

# Swimming

## **Introduction**

Swimming is a very inclusive, health-promoting activity that can be continued for life. Learning to swim and be confident in water not only saves lives but can also provide the essential foundation for individuals to access many water-based recreational activities. Aquatic activities can include swimming, water safety activities, lifesaving, diving and open-water swimming. We owe it to our youngsters to give them the best chance to learn to swim, as well and as early as possible.

## **Derbyshire Children's Services**

### **The County Council vision: -**

Working creatively together to inspire and empower children, young people and their families and communities to be the best they can be: safe, healthy, happy, learning and working' Swimming and water safety has a key role to play in this process, particularly in respect of the contribution which it can make towards the vision:

#### **Safe:**

- Minimising the risk of accidental injury and death through the development of swimming and water safety skills and knowledge

#### **Healthy:**

- Being physically healthy through the development of a range of aquatic skills to enable active, lifelong participation
- Establishing healthy lifestyles through participation in aquatic activity in and out of school hours and with opportunities to progress

#### **Happy:**

- Attend and enjoy school through a personalised, challenging and varied aquatic programme
- Contributing to achieving increased levels of attainment, behaviour and attendance through enhanced aquatic physical development
- Personal and social development through a range of social skills developed as a result of being part of a team and/or club type environment

- Enjoy recreation through the development of a range of aquatic skills to enable active lifelong participation
- Learning and working:
- Develop self-confidence through achieving recognised awards appropriate to the ability and aspirations of the individual
- Contribute to positive behaviour through active participation in swimming, and a recognition of the importance of rules
- Engage in further education, employment or training on leaving school through education and training for the leisure and recreation industry
- Be prepared for employment as a result of developing life skills through aquatic activities e.g. communication, leadership, teamwork

## **National Curriculum**

Swimming and water safety All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, 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.

## **Primary School Swimming Programme**

### **General Aim**

Due to the evident hazard of drowning, learning to swim and developing water safety skills continues to be an entitlement and a statutory element of the national curriculum.

The Derbyshire County Council Primary School Swimming Programme will ensure that children are given the opportunity of learning to swim in a safe and caring environment. We provide a continuous progressive programme of work, so children should develop their confidence, swimming and lifesaving skills. The level of attainment achieved will be dependent on a child's background knowledge.

### **Benefits**

Participation in the Primary Swimming Programme has several benefits:

- Your school is working towards the requirements of the National Curriculum.
- All the detailed arrangements are made for you.
- All negotiations with transport contractors and swimming pools are conducted on your behalf as a whole County Contract.
- Access to a scheme of work and staff professional development courses
- School Swimming Manager is available for support and advice.
- Swimming Certificates available to print from the S4S site.
- Monitoring standards of the programme.