



*Aspire. Create. Think.*

DUNSHAM LANE  
AYLESBURY  
BUCKINGHAMSHIRE  
HP20 2DB

Tuesday, 9 September 2025

## Swimming Lessons

Dear Parents/Carers,

This Thursday 11 September 2025, Year 5H will start their Statutory School Swimming Programme as part of National Curriculum Physical Education. Mrs Honey, Mrs Richens and Miss Youkee will be taking the class swimming. All children will attend statutory lessons each week until Thursday, 11 December. At this point the children will be assessed and anyone who requires further top up swims will continue until Thursday, 12 February 2026.

By the time children are ready to leave primary school they should be able to swim, know how to get out of trouble if they fall into the water, know the dangers of water and understand how to stay safe when playing in and around it. This includes understanding and adhering to national and local water safety advice, being able to use appropriate survival and self-rescue skills if they unintentionally fall in or get into difficulty in the water and knowing what to do if others get into trouble. The reasons we believe School Swimming to be so important include:

- It teaches pupils how to safely have fun in the water with family and friends;
  - Water safety is an essential life-saving skill;
  - Swimming provides numerous physical and mental health benefits throughout a pupil's life;
  - Knowing how to swim confidently provides access to many other water-related activities and careers;
- Learning about water safety in different water environments and situations is vital to staying safe in and around water.
- Swimming is effectively 'Wet PE'. As such, in addition to the above, our aim is for pupils to be physically active during their School Swimming lesson and have opportunities to:
- Engage in competitive situations (both against themselves and others) and co-operative physical activities;
  - Communicate, collaborate and compete with each other;
  - Develop an understanding of how to improve; learn how to evaluate and recognise their own success.

Due to the rise of the cost of coach travel over the last two years, it is no longer financially viable to offer coach travel to the swimming pool. Therefore, children will walk to their swimming lessons each week.

Details of the lessons are as follows.

Thursdays	Leave School	Lesson Time	Return to School
Walking	9:45 am	10:40 am – 11:40 am	12:30 pm

Level 2 Swimming Teachers from Aquavale and school staff will be taking the lessons - this enables high quality lessons through Swimming Specialism alongside National Curriculum knowledge.

Your son/daughter will be taught the following skills and strokes in different water-related contexts:

- how to enter and exit the water;
  - floatation;
  - submerging;
  - rotating from back to front and front to back and regaining an upright position;
  - pushing and gliding and an understanding of streamlining;
  - aquatic breathing;
  - moving effectively and efficiently through the water using alternating and simultaneous;
- strokes on front and back, such as front crawl, back crawl, breaststroke, side stroke;
- swimming longer distances and for increasing amounts of time;
  - using swimming skills and strokes for different purposes such as water polo and synchronised swimming;
  - survival and self-rescue skills: treading water, Heat Escape Lessening Position (HELP) and Huddle positions, floating and resting in the water, attracting attention, sculling and swimming in clothes/buoyancy aids;
  - water safety: knowledge and understanding of different water environments, how to stay safe when playing in and around water including recognising flags and warning signs and understanding national and local water safety advice;
  - what to do if others get into difficulties: stay safe: shout, signal; throw, do not go into the water; raising the alarm 999;
  - play competitive games such as water polo and apply basic principles suitable for attacking



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and defending.

Within a class or year group, pupils are likely to hold a range of abilities in these areas. Regardless of prior swimming experience, it is important to ensure all pupils are offered the same lessons initially to provide consistency. This is particularly important about the water safety lessons as this is an area which can never be over-taught.

Please provide your son/daughter with a waterproof kit bag with the following items:

- Suitable Swimwear
- Towel
- Swim cap

Whilst they are not considered to be essential, we recognise that children who swim frequently or whose eyes are susceptible to irritation may prefer to use goggles for swimming. They may help maintain the required body position and improve vision through the water. Therefore, parents may request that their child uses goggles during the lessons. We should inform you that it is your responsibility as a parent, to teach your child to put on and take off goggles in the correct and safe fashion. Our advice would be to read the manufacturer's instructions for putting them on and taking them off. This is important to ensure protection of eyes from impact damage through stretching the eyepieces away from the face with wet fingers.

Please ensure that goggles are of a good quality. Goggles should be British Standard Institution (BSI) Goggles which includes makes such as Speedo or Zoggs, which will include instruction on the package for the correct way to put them on and take them off. You should be aware that on occasions your child will be asked to remove their goggles in order to safely perform certain aquatic activities such as Water Safety or Water Polo.

If you would like your son/daughter to wear goggles, please indicate this on the [here](#). This also requests any information you may be able to provide us with regarding previous swimming experience. The first swimming lesson will always include a full health and safety brief, where your son/daughter will be assessed in shallow water.

We hope your son/daughter enjoys his/her school swimming lessons.



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Yours sincerely,

Mrs R Lee & Miss K Needham

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