

## **Lancashire Professional Development**

### **School Swimming Guidance**

By the time a child is ready to leave primary school they should be able to swim, know how to keep themselves safe if they accidentally fall into water and know the dangers of water and understand how to stay safe when playing in and around it.

It is part of the national curriculum PE programme of study for England, so all local authority-maintained primary schools must provide free swimming and water safety instruction. Schools have a statutory obligation to teach swimming and water safety to all pupils during Key Stage 1 or Key Stage 2

The national curriculum sets out three outcomes which all pupils must be able to demonstrate they can meet before they leave Year 6.

It is important that all pupils are supported to meet these requirements before they leave primary school. This includes those with special educational needs, those with a disability or impairment and those whose first language is not English.

The overall aim of primary school swimming and water safety instruction is to introduce children to the water - particularly those who may not have already been in a swimming pool or had lessons. The emphasis is on ensuring all pupils have the basic skills to be able to enjoy the water safely and know how to safe self-rescue if they were to get into difficulty in water.

### **Prior to the cohort attending School Swimming**

Schools must ask to see the SLA (service level agreement) from the pool prior to school swimming sessions and school should meet with swimming providers prior to each academic year (or change in class) to discuss the expectations from the school with the service the pool provider is offering, as well as the specific needs of the cohort attending the lessons and any additional needs the pool staff need to be aware of.

**It is good practice for the PE Subject Leader to have regular communication with their pool provider and meet with the pool prior to each cohort starting their swimming journey.**

- Discuss needs of the groups, including SEND, EAL, behaviour, number of non-swimmers/first time pool attenders.
- Use a dry visit, and ensure your swimming map for the year is shared with the pool so the lessons/progressions/scheme of work can be planned/tailored accordingly.
- Discuss the role of the accompanying school staff – i.e. groups they will be teaching.
- How the LPDS school swimming lesson plans can work alongside the pool providers scheme.

## The three national curriculum requirements

All schools must provide swimming instruction either in key stage 1 or key stage 2. The minimum requirement is that, by the time they are ready to leave Key Stage 2, every child is able to:

- perform safe self-rescue in different water-based situations\*
- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively

\*Swim England and the STA has worked together to publish a number of skills to provide clarity and consistency for teachers and parents and ensure the desired protective effect is met.

The nine suggested outcomes, which should be completed by pupils in sequence in full reach depth water, are:

1. Fall-in entry and recover to surface
2. Float on the back with minimal movement for 60 seconds without floatation equipment
3. Rotate from floating on the back to a vertical position
4. Tread water for 30 seconds
5. Whilst treading water, signal for help once, by extending one arm above the head and simultaneously shouting for help then returning the arm to the water to continue to tread water
6. Swim (without floatation equipment) 15m to a floating object, using a recognised personal survival stroke (head up long arm front paddle or lifesaving backstroke)
7. Retaining the floating object take up the heat escape lessening position/posture for 30 seconds
8. Form a huddle position as a group for 30 seconds
9. Swim 15m to exit the water unaided

The outcomes also include possible reasonable adjustments for shallow water and physical impairments.

It is expected that many pupils will achieve more than these minimum expectations. Therefore, school swimming programmes should also provide opportunities for these pupils to further develop their confidence and water skills.

All accompanying school staff should play an active role in supporting the learning within a school swimming session. Schools should access CPD to improve the knowledge and confidence of staff to be able to teach swimming and water safety. This year's Sports Premium Funding can be used to fund the professional development and training that are available to schools to train staff to support high quality swimming and water safety lessons for their pupils. In Lancashire we offer...

'Everything you need to know for School Swimming' 1 day course - this course outlines the health and safety requirements of taking children off site regularly to participate in their swimming lessons, the roles and responsibilities of staff involved in the session, an overview of 'Swim England's' school swimming awards and how these have been used to produce a set of lesson plans to work alongside them as well as giving staff confidence to deliver and assess high quality school swimming at their school.

School Swimming Breaking down the National Curriculum – NEW course 2025! This day long course is a mix of theory and practical and builds on the 'everything you need to know about school swimming' course. It helps break down the 3 NC objectives and allows participants to experience the small steps to success in achieving them to enable them to deliver effectively to their pupils.

Swim England offer the 'Support Teacher of School Swimming Award', this is an online course.

#### *FAQ Jan 2024 2.12 Can we spend the premium on swimming and water safety?*

*The premium may also be used to provide additional top-up swimming lessons to pupils who have not been able to meet the national curriculum requirements for swimming and water safety after the delivery of core swimming and water safety lessons. At the end of key stage 2 all pupils are expected to be able to swim confidently and know how to be safe in and around water. The inability to float on either the front or the back, or travel 10 metres after ten lessons, is a useful indication that a pupil needs additional support to meet the minimum expectations.*

Schools are required to publish information on the percentage of their pupils in year 6 who met each of the 3 swimming and water safety national curriculum requirements.

### **Primary School and Accompanying Teachers/Adults**

Schools should carefully consider the expertise, knowledge and experience of accompanying staff involved in a school swimming and water safety programme. Early career teachers, supply or covering staff may need additional support before accompanying students. School swimming and water safety delivery is an activity which requires careful planning and consideration to ensure students are safeguarded, risk is managed, and students gain the most impact from valuable water time.

The school has a duty of care to staff and students at all times during a school swimming and water safety programme. The health and safety executive (HSE) and the industry lead bodies have combined to produce a specific health and safety guidance document for swimming pools entitled 'Health and Safety in Swimming Pools open (HSG179). The school has a responsibility to ensure due diligence is carried out when planning school swimming and water safety, to ensure that a safe and effective programme is delivered.

- It is suggested guidance that a minimum of two members of school staff per class should accompany children swimming: a School Teacher, HLTA or TA. This will be dependent on the cohort of children and the needs within each class.
- The school is accountable for their pupils' attainment and progress. Therefore, regular dialogue should take place between school teachers and swimming teachers to ensure both are aware of the progress made.
- The school should be aware and agree the overall programme and lesson plans to ensure they fit with the national curriculum requirements.
- School teachers are required to provide up-to-date, accurate registers of those attending the lessons. They should also advise about any individual medical treatment needs or special requirements.
- School teachers are responsible for highlighting any concerns about the pace or content of the lessons, and how the pupils are responding.
- School teachers/accompanying teaching assistants/support staff are responsible for general order and discipline.
- School teachers/accompanying teaching assistants/support staff should maintain high levels of supervision in the changing rooms, on poolside and while pupils are in the water.
- School staff are in 'loco parentis' throughout the school day and must support children when changing at the swimming pool, as they would in a classroom for PE. Children must not be left unsupervised in a changing room. It is good practice that *opposite sex* (all) staff knock before entering a changing room with Y5 and Y6 children (all children).
- School staff should play an active role supporting learning and dealing with behaviour and welfare issues.
- At the end of each lesson, the school teacher should discuss the progress made by the class and report back to the school/parents.
- At the end of the swimming programme, schools must publish details of how many pupils within their year 6 cohort have met the national curriculum requirements. Therefore, good communication between the swimming teacher/provider is important.

## **Assessing progress and attainment**

School teachers are accountable for pupils' attainment, progress and outcomes. Therefore, the school teacher should be aware of what their pupils are doing at all times, how well they are progressing and what they need to do next in their learning.

To support teachers to do this, regular and frequent dialogue should take place between school teachers and swimming teachers. This helps to ensure both parties are aware of what the pupils are being taught and what they are learning. This could be recorded by the provider and shared with the school, or the school teacher could record the progress directly at the end of each lesson. In Lancashire we have added our new Swim England Swim Charter Lesson Plans to the Lancashire PE Passport App to support the teaching and learning of school swimming.

## Swim Refusal

There are a growing number of children and families who are refusing to swim. Ultimately parents do not have the choice. Schools must deal with each case sensitively and try to establish the reason behind individuals not wanting to partake and act upon this.

Lancashire Legal Services suggest ...

School must reiterate it is a statutory part of the national curriculum as is English maths and science lessons so parents can't withdraw their children from it. It is not the parents' choice; it is the responsibility of the school.

Schools must keep explaining the benefits to the parents and keep encouraging them to participate .

If children fail to attend then it will unfortunately be classed as an unauthorised absence unless there is a certified medical exemption relating to the child themselves which could ultimately result in fines

Try...

First try to attempt each week to talk the pupil round – this could be with a swimming kit that school provides – and then the consequence put in place if the child refuses to get changed/go in the pool.

Schools approach this in the same way they would if a child was refusing to do maths or science. By this stage we would probably be recommending consequences in line with the behaviour policy – perhaps completing a project – why it's important to learn to swim.

Children must attend the pool and the consequence takes place each week the child refuses to get in the pool.

We need to be very clear to the parents that their child is to go swimming and refusing is not an option.

However, if parents produce a doctor's note stating the school swimming is making the child ill and it is backed up with a medical reason we then have to follow the medical guidance from the GP.

We have further guidance on the LPDS website, PE Subject Leader section

<https://www.lancashire.gov.uk/lpds/teaching-and-learning/primary/foundation-subjects/physical-education/subject-leaders/>



# Appropriate 'School Swimming' Swimwear

Includes the following...



## Boys

- 1 Swimming trunks
- 2 Swimming shorts, with no pockets, and above the knee.
- 3 Alternative above knee shorts can be worn, BUT swimming trunks MUST be worn underneath.
- 4 Lycra or tight fitting leggings including above/below the knee.
- 5 Short/long sleeved close fitting tops, e.g a rash vest.

**Swimming hats** or hair tied back (check with individual pool rules on this) but hair must remain out of the child's face during the 'school swimming' lesson.

**Goggles** - This is a school decision in collaboration with the swimming provider, but goggles should be removed/not worn for all elements of 'safe self-rescue' and water polo activities.

**Safe Practice guidance states:**

Loose clothing for swimming is not advised (other than during personal survival skills tests in controlled situations) due to the drag created, which may adversely affect the confidence and buoyancy of weaker swimmers.



## Girls

- 1 One piece swimming costume.
- 2 Lycra or tight fitting leggings including above/below the knee.
- 3 Short/long sleeved close fitting tops, e.g. rash vest, BUT a swimming costume MUST be worn underneath.
- 4 Swim dresses and leggings.
- 5 Full, one piece, modesty swimwear.