



- Year 3 Swimming
Spring Term 2025

- See letter for dates.



Physical education programmes of study: key stages 1 and 2

National curriculum in England

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- 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]
- perform safe self-rescue in different water-based situations.

WHY SHOULD PRIMARY SCHOOLS TEACH SWIMMING AND WATER SAFETY?

1

Swimming and Water Safety is included within the national curriculum PE programme of study.

2

Primary school is the only opportunity some young people will have to learn these important life-enhancing and potentially life-saving skills.

3

Swimming is an activity with numerous physical, mental and developmental benefits for all young people.

- Come pool ready with kit underneath, girls with straps down for ease of using toilet.

- Remember to bring underwear to change into.





- The swimming instructor will assess the children and place in groups.

- They will be moved regularly to the group that meets their abilities.

- Swimming instructor, Miss Moore and Mrs Bilsland each have a group – swimming courses attended and passed.



- Please encourage your children to dry and dress themselves over the next couple week.
- Show how to fold clothes tidily and leave the right way round to put on so that we spend more time in the pool and not in the changing rooms.
- They will use changing facilities as groups of boys and girls, cubicles as needed.
- We are not allowed in to help.



If you have any questions,
please pop in the homelink
books or drop into the
office.

We are looking forward to
taking the children and
watch them grow over the
8 weeks we are swimming.

Mrs Bilsland & Miss Moore

