

Year 5 Swimming Lessons

Dear Parents/Carers,

Year 5 swimming will start on **Wednesday 10th September**, and we will be going every week during Terms 1, 2, 3 and 4.

As part of the **National Curriculum for Physical Education**, all pupils must be able to:

- swim competently, confidently and proficiently over a distance of at least 25 metres,
- use a range of strokes effectively, and
- perform safe self-rescue in different water-based situations.

Children who have not yet secured the national standard of swimming 25m by the end of Term 4 will continue with lessons in Terms 5 and 6 to ensure they are supported in meeting this statutory requirement.

Dates are as follows:

- Terms 1 and 2: W/C 8th Sept 2025 – 19th Dec 2025 (14 weeks)
- Terms 3 and 4: W/C 5th Jan 2026 – 2nd April 2026 (12 weeks)

Lessons will take place at 2:00pm, and we will be leaving school at 1:30pm.

If you are able to walk to the pool with us to support safe travel of the children (either weekly or on an ad hoc basis), please let us know via Class Dojo or by emailing info@redfieldet.org.uk.

Each week, children must bring:

- Swimming costume/trunks
- Towel
- Hairband (if they have long hair)

Goggles and swimming caps are optional. We also recommend children bring a plastic bag for wet clothes after the swimming session.

Kind regards,
The Year 5 Team