



28<sup>th</sup> August 2025

## Class 3 Swimming – September 2025

Dear Parents/Carers,

Your child will be attending swimming lessons at Pingles Leisure Centre this term to support them in meeting the expected standards in swimming as set out in the National Curriculum Programme of Study for physical Education:

- 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

A coach will take the children to Pingles Leisure Centre on Friday afternoon starting on **Friday 12<sup>th</sup> September 2025** and the last lesson will be on **Friday 5<sup>th</sup> December 2025**. The children will be transported by coach which will be leaving school at 12.30pm to get to the leisure centre for our 1.00pm lesson.

All children in Class 3 will be included in these lessons; they will need to bring a separate bag containing:

### Girls

- Once piece swimming costume – no bikinis
- A swimming hat is required if hair covers the eyes or airways
- Towel

### Boys

- A pair of traditional swimming trunks
- A swimming hat is required if hair covers the eyes or airways
- Towel

Please ensure that **any** jewellery worn by your child is removed before coming to school and that long hair is tied back. If your child has grommets inserted for recurrent ear problems, or if there are any other issues which you feel we should know about, please contact your child's teacher or the school office.

Swimming is a large expense for all schools. Although entirely optional, and **all** children will go swimming, if you feel able, we would appreciate a contribution towards the costs of the transport. Payment is via the Arbor parent portal or app: choose School Activities – Clubs – Swimming Session. You can pay for one session, or any number up to 10, with an optional contribution of £3.70 per session. Please enter the amount that you would like to pay and add to basket: then check out as you would for online shopping.

Thank you for your support.

Yours sincerely,

Alex Elspass

Headteacher