



Tuesday 8th November 2022

Subject: Swimming lessons – thinking ahead to Y3

Dear Y1 Parents/Carers,

Swimming is a vitally important life skill. As well as being great fun and good for your health, it is the only sport that can save your child's life. Drowning is still one of the most common causes of accidental death in children, so being able to swim is an essential life-saving skill.

The National Curriculum recognises this and learning to swim is a statutory part of the primary Physical Education (PE) curriculum.

As you are probably aware, part of our PE provision in Y3 and Y4 is for the children to attend swimming lessons at a nearby swimming pool with qualified instructors. We are currently reviewing how our swimming provision works and what the school can do to make it even better.

Many of our children begin school swimming at the start of Y3 with lots of experience in the water, and these children perform well in school swimming lessons. For children who have no experience of swimming already, beginning in Y3 as part of a group can be daunting, especially if they are nervous about being in the water.

Our experienced swimming instructors work very hard to build confidence for new swimmers, but it would be a great help if as many of the children as possible had already had some experience of swimming when they begin their school swimming lessons.

If you are able to, please consider taking your child to the swimming pool while they are still in Key Stage 1. Any time at all spent in the water would be good, but the more often they can swim the better. If you and/or your child are new to swimming look out for a pool that offers family swim sessions with a learner pool (Swiss Cottage Leisure Centre is the closest one to school). Learner pools are much shallower than adult swimming pools, allowing your child to enjoy the water whilst knowing that they can still touch the bottom with their feet.

If you would like any advice on how to help your child get started with swimming please feel free to get in touch with me via the school office (admin@westhampstead.camden.sch.uk).

Yours sincerely,

Mr J Roebuck
Deputy Headteacher