



Thursday 28th December 2023

## Year 5 swimming lessons

Dear Parents and Carers,

We are excited to advise you that, as part of our enrichment programme, your child will take part in weekly swimming lessons in HT3 and HT4 as set out in the government's National Curriculum. When pupils leave primary school, the government expects each pupil to:

- 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.

Lessons will start on Tuesday 9th January 2024, and will continue every week on a Tuesday afternoon until Tuesday 26th March 2024. Please see below for further information.

<b>Dates</b>	Tuesday 9th January 2024 - Tuesday 26th March 2024
<b>Departure Time</b>	13:00
<b>Return Time</b>	15:00
<b>Destination</b>	Northolt Leisure Centre
<b>Method of Transport</b>	Coach
<b>Clothing for swimming lessons</b>	A Towel A waterproof bag labelled with their name A latex free swimming hat  Girls: A one-piece swimming costume Boys: Short trunks (no Bermuda style trunks please)
<b>Uniform</b>	Children should come to school in their PE uniform. They will be able to change into their swim wear at the pool as we have exclusive use of the changing rooms.

## Your child's first lesson

During the first lesson your child will be assessed and placed into a group that will suit their ability. The children will then shower, change and come back to school.

If you have any questions, please do not hesitate to contact the school.

Many thanks,

The School Office