



Year 5 Swimming

Dear Parents

Next term, children in Year 5 will begin their swimming and water safety programme as a statutory part of the National Curriculum for physical education. Every child will have 6 x 45 minute lessons (including a lesson on water safety), on the following dates:

Thursday 4th January 2024
Thursday 11th January 2024
Thursday 18th January 2024
Thursday 25th January 2024
Thursday 1st February 2024
Thursday 8th February 2024

The swimming lessons will take place on their PE day (Thursday), at the Hart Leisure Centre and will be taken by the centre's qualified instructors. We will travel to and from the centre by coach. In order to assist in the organisation of the programme, please complete the Parentmail form by **midday on Wednesday 22nd November 2023**.

Your child will need the following items:

- Appropriate swimwear (no long shorts or bikinis please)
- A towel (in a separate waterproof bag to bring wet items home)
- Underwear to wear after swimming (if children wear their swimwear to school)
- **Swimming hats are encouraged**, particularly for those with long hair
- Long hair must be tied back if your child is not wearing a swimming hat

There will be a chance for a quick rinse off after using the pool but children are not allowed to use shampoos and shower gels. Children will not be using the lockers so there is no need to provide money for this. We also suggest that children do not wear earrings and watches on swimming days. **We have been advised that goggles are not permitted unless there is a specific reason for your child to wear them i.e. prescription goggles. Please email the School Office if this is the case.**

We would suggest that children come to school with swimwear already on underneath their PE kit. Children will get changed for swimming at the leisure centre in group changing rooms - these will be closed to the public and there will be one for boys and one for girls. We are aware that this may be a new experience for some children, particularly as they no longer get changed for PE in school. We plan to have a chat with the children before the Christmas holidays to make sure that they feel comfortable with the changing situation; are respectful of others, and have some strategies to support this. For example, we will discuss using a towel to wrap around themselves whilst they change out of their costumes at the end of the lesson - hooded towels can be good for this, such as the ones found on this [link](#) Please contact us with any specific concerns.

We are sure that your child will benefit from these sessions and look forward to following their progress.

Yours sincerely
Year 5 Team