

2nd February 2022

Dear Parents,

YEAR 1 SWIMMING

I am writing to inform you that Year One will be commencing their school swimming lessons on Wednesday 23rd February (the Wednesday after half term) at John Lyon School. On this date we will assess their existing skills and confidence levels in order to place them in an appropriate group which promotes the progression of their abilities. The assessment is informal and will be adapted for each child whether they have never swum before, or if they are confident in swimming widths or even lengths!

On swimming days' children must bring their kit in their navy school swimming backpack to ensure that they have their hands free when walking to and from the coach. Boys will need to bring: a navy pair of "Y- front" style trunks or short legged tight shorts (baggy shorts hinder their kicking and buoyancy) and a towel. Girls will need to bring: a navy swimming costume, red swimming hat and towel. Regulation school swimwear and hats can be purchased from DJ Uniforms (www.djuniforms.co.uk). The children will attend school in their PE kit on Wednesday's as they are expected to dress themselves promptly after their lessons. Simple dressing without extra under layers will aid them in this.

Swimming is an important part of the curriculum and if children are well enough for school then they are also considered well enough to swim. Exceptions may be made if a doctor's letter is provided detailing that it is impractical for a child to take part in swimming but still possible to partake in their classroom lessons.

I look forward to teaching the children on our weekly trips to swimming and please feel free to contact me if you have any questions about your child's lessons.

Yours sincerely

Miss Crawford

