



Montgomery Junior School

Open your mind ▶ choose your future

12th September 2016

Swimming Tuition – Class 11C

Dates	Thursdays 10.30am–12.15pm: 22 nd 29 th September 6 th 13 th 20 th October 3 rd 10 th 17 th November
Venue	Cpl Budd VC Gymnasium Pool, Colchester Garrison.
Transport	Children walk to and from pool.
Subject Area	The National Curriculum for PE states that Key Stage 2 pupils should be taught to :- <ul style="list-style-type: none"> • pace themselves in floating and swimming challenges related to speed, distance and personal survival, • swim unaided for a sustained period of time over a distance of at least 25m, • use recognised arm and leg actions, lying on their front and back, • use a range of recognised strokes and personal survival skills.
Deadlines	Please return ability slip by Friday 16th September 2016.
Clothing	Swimming costume and towel. Girls must wear a one-piece costume. Boys must wear shorts or trunks above the knee. Long hair must be tied back or a swimming cap must be worn. Deodorants must be roll-on type only. No aerosol cans. Tracksuit and coat. Earrings must be removed for swimming.
Other	If your child is unfit to swim on a particular day please advise us in writing.

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**TO: MONTGOMERY JUNIOR SCHOOL
SWIMMING ABILITY**

Child's Name: Class: 11C

- My child is a non-swimmer.
- My child lacks confidence.
- My child can swim _____ metres in shallow water.
- My child can swim _____ metres in deep water.
- My child is confident in shallow water.
- My child is confident in deep water.
- My child currently has swimming lessons and is swimming at _____ level.

Signed: Date:
Parent/Carer

• Headteacher: Bill Aylett • Deputy Headteacher: Jennifer Dignum
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