



SWIMMING

Building Skills. Building Confidence. Staying Safe for Life.



One term of school swimming is an introduction.



Regular lessons outside school are needed to become a confident swimmer.



This leaflet contains information to support your child's journey to becoming a confident swimmer.



SWIMMING EXPECTATIONS BY THE END OF YEAR 6



Swimming is an important life skill that can help keep children safe.
As part of the National Curriculum, all primary schools provide swimming lessons during Key Stage 1 or Key Stage 2.

By the end of Year 6, children are expected to achieve the following three statutory outcomes.

1 SWIM COMPETENTLY, CONFIDENTLY AND PROFICIENTLY

- ✓ Swim at least 25 metres without stopping.
- ✓ Swim independently, without the use of buoyancy aids.
- ✓ Show confidence and good control while swimming.



2 USE A RANGE OF STROKES EFFECTIVELY

Children should be able to swim using a range of recognised strokes, including:

- Front Crawl
- Backstroke
- Breaststroke

Children are encouraged to develop good technique and confidence across more than one swimming stroke.



3 PERFORM SAFE SELF-RESCUE IN DIFFERENT WATER-BASED SITUATIONS

Children should know how to:

- Float to Live if they unexpectedly enter deep water.
- Tread water confidently.
- Regain the poolside after entering the water.
- Stay calm if they get into difficulty.
- Know what to do if someone else is in trouble (always shout for help and never jump in).
- Understand how to stay safe around rivers, lakes, canals, reservoirs and the seaside.



HOW PARENTS CAN HELP

Regular swimming outside of school is one of the best ways to improve confidence and ability in the water.
You can support your child by:



Visiting your local swimming pool whenever possible.



Encouraging them to practise swimming different strokes.



Talking about water safety and the importance of following lifeguard instructions.



Helping them build confidence in the water through regular practice.



Considering swimming lessons if your child is not yet able to swim 25 metres confidently.

TOGETHER, WE CAN HELP EVERY CHILD BECOME
A CONFIDENT SWIMMER AND STAY SAFE FOR LIFE.





CHILDREN'S SWIMMING LESSONS STAGES & LEVELS

Swimming lessons are designed to help children build skills, confidence and water safety knowledge at their own pace.

★ Every child is different – it's all about progress, not speed! ★

STAGE	FOCUS	KEY SKILLS	
1 WATER DISCOVERY (Beginners)	Getting comfortable in the water and building confidence. 	- Getting used to water on face and body - Blowing bubbles - Floating with support - Moving around in the water - Entering and exiting the pool safely	
2 WATER CONFIDENCE (Developing)	Building confidence and learning basic movement and floating skills. 	- Floating on front and back - Kicking with support - Gliding with support - Blowing bubbles and holding breath - Jumping in and safe exits	
3 BASIC SKILLS (Improving)	Developing independence and essential swimming techniques. 	- Swimming short distances with support - Front and back float independently - Kicking on front and back - Introduction to arm actions - Rhythmic breathing	
4 STROKE DEVELOPMENT (Progressing)	Developing swimming strokes and improving technique. 	- Front crawl arms and breathing - Backstroke arms and body position - Breaststroke kick and arms - Swimming longer distances - Improving technique and coordination	
5 STROKE CONFIDENCE (Advancing)	Building stamina, refining technique and swimming independently. 	- Swim 25 metres confidently - Use front crawl, backstroke and breaststroke - Improving turns and treading water - Developing speed and stamina - Building confidence in deeper water	
6 SWIM CONFIDENTLY FOR LIFE (Mastery)	Swimming proficiently and understanding water safety. 	- Swim over 25 metres confidently - Use a range of strokes effectively - Tread water and float to live - Perform safe self-rescue - Understand water safety in different places	

PRACTICE MAKES PROGRESS!

Keep going, have fun and be proud of every achievement.

WHY IT MATTERS

Learning to swim is an important life skill that builds confidence, fitness and keeps children safe in and around water.



REMEMBER ♥

Everyone learns at their own pace. Encourage, support and celebrate every step forward!





LOCAL SWIMMING POOLS NEAR TO OUR SCHOOL

Regular swimming helps children build confidence, improve their skills and stay safe in and around water.

Swim
Learn
Be Safe
Have Fun!
♥

Here are the three nearest pools to Marsh Green Primary School:

1

BECONTREE LEISURE CENTRE



Althorne Way, Dagenham,
RM10 7FH



0203 889 6238



[everyoneactive.com/centre/
becontree-leisure-centre](http://everyoneactive.com/centre/becontree-leisure-centre)



Approx. 1.2 miles
Approx. 5 minutes by car



BECONTREE LEISURE CENTRE

2

ABBEY LEISURE CENTRE



Bobby Moore Way, Barking,
IG11 7HW



0203 948 4960



[everyoneactive.com/centre/
abbey-leisure-centre](http://everyoneactive.com/centre/abbey-leisure-centre)



Approx. 4.5 miles
Approx. 12 minutes by car



ABBEY LEISURE CENTRE

3

RAINHAM LEISURE CENTRE



Viking Way, Rainham,
RM13 9YZ



01708 202810



[everyoneactive.com/centre/
rainham-leisure-centre](http://everyoneactive.com/centre/rainham-leisure-centre)



Approx. 3.8 miles
Approx. 12 minutes by car



RAINHAM LEISURE CENTRE



SWIMMING IS A SKILL FOR LIFE.

Regular swimming helps children become safer, healthier and more confident in and around water. We hope this leaflet has provided helpful information and encourages you to support your child on their journey to becoming a confident swimmer.

Every visit to the pool makes a difference!

Healthier
Happier
Safer
Stronger
♥

PLANNING YOUR JOURNEY



TRAVEL FROM DAGENHAM

Easy routes to your nearest leisure centres!



From Dagenham to
Becontree Heath Leisure Centre
bus route 175



approx.
16 mins



From Dagenham to
Abbey Leisure Centre (Barking)
bus route 287



approx.
20 mins



From Dagenham to
Rainham Leisure Centre
bus route 287



approx.
10 mins



TYPICAL PRICES FOR LESSONS

Approx. £40 a month – 1 lesson a week
and free public swimming at all
Everyone Active Centres.



TYPICAL PRICES FOR PUBLIC/FAMILY SWIMS

Approx. £4 a session



SPECIAL OFFER

Summer Activity Swimming
£2 at Becontree Heath Leisure Centre.



ONLY
£2



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