



Rucstall Primary School
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Headteacher: Mrs R. Griffiths

Dear Parents/Carers,

Swimming Lessons 2025

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

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 9th June 2025
- Monday 16th June 2025
- There is no swimming on 23rd June due to an INSET day
- Monday 30th June 2025 (Year 5 only)
- Monday 7th July 2025
- Monday 14th July 2025
- Monday 21st July 2025

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.



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).

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

