



Swimming at Queens Park Academy

Since the publication of the National Curriculum in 2013, it has been a requirement of schools to provide the following in terms of swimming through Physical Education: 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.**

At Queens Park Academy we aim to address these requirements through a year long swimming intervention in year 3, with those who we feel require further swimming instruction having further access to swimming in subsequent years.

We currently use Kempston Swimming Pool for these sessions. All lessons are run by trained swimming instructors, with Queens Park staff in attendance to assist with any additional needs of pupils. Parents are sent a letter at the beginning of the term in which their pupil will take part in swimming sessions. This is so that we can put children into groups where they feel safe and where they can be taught the National Curriculum requirements most effectively.

At the end of the block of sessions, a swimming assessment is undertaken to make sure that children can swim 25 metres. Those who cannot swim 25 metres and/or the children we feel would benefit from further time learning to swim will return to the pool in subsequent years.