



Rucstall Primary School
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Dear Parents/Carers

Swimming Lessons 2026

Starting on Monday 9th June 2025, your child may take part in swimming lessons at Queen Mary's College. Swimming is a compulsory part of the National Curriculum and forms part of our Physical Education curriculum.

Please complete the form on ParentMail to tell us about your child's swimming ability. Children who are able to swim 25 metres or more will not need to take part in the swimming lessons; this can be indicated on the ParentMail form

The purpose of these lessons is to support your child to meet the national curriculum requirements by the end of KS2:

- 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

Children will be grouped by ability and we intend to make the sessions as enjoyable as possible. A fun environment is created allowing the children to develop water confidence and enjoyment of the water.

A more structured approach begins once the children start to gain confidence, where they benefit from small group tuition and develop basic stroke technique. For more advanced swimmers, a variety of survival techniques and team games are included.

Dates:

- Monday 1st June 2026
- Monday 8th June 2026
- Monday 15th June 2026
- Monday 22nd June 2026
- Monday 29th June 2026 (Year 5 only)
- Monday 6th July 2026

Travel:

The children will be walked by members of school staff during the school morning. If you are available to support with this, please let us know, even if it just for some of the dates.



Compulsory Items for Swimming

The following must be brought in a separate swimming bag for your child to participate in the swimming lessons:

- swimming costume/trunks/shorts
- a towel
- swimming cap
- goggles (optional).

The children can also bring a snack to have after swimming.

Please complete the form on Parentmail which includes the information we need about your child's swimming ability. If your child can swim more than 25m they will not need to undertake swimming lessons.

We recognise that some children may find swimming a daunting activity. Please feel free to speak with me about any concerns you may have. Some parents may wish to take their children swimming before going with the school so they can start to build back up confidence.

Yours sincerely,

Mr Blake

Deputy Headteacher

