

Year 5 swimming

Why is swimming important?

- * It is part of the PE curriculum for you to participate even if you attend swimming lessons outside of school
- * It will give you an understanding of water safety
- * Ensures that you have the basic skills to be able to enjoy the water safely and know how to safely self-rescue competently if the worse happens.
- * Earn how to swim a range of strokes effectively such as front crawl, backstroke and breaststroke

What health and safety do we need to think about when at the leisure centre?

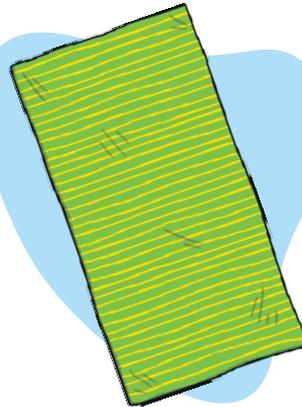
- * To be considerate for other members of the public when in the changing rooms and in the pool
- * Take all your belongings onto poolside for your swimming session
- * Must always walk near the pool as you may slip if you run
- * Listen to the swimming teachers as they will instruct you on what to do



What do you need to take to swimming?



Swimming costume

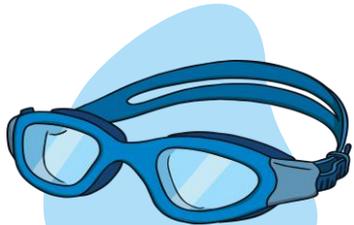


towel



Swimming bag

goggles



Swimming hat