

Swimming at School

At our school, the whole class goes swimming together twice every week. Swimming lessons are part of our learning, just like maths, reading and PE.



Some children in the class are very confident swimmers. Some children are still learning. Some children may feel nervous or unsure sometimes. Everyone is different and that is okay. We are all learning at our own pace.



Our swimming lessons take place in the school pool. Having a pool at school is very special because most schools do not have their own pool. Because we have a pool we do not need to travel on a bus, we learn in a familiar place and we are taught by adults we know. Miss Woods and another swimming coach teach the lessons. They are there to help children learn safely and feel successful.



Swimming is an important life skill. Learning to swim can help people stay safe around water and enjoy activities like swimming, holidays and water sports. Children do not need to be perfect swimmers. The important thing is trying, practising and learning new skills over time.



Sometimes the weather is warm and sunny when we swim outside. This can feel fun and refreshing. Sometimes the weather is cold, windy, or rainy. This may feel uncomfortable or disappointing. Even when the weather is not perfect, children can still swim safely and learn important skills.



Many people feel proud after doing something difficult or uncomfortable.

Before swimming, I might feel worried, cold, unsure, excited or calm.

All feelings are okay. If I feel nervous, I can take deep breaths, listen to instructions, talk to an adult, remember that I am safe and try my best. Trying my best is enough.



Swimming lessons help children become safer, braver, healthier and more confident.

Every time I join in, I am building resilience and learning an important skill for life.