



## **Swimming/ PE in Year 3**

Dear parents, carers and children,

As part of their PE curriculum, Year 3 will begin swimming lessons at Hampstead School this year, in addition to school PE lessons. The children will be walking to and from the swimming pool on a Wednesday afternoon, where they will be taught by two qualified swimming instructors.

Mersey class will be attending swimming for the first half of the year, starting Wednesday 8<sup>th</sup> September 2021, and Thames class will stay at school to do PE. The classes will switch half way through the year, and you will be notified in advance of that change.

It is essential that all children participate in swimming and PE. Please ensure children are well prepared, on a Wednesday afternoon, with the appropriate sports/ swimming kit.

### **We have provided answers to frequently asked questions and concerns about swimming.**

- All children will need to bring a towel
- Boys are expected to wear swimming trunks or short shorts- no baggy shorts, longer than the knee
- Girls will be required to wear a one-piece swimming suit- no bikinis
- No shampoo or shower gels please
- Goggles and swimming hats can be worn for swimming lessons
- All children will be expected to remove stud earrings and watches before swimming. It may be advisable to not wear these items on a Wednesday
- If your child is unable to go swimming because they are feeling unwell, you need to provide a letter explaining the reason
- The children will walk to Hampstead and therefore will need coats in case of wet and cold weather

If you have any further questions with regard to swimming or PE please contact us at [admin@westhampstead.camden.sch.uk](mailto:admin@westhampstead.camden.sch.uk)

Yours faithfully

Aran Huseyin

Assistant Head Teacher