



ST JAMES CATHOLIC PRIMARY SCHOOL, HEBBURN

17th December 2024

Dear Parents and Carers,

Year 4 Swimming Lessons

Swimming is a statutory part of the national curriculum for physical education in England. This means that every 11-year old child should leave primary school with the skills to keep themselves safe while enjoying swimming with friends and family. Swimming is the only sport to be included within the national curriculum physical education programme of study. All primary schools must provide swimming and water safety lessons in either Key Stage 1 or 2.

Each pupil is required to be able to do the following:

- Perform safe self-rescue in different water based situations
- 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.

Our Year 4 children will all take part in an initial assessment of their swimming ability on Tuesday 7th January 2025. Those who meet the above requirements will not need further swimming lessons. Those who are working towards the above requirements will continue to have weekly swimming lessons every Tuesday for the whole term.

The children will travel by coach to Hebburn Central Swimming baths at 10am and will return to school at 11:30 am. A full Risk Assessment has taken place.

Children will need a swimming costume/trunks no lower than the knee and a towel in a separate bag. Jewellery must not be worn. Swimming caps should be worn, particularly over long hair, to avoid obscuring vision, and to reduce hair becoming trapped in filters and grilles.

As this is part of the National Curriculum it is expected that all children will attend. There is no charge for these lessons.

Please give consent for your child to take part below and return the tear off slip as soon as possible.

Yours Sincerely

Mrs Francesca Heslop
Headteacher

Year 4 Swimming Lessons

I give consent for my child to take part in the Swimming Programme on a Tuesday morning within school time, during the Spring Term, starting Tuesday 7th January 2025.

Child's Name _____

Parent/Carer Signature _____

Mrs Francesca Heslop
Headteacher
BSc (Hons) P.G.C.E.

Email:
info@stjameshebburn.co.uk
Tel: 0191 4832672

Solway Road,
Hebburn
NE31 2BP



Bishop Chadwick
Catholic Education Trust