



**Joy Lane Primary School**  
**Joy Lane, Whitstable, Kent**  
**CT5 4LT**  
**01227 261430**



Managed and run by  
**Joy Lane Primary School**

## Key Stage 1

**(Reception, Year 1 and Year 2)**

**Pupils will be taught to:**

- Move in water (for example, jump, walk, hop and spin, using swimming aids and support)
- Float and move with and without swimming aids
- Feel the buoyancy and support of water and swimming aids
- Propel themselves in water using different swimming aids, arms and leg actions and basic strokes

### **Assessment**

- Swim between 10 and 20 metres unaided in shallow water, using their arms and legs to propel themselves
- Use one basic method to swim the distance, making sure that they breathe
- Using floats, swim over longer distances and periods of time with a more controlled leg kick
- Join in all swimming activities confidently; explore freely how to move in and under water
- Recognise how the water affects their temperature: recognise how their swimming affects their breathing
- Identify and describe the difference between different leg and arm actions.

## Key Stage 2

**(Years 3, 4, 5 and 6)**

**Pupils should be taught to:**

- Pace themselves in floating and swimming challenges related to speed, distance and personal survival
- Swim unaided for a sustained period of time over a distance of at least 25 metres
- Use recognised arm and leg actions, lying on their front and back
  - Use a range of recognised stroke and personal survival skills [for example, front crawl, back crawl, breaststroke, sculling, floating and surface diving]

### **Assessment**

- Swim between 50 and 100 metres and keep swimming for 45 to 90 seconds
- Use three different strokes, swimming on their front and back with controlled breathing
- Swim confidently and fluently on the surface and under water
- Work well in groups to solve specific problems and challenges, sharing out the work fairly
- Recognise how swimming affects their body, and pace their efforts to meet different challenges
- Suggest activities and practices to help improve their own performance
- Perform self-rescue tasks

Here at Joy Lane we aim to have every swimmer leaving our school being able to achieve all requirements set out in the Key Stage 2 National Curriculum and to continue to help keep your children safe around water.

## **AFTER SCHOOL LESSONS**

Joy Lane Primary School runs after-school group lessons. Please contact Katie Dean at the school office for further details.



# WATER SAFETY

**WE ARE SO LUCKY AT JOY LANE PRIMARY SCHOOL TO HAVE OUR OWN SWIMMING POOL**



The following quotes were taken from the UK Drowning Prevention Strategy

[www.nationalwatersafety.org.uk](http://www.nationalwatersafety.org.uk)

“On average 400 people drown in the UK each year”

“Many of these deaths are preventable and we believe more can be done to reduce this loss of life.”

“Drowning is a serious and neglected global public health issue, claiming a shocking 372,000 lives each year.”

“Drowning in the UK accounts for more accidental fatalities annually than fire deaths in the home or cycling deaths on the road”

“**45%** of children aged 7-11 (Key Stage 2) cannot swim 25 metres unaided”

At Joy Lane Primary School only **33%** of children aged 7-11 cannot swim 25 metres unaided



## School Swimming Academy

Our swimming program follows the STA School Swimming Academy which surrounds a scheme of 8 progressive awards designed to build water confidence, water safety skills and stroke development for pupils in Reception, Key Stages 1 and 2. At the end of your child's 3 terms of swimming lessons, they will be presented with an A5 certificate to show their achievements.



## SWIMMING KIT

Girls	Boys
One piece swimming costume	Shorts/trunks above the knee
<b>Goggles</b>	
All public swimming pools contain specific levels of chlorine to kill any harmful bacteria. When exposed to the eyes, this can cause irritation for some children. Goggles will help to avoid sore, itchy and red eyes as well as any discomfort during each swimming session.	
<b>Swimming Hats</b>	
Joy Lane Primary School will provide all swimmers with swimming hats. Please feel free to provide you child with their-own hat.	
<b>Towel</b>	
Please provide your child with a towel on their swimming days.	



## WHY SWIM

MyMedicalForum

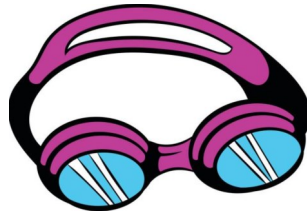
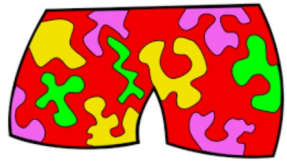
Here are 12 ways that swimming helps your body, soul and mind

# Swimming

- MIND**  
Replaces dead brain cells
- MUSCLES**  
Strengthens abdominals, arms and legs
- HEART**  
Reduces risk of heart disease
- ASTHMA**  
Builds lung power
- FRAME**  
Improves bone health
- FLEXIBILITY**  
Keeps muscles limber
- LONGEVITY**  
Reduces early death by 50%, according to a study
- CARTILAGE**  
Reduces impact on joints
- WAISTLINE**  
Burns 500 calories per hour
- DIABETES**  
Maintains proper glucose levels
- HYPERTENSION**  
Keeps blood pressure low
- ATTITUDE**  
Boosts mental health and mood

## SPARE SWIMMING KITS

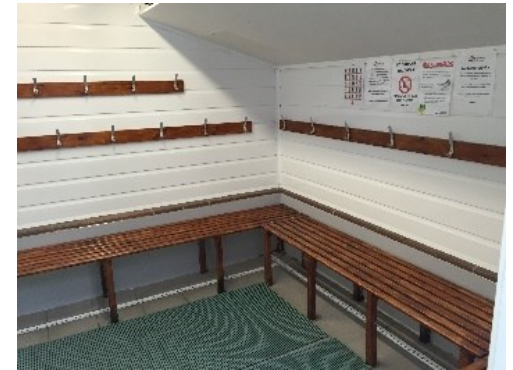
If you have any spare swimming kit / equipment (which is in good condition) and would like to donate it to the school, please bring it to the school office.



## CHANGING ROOM POLICY

Two communal changing rooms are provided; one for male swimmers and one for female swimmers. There is also a single toilet facility which must not be used as a changing room for pupils. Any changing concerns must be notified to the swim team to enable organisation of separate changing arrangements (this may mean leaving the water a few minutes before the class has finished).

Allocated swimming times are one hour in duration, therefore the quicker and more cooperative the swimmers are at getting changed the more time they will have in the water. Independent changing is always fully encouraged around the pool hall and it will occasionally be suggested that swimmers practise these tasks at home if they are struggling.



Unfortunately, due to busy poolside schedules and a single shower per changing room, swimmers will not be permitted to shampoo and wash their hair after their session.

However, in the interest of hygiene swimmers will be encouraged to shower very briefly before and after the lessons.

**Shoes are not permitted poolside** and swimmers will be asked to remove outdoor footwear upon entering the pool hall. For ease, it is advised that girls do not wear tights on swimming days as these can get wet whilst walking to the changing rooms.

## SWIMMING POOL DOs AND DON'Ts

### DOs

✓ If you find your child has a verruca please inform the swim team & class teachers, treat and cover for swimming.

If your child has long hair, please ensure that it is tied back for swimming.

### DON'Ts

✗ Please ensure that pupils are not attending swimming sessions wearing jewellery. They will not be able to enter the water with any jewellery other than medical bands.

Please also ensure that talc is not used or brought into the pool hall.

## SWIMMING TEACHERS

Joy Lane Primary School employs a full-time swimming coach (Mr Dowling) who oversees and teaches swimming lessons at the school. Mr Dowling is an ASA level 3 Club Coach and has been teaching swimming for 20 years. All other swimming teachers are fully qualified instructors with a minimum ASA Level 2 qualification and fully DBS checked.

If you have any questions about swimming lessons, please feel free to contact Katie Dean via the school office on:

Email: [swimschool@joylane.kent.sch.uk](mailto:swimschool@joylane.kent.sch.uk)

Phone: 01227 261430



## GROUPING

To adhere to safe practice Joy Lane Community Swimming Pool will provide the following maximum ratio of teachers to swimmers; 1:12. At the start of the year pupils will be divided into 3 swimming groups with no more than 12 swimmers per group. This is not strictly fixed for the academic year and with good progress, swimmers can move across the groups.

