



Station Road
Legbourne
Louth
Lincolnshire LN11 8LD
Tel 01507 610060
enquiries@east-wold.lincs.sch.uk
www.east-wold.lincs.sch.uk



School Lane
North Cockerington
Louth
Lincolnshire LN11 7EP
Tel 01507 327258/Fax 01507 328651
enquiries@north-cockerington.lincs.sch.uk

Executive Headteacher: Ms B Dhami BSc (Hons)

8th October 2019

Dear Parents/Carers

Swimming and the National Curriculum

Swimming and water safety is a statutory element of the national curriculum for physical education in England. This means that every 11-year old child should leave primary school with the skills to keep themselves safe while enjoying swimming with friends and family.

The three national curriculum outcomes

All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2. Each pupil is required to be able to do the following:

- Perform safe self-rescue in different water based situations
- 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.

I am aware many children have swimming lessons out of school ,therefore in order for us to update our records I would be grateful if you could complete the slip below and return it by Friday 11th October to enable us to plan for future swimming lessons at school.

Yours Faithfully

Mrs V Cass
Head of School

North Cockerington Primary School –Swimming

My child..... year has achieveddistance badge.

Please tick the following if it applies to your child:

My Child **can't** swim 25 metres

☐

My child **can** swim a range of strokes

☐

My child **can** perform a safe self rescue

☐

All future school swimming lessons will focus on achieving the above skills.

My child has already achieved the above criteria and does not need to swim with school

☐

SignedDate.....

