

## Year 5 Kestrel SWIMMING LESSONS

Dear Parents/Carers,

Swimming is an essential part of the Physical Education lessons with the National Curriculum. Swimming lessons are compulsory for children in Key Stage 2. The class teacher and swimming teachers work together aiming to enable all pupils by the end of year 6 to swim a minimum of 25 metres, and have knowledge, skill and understanding in the areas of hygiene, water safety, stroke techniques and survival.

Year 5 Kestrel will be going to Holmleigh Park Sports Centre for swimming lessons on Tuesday mornings 11.00-12.00, commencing Tuesday 14th January 2020. The swimming lessons will take place over ten weeks. It is expected that all children take part in these lessons as it is compulsory.

The contribution for the ten weeks swimming sessions is £27 per child. Please ensure payment is made either via the school office or on ParentPay by 10<sup>th</sup> January 2020. In the past we have been able to offer this at a cheaper rate due to a grant from the London 2012 Legacy fund but unfortunately, this has now run out. Our aim is to keep costs as low as possible so therefore we will be walking to and from Holmleigh Park High School.

The children should bring a swimming costume and towel in a plastic bag. Swimwear needs to be close fitting in order not to hinder movements or produce resistance, no bikinis, Bermuda shorts etc. Children with long hair must tie it back or wear a swimming cap. The wearing of jewellery is strictly forbidden. Please ensure your child has their kit in a bag on Tuesdays. **IT IS THE CHILD'S RESPONSIBILITY TO TAKE IT TO AND FROM THE POOL.** Please make sure your child's clothes are labelled as when there are up to 30 white t-shirts in a changing room it can get very confusing!

The school must be informed of any medical conditions that might affect your child's performance in lessons. If your child has a serious medical condition, such as epilepsy or a heart condition, medical clearance and written permission from you are both essential for your child to take part in the normal swimming programme. If your child suffers from asthma it is important that the prescribed inhaler is brought with them onto the poolside. If your child is unable to take part in swimming lessons for any medical reasons a doctor's note is required.

*Please return the slip overleaf by Friday 10<sup>th</sup> January 2020.*

Kind Regards,

Mrs A Lawes  
PE Lead



**Kindness Perseverance Success**

**Year 5 SWIMMING LESSONS**

Please return slip by Friday 10<sup>th</sup> January 2020.

Child's Name: \_\_\_\_\_

I give permission for my child to attend swimming lessons and include the required contribution of £27/will pay my contribution of £27 via parentpay.

I give permission for my child to wear goggles during the lesson. **YES/NO**

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signed: \_\_\_\_\_