

National Curriculum Requirements for Swimming and Water Safety

Timothy Hackworth Primary School

Updated 18/01/2019

RRS Article 24: Every child has the right to be healthy.

RRS Article 29: All children have the right to be the best they can be and develop their talents to the full.

By the end of Year 6, all children are expected to be able to:

.Swim competently, confidently and proficiently over a distance of at least 25 metres;

. Use a range of strokes effectively;

. Perform safe self-rescue in different water based situations;

At Timothy Hackworth, 58% of our Year 6 pupils in 2016/17 were able to meet all the above swimming requirements.

At Timothy Hackworth, 62% of our Year 6 pupils in 2017/18 were able to meet all the above swimming requirements.

All of our Year 5 pupils attend for 5 weeks of swimming every academic year. This is alongside the Year 3 swimming programme every week.

Healthy Lifestyles

At our school we promote healthy and active lifestyles. We increase children's awareness of health and fitness by providing a variety of fruit in every class.

We promote Active 30 within our school so children are active throughout the day.

We also have the FISCH programme implemented in our school; this programme focuses on the benefits of being fit and healthy. This educates children about the many benefits of exercise on our body and our minds, thus making them to be better learners.

This programme also helps school to identify the less active children; the Change 4life Club then becomes part of the offer to identified children.

We are very proud that Our, Change4 life club was chosen to represent Sedgefield SSP in the Level 3 games, at Barnard Castle Prep School, July 2018.