

## Swimming Competency 2024-25

Swimming forms a vital part of PE in the National Curriculum. The school has a legal requirement to teach all children water safety and to swim 25m by the time they reach the age of 11.

Until the summer of 2023, our children had been fortunate to receive regular swimming lessons each year. From Autumn 2023, our lessons are taught by a team of instructors to our Year 4 pupils at Place Leisure Centre - a 20 minute walk from the school.

The children are taught the following:

- To swim competently, confidently and proficiently over a distance of at least 25 metres.
- To be able to use a range of strokes effectively - front crawl, backstroke and breaststroke.
- To perform safe self-rescue in different water-based situations.

We adhere to strict ratios in line with health and safety and lifeguards are on duty during all lessons.

National Curriculum Requirement	Percentage of Year 4 pupils
Swim competently, confidently and proficiently over a distance of at least 25 metres	63%
Use a range of strokes effectively	63%
Perform safe self-rescue in different water-based situations	44%

This information relates to Year 4 pupils in 2024-25, who participated in swimming lessons in Autumn 2024.