



Montgomery Junior School

Open your mind ▶ choose your future

8th November 2016

Swimming Tuition – Class 10P

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| Dates | Thursdays 10.30am–12.15pm: 24th November 1st 8th 15th December 12th 19th 26th January 2nd February |
| 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. |
| 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. |
| Deadlines | Please return ability slip by Thursday 17th November 2016. |

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TO: MONTGOMERY JUNIOR SCHOOL
SWIMMING ABILITY

Child's Name: Class: 10P

- 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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