



Happiness at the heart of learning

Whitehall Junior School Cowley Road Uxbridge Middlesex UB8 2LX

Swimming and the National Curriculum

Dear Parents/Carers,

Since 1994, swimming and water safety has been a statutory element of the National Curriculum for Physical Education in England.

This means that every 11-year old child should leave primary school with the skills to keep themselves safe while enjoying swimming with friends and family.

All primary schools must provide swimming and water safety lessons: at Whitehall Junior School, our Year 5 pupils are the ones who have scheduled swimming lessons.

We thought it beneficial to share with all of our families what each pupil is required to be able to do by the time they leave primary school (Year 6):

- Perform safe self-rescue in different water based situations.
- Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

Therefore, the more experience that your child has in swimming outside of school the greater benefit this will be to them when they come to complete their scheduled swimming lessons within school. Hillingdon Sports and Leisure Complex is a local facility that has an indoor and outdoor pool that families can use. As well as this, they provide flexible swimming lesson sessions too. Here is the link to their website to book swimming lessons if this is of interest to you [Swimming Lessons Near Me | Kids & Adult Classes | Better](#)

We hope that you find this information useful and informative.

Yours sincerely
Miss Costa
PE Coordinator