidsHealth.org, drowning is the second leading cause of death for people between the ages of 5 and 24. By teaching your child to swim, they will not only become a stronger swimmer, but also gain valuable experience in the water. This experience greatly reduces the risk of an emergency if your child accidentally falls in unattended water. If the water is deeper than your height, and you find yourself in it, knowing how to swim could save your life.

Physical Health

Swimming is an excellent cardiovascular workout that promotes heart and lung health, improves strength and flexibility, increases stamina and even improves balance and posture. In addition, swimming is a way to prevent childhood obesity, which has been linked to juvenile diabetes. Swimming also puts less strain on joints and connective tissues than other forms of exercise.

Emotional Health

Encouraging your child to swim can also improve their mental and emotional health. The natural buoyancy of the water is more relaxing than other types of exercise. In addition, it is found that people tend to exercise for longer periods of time while swimming. Swimming can also improve overall mood, and help combat depression.

Rescuing Others

If you know how to swim, you might have a chance of saving someone close to you, as drowning is one of the top five cause of injury-related death for children less than 14 years old.

Information found from World Health Organisation