

9th July 2018



Yr3 Swimming 2018-2019
Yr2 Children going into Yr3 in September 2018



Dear Parents/Carers of a Year 2 child,

As you may be aware, children are expected to go swimming as part of the Physical Education Curriculum. This is part of the National Curriculum and is therefore compulsory. At Begbrook, this opportunity arises in Year 3 and will be **free of charge**.

When is swimming?

These lessons will take place on Thursday afternoon, starting on **10th January 2019** at Easton Leisure Centre. In total, there will be around **24 sessions** over the Spring and Summer terms. The school will provide booster lessons in Year 5 for those who have not met the standard of swimming 25 metres by the end of year 3.

What does my child need?

Children should bring a swimming costume, towel, bag and a coat to each session. Please make sure that your child comes into school with **NO jewellery - including earrings**. If you cannot remove their earrings, provide some tape to cover them. If your child has long hair, it **must** be tied back with a suitable hairband.

Girls should have a one-piece swimming costume (no bikini style swimwear please). Boys must wear trunks or swimming shorts, but shorts must stop above the knee.

Goggles and swimming caps are not necessary but your child may bring them if they wish. It is important that their swimming kit is brought into school with them at the beginning of the day; **we cannot call home for forgotten kits**.

What should my child wear on a swimming day?

Children should not wear tights or shirts with lots of buttons on swimming days as we are always pressed for time in changing and returning to the coach. We don't leave for swimming until 1:00pm so it is best **not** to wear swim wear under clothes.

What can we do to prepare our child for swimming?

Any time spent practising changing independently is fantastic, as this is an area in which children struggle at first. Encourage children to take off shoes place socks inside them, and put school clothes into their swimming bags when they have changed.

If you do have the opportunity to take your child swimming prior to the beginning of lessons in September, this is very helpful in preventing nerves and anxieties.

Essential information required

In order to help us group the children according to swimming ability, please click [here](#) to provide consent and relevant information. We are aware that some children may be anxious about going swimming and this information will help us to provide them with the necessary support they require. Please complete the form by **Friday 13th July 2018**.

Yours sincerely,
Mrs. Shaw
Assistant Principal

Year 3 Swimming
Your child will need a swimming kit on the following days:

Spring Terms	Summer Terms
10 th January	25 th April
17 th January	2 nd May
24 th January	9 th May
31 st January	16 th May
7 th February	23 rd May
14 th February	6 th June
28 th February	13 th June
7 th March	20 th June
14 th March	27 th June
21 st March	4 th July
28 th March	11 th July
4 th April	18 th July

HELPING WITH SWIMMING

We always hugely appreciate any help with swimming, as it can be quite a challenge to keep to the time restrictions considering the amount of children who attend.

What do we need help with?

1) General Help

We need help with:

- Getting children safely onto the coach
- Putting on seatbelts
- Ensuring good behaviour during the journey
- Getting children into the leisure centre
- Lining children up after changing

Any parents or helpers are most welcome to ask us about helping with this aspect of swimming, as the more helpers we have the better the experience is for the children.

We would be particularly interested in parents who are able to help **regularly**.

2) Helping with changing children.

Extra support in the changing rooms is fantastic, as children often need help with shoes, socks and finding missing items of clothing. Parents can only help in the changing rooms if they have a valid DBS. If you do not have an up to date DBS check through the **Cabot Learning Federation** you will need to speak with Miss McCormick in the office.

If you are able to help in any way or have any questions, please do not hesitate to get in touch via email: info@bpa.cabot.ac.uk.