



# Oakwood

## Primary School

Achieving Excellence Together

Sandpiper Road SOUTHAMPTON SO16 8FD

[oakwoodlive.net](http://oakwoodlive.net)

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**Joint Chairs of Governors:** Donna Gale-Page and Andy Phillips

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11 September 2018

Dear Parents

### Y5 Swimming Programme

Our Year 5 Swimming Programme at Oaklands Pool will start on Friday 21 September 2018.

Children will be working towards Swimming Level 4 – the expectation of children by the time they leave primary school.

 <p><b>Level 1</b> Show a safe entry unaided into the water. Swim 5m on back and front, with a float. Blow bubbles. Wash face.</p>	 <p><b>Level 2</b> Put face in water. Swim 5m on front Kick 5m on back. Perform a star float on back and front. Without floatation aids.</p>	 <p><b>Level 3</b> Swim 10m front and back. Push and Glide on front and back. Jump in, submerge to pick up object.</p>
 <p><b>Level 4 (Key Stage 2)</b> Swim 25m any stroke. 3 different jumps into deep water. Tread water for 30 seconds. Swim through a hoop.</p>	 <p><b>Level 5</b> Swim 25m Breaststroke, Frontcrawl and Backstroke. 10m dolphin kick. Sitting Dive. Performed a forward roll. 5m Head first Sculling</p>	 <p><b>Level 6</b> Swim 50m any stroke. Swim 10m Butterfly. Standing Dive. Straddle jump entry. 10m feet first sculling.</p>

Children who are less confident will be supported, and children have already reached Level 4 will be challenged.

All children will swim on the following dates:

- **21 September**
- **28 September**
- **5 October**
- **12 October**
- **19 October**
  - (Half Term)
- **2 November**
- **9 November**
- **16 November**



All children must take part in the swimming programme as it is part of the curriculum. The swimming will be taught by qualified coaches at the pool.

The children will walk to Oaklands after lunch. Swimming sessions will be held from 1.00 – 2.30. Each class will swim for 45 minutes.

Your child should bring **suitable swimwear, a towel and a swimming cap**. Oaklands sell swimming hats for £6.50. **If you would like your child to purchase a swimming hat, please hand in the correct money in a named envelope to the school office**. As part of the Health and Safety requirements at Oaklands, parents should be aware of the following:-

- No jewellery to be worn – medical bracelets are allowed
- All plasters are to be removed
- Verrucae **must** be covered by Bazooka (available from chemists) or a swim sock

This swimming programme is funded by the school and children will not need to take money to the pool. Children must not take any aerosol deodorants or sprays as these cannot be used in the changing rooms.

It's a long time since your children went swimming in Year 2, so in order that we know a little bit about how confident your child is in water already, [please complete this very quick form](#). Thank you for your support.

Yours sincerely



Becky Wilson  
Y5 Teacher



Gemma Fawcitt  
Y5 Teacher



Sabina Latta  
Year 5 Teacher