

Swimming progress September 2022- April 2023

All Saints' are committed to helping our young people be equipped with skills for life, and one such skill is swimming. Lockdown in March 2020-July 2020 and January 2021-March 2021 meant all swimming lessons ceased.

This has left a lasting legacy for our Year 5 and 6 pupils as they missed some essential swimming lessons when they were in lower year groups.

This year, we were able to resume swimming for Years 4 and 5. This has taken place weekly since September.

March 2023

Year 4 have been swimming weekly since September.

BASELINE

In September, at the beginning of their swimming lessons, they were assessed with the following levels of competency:

17 – complete beginners, with little or no swimming experience (61% of the class). They began learning to be comfortable in the water in the shallow end of the pool, entering the pool safely, walking and moving across the pool and understanding water safety.

6 – intermediate, with some swimming understanding but not enough to swim in the deep end (21% of class). They began learning to increase their confidence in the water in the deep end of the shallow end. This builds fluency in the water, while still allowing pupils to put their feet down if needed. They also recapped pool safety, and progressed to moving across the pool using floats and unaided, being introduced to a variety of strokes.

4 – advanced, with enough competency to swim unaided in the deep end. (14%) They began their learning in the deep end of the pool, recapping pool safety, then progressed to swimming fluency in a variety of strokes and they worked on stamina in the pool.

PROGRESS

March 2023 - 10 in the shallow end (36%), 9 in the deep end of the shallow section, called the middle (32%) and 9 in the deep end (32%). This is particularly good progress at this stage of the year. 26 have achieved the red certificate, 14 have achieved their orange and 5 have achieved their blue.

Of the class, 6 have made one level progress (from the shallow end to the middle end), 3 have made one level progress (from the middle to the deep end) and 2 have made two levels progress (from the shallow end to the deep end. This is amazing progress in just 6 months!)

Year 5

There are 27 children in the class. They have been swimming since September this year and all of last academic year. The children are growing in confidence and stamina. They are grouped as follows:

6 – shallow end (22%). They are gaining confidence but are still in the shallow end of the pool. They have all achieved their red and orange level certificates. They are working at yellow level.

11 - middle (41%) They are more confident swimmers and have progressed since September and are in the deeper end of the shallow end (the middle). They have achieved the red, orange and yellow level certificates. They are working at green level.

9 – deep end (33%). They are year 5's most confident swimmers. Of these nine, 7 have achieved their 15 metres and 25 metres (26%) and 2 have achieved their Personal Safety Award (7 %). This means they are able to swim unaided with a range of strokes across a distance of 25 m and can demonstrate a variety of safety skills in the water (treading water, floating, using the help signal and swimming in clothes)

One child was finding being in the deep end a challenge, which was increasing his anxiety. He has been moved to the middle end so he can gain some more confidence before moving to the deep end.

Year 6

There are 21 children in the class. They have been most adversely affected by COVID as they missed a lot of swimming in Year 4. As a result, they are not as far advanced as we would like. We hope that this cohort can do some top up lessons after their SATs tests in May. They have not been swimming in Year 6 but reached the following competences by the end of year 5:

BASELINE

16 shallow end (76%)

5 deep end (24%)

PROGRESS

Currently (at the end of year 5) the progress is as follows:

5 – beginner level in the shallow end (24%). They are working towards their red certificate

3 – more confident beginner level in the shallow end (14%). They have gained their red and orange level certificates and are currently working on yellow when they will progress to the deeper end of the pool (middle)

7 – middle (deep end of shallow end) (33%) These children have achieved their red, orange and yellow certificates and are working on their green and are about to move to the deep end.

6 – deep end (29%). These pupils have all achieved red, orange, yellow, green, blue, 15 metres and 25 metres and their Personal Safety Award. This means they are able to swim unaided with a range of strokes across a distance of 25 m and can demonstrate a variety of safety skills in the water (treading water, floating, using the help signal and swimming in clothes)

Mrs J Chambers – PE coordinator