



Bengeworth CE Academy

An Exceptional Church of England School

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Dear Parents and Carers

I am excited to inform you that Bengeworth CE Academy have developed a new scheme of work for swimming lessons as part of our PE and Sport provision. The scheme has been tailored to the needs of our children, in line with national curriculum expectations, so that pupils at our school can develop greater confidence in water, technique in their swimming strokes and a better understanding of water safety. The move away from 'water skills' is so that parents, children and staff can have more clarity in the expectations of our swimming sessions in school, keeping them separate to lessons undertaken directly with leisure centres or private lesson providers.

The national curriculum states that children should be taught 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

The Bengeworth Barracuda Awards will have seven levels that children will move through in order to demonstrate their proficiency and ability to meet the standards set. The standards for which have been carefully chosen in order to show progress in confidence and technique, ultimately working towards the national curriculum goal of swimming distances of at least 25 metres, using a variety of strokes. Water safety elements will be embedded within each level of the awards in order to raise its awareness and importance.

All children will participate in school swimming lessons and the Bengeworth Barracuda Awards from Year 1 to Year 3, regardless of their swimming experience and levels from outside providers. In Year 4 and 5, only children who are unable to confidently swim 25 metres, the level set by national curriculum standards, will be required to participate in swimming lessons at school. Alongside the school awards, children will still have the opportunity to gain distance swimming awards and show further progression with their swimming ability.

In addition to this, children in Year 3 to Year 5 who demonstrate exceptional confidence and ability within swimming may be invited to attend extra swimming sessions in the Spring term, designed to develop their swimming strokes and speed, with a view to selecting our school squad for the local swimming gala event.

Please remember that swimming lessons in school are provided to support children's development of a lifesaving skill. It is important that children are given as much opportunity as possible to develop their confidence and ability in the water. Although 10 weeks of school swimming lessons will help towards their development each year, children need more opportunities to play and learn in the water. Social swimming with family or friends and sessions with outside lesson providers will help to ensure that children have the necessary skills to swim confidently and safely - with school sessions supporting this process.

Let's have a great year, helping our children to learn a fun and necessary life skill!

Yours sincerely

Tom Edkins, Jo Pearce & Rhian Richmond

Bengeworth CE Academy PE Team

