



# Montgomery Junior School

Open your mind ▶ choose your future

28<sup>th</sup> February 2019

## Swimming Tuition – Class 5W – Mrs Witt

Dates	Thursdays 11.00am – 12.00 noon 28th March 4 <sup>th</sup> and 25 <sup>th</sup> April 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> and 23 <sup>rd</sup> May 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> and 27 <sup>th</sup> June
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"> <li>• pace themselves in floating and swimming challenges related to speed, distance and personal survival,</li> <li>• swim unaided for a sustained period of time over a distance of at least 25m,</li> <li>• use recognised arm and leg actions, lying on their front and back,</li> <li>• use a range of recognised strokes and personal survival skills.</li> </ul>
Clothing	<ul style="list-style-type: none"> <li>• Swimming costume and towel. Girls must wear a one-piece costume. Boys must wear shorts or trunks above the knee.</li> <li>• Long hair must be tied back or a swimming cap must be worn.</li> <li>• Deodorants must be roll-on type only. No aerosol cans.</li> <li>• Coat.</li> <li>• Earrings and jewellery <b>must</b> be removed for swimming.</li> </ul>
Other	If your child is unfit to swim on a particular day please advise us in writing.
	<b>Please return slip below by: Monday 11th March</b>

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**TO: MONTGOMERY JUNIOR SCHOOL**  
**SWIMMING ABILITY**

Child's Name: ..... Class: 5W

- 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