

Swimming progress September 2023- June 2024

All Saints' are committed to helping our young people be equipped with skills for life, and one such skill is swimming. This year, we offered swimming lessons for Years 4 and 5 every week during term time. This has taken place weekly since September 2023.

Year 4 Swimming

Year 4 have been swimming weekly for a 30- minute session since September.

Children in class: 27

September 2023-July 2024

18 (67%) Beginners with little to no swimming experience. They began learning to be comfortable in the water, entering the shallow end safely, moving across the pool and understanding water safety.

9 (33%) Intermediate to advanced swimmers, able to swim lengths in the deep end of the pool. They began their learning by recapping pool safety, before progressing to swimming fluency across a variety of strokes, whilst working on their stamina in the pool.

June 2024

18 in the shallow end and 9 in the deep end, with no movers in between.

All 27 (100%) members of the class achieved their red proficiency certificate, showing they can now enter and exit the pool safely, move confidently in the water and submerge their heads. 10 children also achieved their orange proficiency certificate, able to travel using a recognised stroke without the use of floats. 19 children (70%) achieved their Personal Safety Award (19 children awarded Silver level and 8 children also awarded the Gold level), demonstrating their knowledge of survival techniques and ability to swim whilst wearing clothes.

Year 5 Swimming

Year 5 have been swimming weekly for a 30- minute session since September.

Children in class: September 27 June 30

September 2023

17 beginners (62%) with basic swimming ability. They were all comfortable in the water, they spent the time becoming confident at swimming on their front and their back with floatation support and without floatation support. They worked hard to swim on width on their front or back for 5m minimum. They continued to develop their understanding of safe entry, safety around open waters and what to do in an emergency.

10 (38%) intermediate to advanced swimmers, able to swim lengths in the deep end without a floating device. They began their learning by recapping their pool safety and continuing to develop their stamina through breathing techniques.

June 2024

Children in the class- 30

Over the course of the year, 4 children have joined the class and one has left.

The new children entered the water with limited experience. Since arriving they have all achieved their red proficiency award which involved moving through the pool safely, splashing their face with water and be able to describe the pool safety rules.

All 17 children who started the year in the shallow end, achieved their orange proficiency meaning they can blow bubbles with their face in the water, swim one width unaided, and float on their back for 3 seconds.

4 children progressed from the shallow end into the deep end and 3 of these have achieved their personal safety award.

The 10 children who started the year in the deep end have developed the survival skills needed, demonstrating the ability to swim whilst wearing clothes. All of these children have achieved their silver and gold personal safety award over the course of the year.

Percentage of children in the shallow end in June- 50%

Percentage of children in the deep end in June 50%

Report prepared by Anna O'Hare and Lucy Oakley