



Montgomery Junior School

Open your mind ▶ choose your future

5th September 2018

Swimming Tuition – Class 5WH – Mr White

Dates	Thursdays 10.30am–12.30pm: 13th, 20th, 27th September 4th, 11th, 18th October 1st, 8th, 15th, 22nd and 29th 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.
Clothing	<ul style="list-style-type: none"> • 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 and jewellery must be removed for swimming.
Other	If your child is unfit to swim on a particular day please advise us in writing.
Deadline	Please return slip below by: Monday 10th September

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TO: MONTGOMERY JUNIOR SCHOOL
SWIMMING ABILITY

Child's Name: Class: 5WH

- 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