

St Wilfrid's C.E. Primary School



Year 3-6 Swimming Competency

2018/19

Swimming and Water Safety

Swimming is an important skill and can encourage a healthy and active lifestyle. All Local Authority schools must provide swimming instruction either in key stage 1 or key stage 2. The programme of study for PE sets out the expectation that 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.

Swimming at St Wilfrid's CE Primary School

At St Wilfrid's the children's swimming lessons begin in Year 3, recently changing from both Year 4. The children attend a weekly swimming lesson working through various awards/achievements. Children are required to achieve 25m by the end of their academic year. Children who haven't achieved their 25m will be assigned to the swimming programme during their time in Year 4 in order to achieve the national requirement. Children are required to swim 25m in Year 5 and 6 in order to take part in activities that are swimming-based on residential visits. The children at St Wilfrid's CE Primary School follow the Manchester Schools Swimming Programme with various awards and achievements meeting the National Curriculum aims and requirements.

The National Curriculum Standards provided by Government are:

All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:

25M

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

Strokes

Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)

Rescue

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

Picture taken from MCR Active Schools Website. The link below provides information about each award.

<https://mcractiveschools.com/Swimming-Certification/>

Swimming and Water Safety	
Data taken from Swimphony database from 2015/2016 when Year 6 pupils were in Year 4.	
What percentage of your Year 6 pupils could swim competently, confidently and proficiently over a distance of at least 25 metres when they left your primary school at the end of last academic year?	97%
What percentage of your Year 6 pupils could use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] when they left your primary school at the end of last academic year?	80%
•What percentage of your Year 6 pupils could perform safe self-rescue in different water-based situations when they left your primary school at the end of last academic year?	80%
Schools can choose to use the primary PE and sport premium to provide additional provision for swimming but this must be for activity over and above the national curriculum requirements. Have you used it in this way?	Yes

Current Swimming Data

Cohort	Year 3 Cohort Currently attending swimming lessons Update – July 2018	Year 4 Cohort Attended swimming lessons 2016-17	Year 5 Cohort Attended swimming lessons 2016-17	Year 6 Cohort Attended swimming lessons 2015-16
Achieved 25m	64.4%	90%	97%	97%
Achieved 50m	45%	75%	54%	80%
Strokes (A range) Whale/Dolphin Award	7%	71%	22%	80%
Clownfish Award (Safe self-rescue)	45%	72%	88%	80%
Shark Award	N/A	41%	39%	46%

Swim Safe Course

In September 2017, children in Years 5 and 6 attended a Swim Safe session at Salford Quays. Swim Safe offers FREE outdoor swimming and water safety sessions for children aged 7-14. Public and school sessions are in 20 coastal and inland locations across the UK. Swim Safe is sponsored by Swim England and RNLI. Year 5 and 6 currently have 77 pupils on record : 72 of the pupils took part in the Swim Safe course gaining their understanding of staying safe as well as swimming in open water and performing the rescue call correctly.



About Swim Safe

Children love swimming outdoors, but swimming in the sea, rivers and lakes is different to swimming in a pool where most swimming lessons take place.

That's why Swim England, the national governing body for swimming in England, and the RNLI, the charity that saves lives at sea, launched Swim Safe.

Swim Safe offers free outdoor swimming and water safety sessions for children aged between 7 and 14. Children learn how to keep safe when swimming outdoors and know what to do if they get into trouble.

Swim Safe runs every summer at beach, lake and other inland locations across the UK. And the best thing about Swim Safe is that it is free to attend.

Last year, over 7,000 children took part in Swim Safe sessions. It was so successful that this summer the programme has been extended to 20 locations.

What's included?

Children get to enjoy a fun, structured swimming session at a choice of open water locations – and learn all about how to stay safe.

- 60 minute session run by qualified swimming teachers, supported by a team of trained volunteers.
- Beach safety advice provided by qualified lifeguards on land.
- Up to 30 minutes in-water tuition with swimming teachers.
- All the right kit for swimming outdoors (including swim hats, wetsuits, and swimming aids).

Who can attend?

- Children aged between 7-14.
- They must be able to swim a minimum of 25 metres to take part.
- Parents or guardians must be present throughout the session.

Last year, Swim Safe was attended by 7,000 children. It was so successful that this summer the programme has been extended to 20 locations.

Screenshot taken from
<https://swimsafe.org.uk/>

2019/20 Academic Years Swimming Targets

- To achieve an increase to 90% in the number of competent swimmers by Year 6. Year 4 and 5 children who cannot swim will continue swimming with other year groups or provided with extra swimming sessions to achieve this target.
- All non-swimmers provided with extra swimming sessions
- Increase the number of children successfully swimming using different swimming strokes (Whale and Dolphin Award) to 80%.
- Ensure Safe Self-Rescue is achieved increasing the percentage of children achieving to 70% in Year 3 and 4.
- Ensure children in Years 5 and 6 attend Swim Safe course to achieve Self Rescue in open water.
- Swimphony data to be regularly monitored, liaising with the teachers to ensure children who aren't achieving are being targeted.