REQUEST AND REMINDERS FROM THE BLT!

PLEASE LET US KNOW IF YOU MOVE SCHOOL, SO THAT WE CAN UPDATE OUR DATA BASE. THIS KEEPS US UP TO DATE WITH STAFF TRAINED WITHIN EACH SCHOOL TO DELIVER NC SWIMMING.

HAS YOUR SCHOOL RETURNED YOUR GOVERNOR CHECKLIST?
COMPLETION OF THIS DOCUMENT NOT ONLY ENSURES A WHOLE SCHOOL APPROACH TOWARDS SCHOOL SWIMMING BUT ALSO, AS THE NAME SUGGESTS, PROVIDES A USEFUL CHECKLIST AGAINST THE BLT & BCC SAFE PRACTICE IN SCHOOL SWIMMING POLICY. IT ALSO GIVES US (& YOU!) KEY INFORMATION REGARDING POOL USED FOR SCHOOL SWIMMING, QUALIFICATIONS OF STAFF (who may have qualified out of county) AND OTHER IMPORTANT FACTORS.

PLEASE ENSURE THAT YOU PLAN YOUR SWIMMING PROGRAMME JOINTLY WITH YOUR LEISURE PROVIDER SO THAT YOU ARE CONFIDENT ABOUT WHAT IS TO BE TAUGHT IN EVERY LESSON. INVOLVEMENT IN SCHOOL SWIMMING LESSONS WILL HELP TO REDUCE RATIOS, THUS ENABLING FASTER PROGRESS BY YOUR PUPILS.

‘Partnerships between leisure providers, schools and swimming teachers can make a big difference’ Rebecca Addlington

‘If leisure providers and schools work together and make the most of the tools and support given by the ASA and local authorities, we can really make a difference.’ Jacqui Tillman, Everyone Active Group Swim Manager

‘I believe it is essential that the teacher is involved in the planning and delivery of the swimming lessons as they can be hugely influential.’ Trainee Rosie Ogden, Physical Education Matters – Spring 2016
SUMMER IS COMING – KEEPING SAFE IN AND AROUND ALL BODIES OF WATER

We may live/work in the county that is the furthest away from the sea than anywhere in the county; but we have a huge number of canals, reservoirs and other bodies of open water. As a key part of NC Swimming, it is vital that we teach our young people the skills of staying safe in/around open water, as the skills required to keep safe are different to those in a lifeguarded pool. There are a number of programmes to support schools deliver these vital skills. These include:

Swim Safe for Schools (ASA and Royal National Lifeboat Institution, RNLI)

Mark Foster is a six time World Champion and is one of the most successful swimmers in British history. He is supporting Swim Safe and wanted to share why he thinks it is important for children to take part in the programme.

“Summer is here and everyone will soon be heading abroad or to the beaches around the UK….Swimming in the sea or in a lake is brilliant fun. I’ve spent most of my time in indoor pools, so the freedom of swimming outside is great. But it’s also really different and there are lots of challenges that you may not think of, so it’s important to know about the challenges.

Now, I’m a confident swimmer, but I remember swimming off the coast in Perth (Australia) when I was 28 and feeling like I was battling against the current and being pushed in a different direction.

The sea is so unpredictable that you really have to respect it, even if you are a strong pool swimmer. You also need to know what to do if you get into difficulty.”
During the summer term, children in Key Stages 2 and 3 have the opportunity to learn the importance of understanding the dangers of open water, and for many, experience their first taste of outdoor swimming. These free sessions, include a land based safety lesson with a lifeguard and in-water tuition from an ASA qualified swimming teacher. Pupils are provided with a wetsuit, swimming hat and a free goody bag with t-shirt. If you are interested in your school taking part in this scheme, please contact swimsafeforschools@swimming.org or visit www.swimming.org/swimsafe

Royal Life Saving Society (RLSS) Drowning Prevention Week 2016

Around 400 people needlessly drown in the UK every year and thousands more suffer injury, some life changing, through near-drowning experiences. Putting this into context, one person dies every 20 hours in the UK.

Drowning Prevention Week, encourages schools, clubs, leisure centres and communities to stay safe around water and helps to raise money for important drowning prevention programmes. There are many ways you can take part in Drowning Prevention Week:

- Fundraise
- Incorporate water safety into swimming lessons
- Host an assembly or lesson at a local school
- Towathon – hold a sponsored tow event in aid of the RLSS UK
- Fundraise
- Retweet water safety messages on Twitter and Facebook
The resource packs will be available to order soon. You can register your interest on the link below and the RLSS will email you as soon as they are available:


An example of the interactive resources:
Water Safety Quiz 2 – years 5 & 6

Questions and answers

1. What should you throw if you see someone in danger in water?
   A rubber duck       A Life Ring       A canoe       Your teacher

2. You see someone in need of help in a lake what is the first thing you should do?
   Call for help

3. What does a red flag mean at the beach?
   It is safe to swim       Do not swim in this area       It is safe to swim with a parent

4. What must you never do if someone is in danger in water?
   Jump in

5. What colour flags is it safe to swim between?
   Red and yellow

6. In the SAFE code what is the first thing you should do when you are near water?
   Look for the dangers

7. List 2 hazards you might find near a rock pool.
   (Examples: sharp rocks, wildlife, the tide, slippery rocks)

8. What does a black and white chequered flag mean?
   Sports zone, surf board area

9. Why should you never go near the water’s edge when someone is in danger?
   You might fall in

10. Who should you always listen to when swimming?
    Lifeguards

11. Why should people using inflatables in the sea be careful of the wind?
    Could be swept out to sea

12. What number can you use for emergencies other than 999?
    112

13. If you’re not with a parent who should you ask for help if you cut your knee on a rock?
    Lifeguards

14. Name another piece of rescue equipment you could use other than a life ring.
    (Examples – Rope, football, plastic bottle, any buoyant object)

15. List 3 things you should never do in or around a swimming pool.
    Run       Dive in at shallow end       Push people in
    Swim out of your depth       Bombing       Spitting
    Petting       Shouting       Acrobatics
    Swim in the diving area

Spot Advice
Friends
Emergency

Royal Life Saving Society UK
Why not find out if your leisure provider can offer the RLSS Rookie Lifeguard Programme...

The Rookie Lifeguard Water Safety Award fulfils all of the Key Stage 2 water safety elements of the National Curriculum. The scheme is aimed at children from eight up to 12 years old – though the skills learned through the course of the programme are just as valuable to people of all ages. To find out more, visit [http://www.rlss.org.uk/awards-activities/rookie-lifeguard/](http://www.rlss.org.uk/awards-activities/rookie-lifeguard/)

**WHAT MAKES AN EFFECTIVE SCHOOL SWIMMING PROGRAMME?**

School swimming is part of NC PE. In essence, it is ‘wet PE’. The features of high quality PE remain the same for school swimming:

- Engaging curriculum for all
- Evidence of developing physical literacy for all
- Progressive opportunities provided in a range of contexts
- Standards of teaching are high
- Sufficient time on the timetable
- Subject leadership strong
- Assessment of learning is accurate and effective
- Regular and planned participation in high quality professional development for staff
- Pupils enjoy and value PE and their views are included in planning

What are we trying to include as part of successful PE?

- Physical Literacy
- Competition
- Pupils are physically active for prolonged periods
- Analysis of self and others performance
- Assessment and recording of progress
CASE STUDIES

Case Study – Phillimore Primary School, Sheffield

The school provide 40 minute swimming lessons, using detailed lesson plans and guidance on organisation (from the ASA School Swimming Membership). School staff confidently support swimming instructors at the pool and deliver water safety and other classroom-based lessons back at school. The pupils are ‘never more exhausted as when they climb out of the pool.’ This is having a positive effect on fitness rates, with teachers noting improvements in concentration in the classroom. The school also reported the improvement in pupils’ physical activity had had an impact on their levels of self-esteem and confidence across all academic areas (taken from AfPE Physical Education Matters – Spring 2016).

Case Study – Adderley Primary School

As well as using the ASA Awards for celebrating achievement and giving clear steps for how to achieve the next level in swimming skills, the school have held assemblies, themed weeks and workshops to bring swimming into the classroom and raise its profile as part of PE.

DID YOU KNOW?

- School swimming has been a statutory part of the national curriculum for over 100yrs
- The National Curriculum 2014 has placed an emphasis that primary schools MUST deliver school swimming.
- Schools are not allowed to charge for school swimming – any payments from parents are entirely voluntary

LOOKING TO INSPIRE YOUR STAFF ABOUT THE IMPORTANCE OF SCHOOL SWIMMING – CHECK OUT THIS VIDEO LINK:

http://www.swimming.org/schoolswimming/duncan-goodhew-talks-passion-swimming/

Add this to the fact that Swimming is the only sport that can save your life and thus is essential for drowning prevention!

The RLSS UK recommend that:

In the pool all children should:

- Be able to simulate falling into the water; stay calm; float on their back for 30secs; and climb out without using the steps
- Be able to swim 50m unaided

In the classroom all children should:

- Learn about the hazards and risks at inland and coastal water sites, and at the pool
- Know how to stay safe and call for help in an emergency
National Research and Strategy Sets out to strengthen School Swimming

Key points from the evidence:

1. Pupils with better health and wellbeing are likely to achieve better academically.
2. Effective social and emotional competencies are associated with greater health and wellbeing, and better achievement.
3. The culture, ethos and environment of a school influences the health and wellbeing of pupils and their readiness to learn.
4. A positive association exists between academic attainment and physical activity levels of pupils.

High on the Government’s agenda, the strategy announces that every child will leave primary school able to swim. Sports Minister, Tracey Crouch has set up a working group to examine how schools can successfully meet National Curriculum Swimming. The group are examining:

- What confidence and capability really mean in school swimming
- The challenges schools face in order to provide a high quality provision
- How all children can be catered for in school swimming lessons
- What needs to be done by the government and others involved in school swimming

Under the section on the responsibility that schools have, is included the importance that each school takes ownership of its swimming programme and works in partnership with its provider. The ASA National Curriculum Training programme (Fundamentals and Aquatic Skills of School Swimming courses) explore this, but if you have any questions about how this can work, please contact Mandy Carey (agcarey@learningtrust.net).
The ASA are hopeful that the government’s backing will reduce the current percentage of 52% of primary school children being unable to swim 25M unaided.

The ASA School Swimming Charter
Taking School Swimming Seriously

Did your school sign up to the ASA School Swimming Charter?

Over 500 schools in England have benefitted from a package of resources and support to staff and governors. The benefits primary schools have seen include:

- Pupils feel positive recognition of their progress in school swimming as they are rewarded for reaching milestones
- Schools have a guarantee that if the ASA’s recommendations are delivered in full, they will comply with (if not exceed) NC requirements
- Teaching staff feel motivated and valued by receiving support and resources on how to teach swimming
- Parents are reassured that schools are taking action to improve school swimming and are kept up-to-date on their child’s swimming attainment levels

(taken from AfPE Physical Education Matters – Spring 2016)

The ASA’s Swimming Charter can be found at www.swimming.org/schoolcharter

NEW SWIMMING RESOURCE

This book is aimed at:

- Providing technical content for candidates learning to teach swimming
- Swimming teachers who are recently qualified
- Experienced teachers who are looking to participate in CPD
- School teachers
- Instructors delivering the RLSS Lifesaving programmes

‘I highly recommend this book to all involved in swimming from the novice to the long standing swimming teacher.’ Brian Brinkley MBE, two time Olympian, Swimmer, Medallist at the 2nd Worlds Championships...
Course Dates 2016 – 2017 (all courses are to take place at Green Park Conference Centre, with the exception of the STRT courses which take place at individual schools)

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If you wish to book onto any of these courses, please contact Laura Martin (ljmartin@learningtrust.net)

Remaining 2015-2016 courses

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NB. Please note that there are limited slots/dates remaining for Shallow Tank Rescue Training in 2015-2016. If you need to undertake this training, please contact Laura Martin asap!
Why take the Plunge and undertake the ASA Aquatic Skills of School Swimming Course (to complete the National Curriculum Training Programme)?

Here’s why:

You will be equipped with the skills to plan and evaluate a programme designed to meet the swimming component of the NC. The course comprises:

- Theory & practical sessions
- Resources

Some candidate comments:

- Lots of resources and ideas
- I am looking forward to teaching my high ability group now and feel better equipped
- A huge thank you!!
- It was fantastic to practice
- A very supportive environment to ask questions and share ideas.
- Lots of new ideas to introduce Cross Curricular PE into swimming- making things more fun!