



ST MARY'S CE PRIMARY SCHOOL National Swimming Requirement



SWIMMING AND THE NATIONAL CURRICULUM

Since 1994, swimming and water safety has been a statutory element of the national curriculum for physical education in England. This means that every 11-year old child should leave primary school with the skills to keep themselves safe while enjoying swimming with friends and family.

THE THREE NATIONAL CURRICULUM OUTCOMES

Swimming is the only sport to be included within the national curriculum physical education programme of study. All primary schools must provide swimming and water safety lessons in either Key Stage 1 or Key Stage 2. Each pupil is required to be able to do the following:

- ✓ 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.

SCHOOL SWIMMING PROVISION

Our pupils have swimming lessons for a two week block during the Summer Term in Year 5 and Year 6. The pupils walk to Ladybridge High School in their individual classes, accompanied by St Mary's CE Primary School staff. Pupils change in single-sex changing rooms. Each lesson is 45 minutes long and run by qualified swimming instructors and supported by school staff both in and out of the water. There is no school uniform for swimming but pupils are asked to wear sensible costumes (not bikinis) and trunks. Swimming hats are compulsory for pupils with long hair and goggles are optional. Swimming kits should be taken home after each lesson.

SWIMMING PROVISION YEAR GROUP	DURATION
YEAR 5 (70 Pupils)	10 DAYS
YEAR 6 (70 Pupils)	10 DAYS

We are required to publish the percentage of pupils within Year 6 cohort in the 2022 to 2023 Academic Year who met the national curriculum requirement to:

- ✓ 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
- ✓ Perform safe self-rescue in different water-based situations.

OUTCOMES

OUTCOMES 2022 TO 2023	PERCENTAGE
Achieved the National Curriculum standard in all three areas	24%
Achieved a National Curriculum Length	30%
Achieved improved stroke	30%
Achieved 5 metre or 10 metre distance	43%