

Swimming



At Townhill Junior School we know the importance of water safety, particularly with our local area having large water sources such as Riverside Park and Weston Shore. We take all of our year 5 cohort to swimming lessons at The Quays Swimming and Diving Complex in Southampton, travelling by minibus to the venue.

The groups of swimmers are split into ability groups, to help tailor the sessions to the children's needs and progress their confidence and swimming levels appropriately.

Sessions are aimed at getting children confident in the water, to be able to swim 25m and to be able to perform a safe self-rescue in different water-based situations.

During the summer term, we take Year 6 children who have not quite been able to swim 25m confidently, to try to increase their chances of doing so and improve their water safety.

*Due to the recent Covid pandemic, we were unable to take our children swimming. Therefore, we have decided to offer swimming in the summer term for **all** of our year 6 children. This will still be in ability groups and tailored to the groups' needs.



School Swimming and Water Safety Awards

School Swimming & Water Safety Award 1 - Pupils can complete these with or without floatation equipment or support

Enter water safely

Move forwards, backwards and sideways for distance of 5 metres

Scoop water and wash face

Be comfortable with water showered from over head

Blow bubbles a minimum of three times rhythmically with nose and mouth submerged

Take part in a movement game

Give three examples of pool safety rules

Exit water safely

School Swimming & Water Safety Award 2 - Pupils can complete these with or without floatation equipment or support

Enter water safely

Move from standing to a horizontal floating position on the front and return to standing

Move from standing to a horizontal floating position on the back and return to standing

Push and glide on the front in a horizontal position to or from the pool wall

Push and glide on the back in a horizontal position from the pool wall

Travel on the back for 5 metres

Travel on the front for 5 metres

Star float on back

Know how to signal for help

Exit the water safely

School Swimming & Water Safety Award 3 - Pupils must complete these without floatation equipment or support

Jump in from poolside at least 1.2m deep and return to pool side

Fully submerge to collect an object

Perform a tuck /mushroom float and hold for 5 seconds

Push and glide from wall on the front with arms extended

Push and glide from wall on the back (arms by side or extended - optional)

Stand, float to front, rotate to back and regain standing position

Stand, float to back, rotate to front and regain standing position

Identify an open water space/hazard near your home or school

Exit water safely

School Swimming & Water Safety Award 4 - Pupils must complete these without floatation equipment or support

Jump into water of at least 1.2m deep. Fully submerge and return to point of entry and climb out

Push and glide towards pool floor with arm extended

Perform a sequence of changing shapes (minimum of three) whilst floating on the surface (pencil, star, mushroom, letter "C", front, back etc)

Push and glide on front, arms extended, then roll onto back

Push and glide on back, arms extended, then roll onto front

Travel 10m on front showing propulsive leg kick

Travel 10m on back showing propulsive leg kick

Perform a shout and signal to get help

Exit water safely without using steps

School Swimming & Water Safety Award 5 - Pupils must complete these without floatation equipment or support

Jump into water of at least 1.2m deep. Fully submerge and return to point of entry and climb out

Travel 5m horizontal head first scull on back

Travel 10m showing effective front crawl

Travel 10m showing effective back crawl

Travel 10m showing breast stroke kick on front or back

Travel on front - log roll 180 degrees to end up on back. Continue travelling without interruption

Give two examples of where it is safe to swim and why

Exit water safely

School Swimming & Water Safety Award 6 - Pupils must complete these without floatation equipment or support

Perform three different shaped jumps into deep water (to include a straddle jump) and return to point of entry and climb out
Travel 10m horizontal head first scull on back
Travel 10m showing effective front crawl with breathing
Travel 10m showing effective back crawl
Travel 10m showing effective breast stroke with breathing
Tread water for 30 seconds (pass a ball between swimmers – optional)
Perform a forward tucked somersault
Swim 25 metres (choice of stroke optional)
Wearing clothes (minimum t shirt and shorts) – straddle jump, swim 10m in deep water and exit pool without using steps

Self-Rescue Award - Pupils must complete these without floatation equipment or support, in the order listed & wearing clothes (minimum T shirt & shorts)

Straddle jump
Tread water for 20 seconds with one arm in the air waving for help
Catch a ball
Swim 10m retaining and controlling a floating object (ball)
Climb out without using steps
Swim 15 metres on front then rotate onto back and swim 15m
Take up the Heat Escape Lessening Position (HELP)
In deep water swim 15m long arm side stroke

School Swimming and Water Safety Aquatic Skills Award - Pupils must complete these without floatation equipment or support, in the order listed & wearing clothes (minimum T shirt & shorts)

Enter the water safely
Submerge, collect heavy item from pool floor in depth of at least 1.5m
Return item to poolside
Swim 25m long arm side stroke
Swim 50m own choice (stroke must be recognisable and effective with timing and breathing)

