

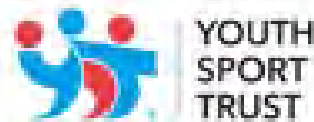
The PE, School Sport and Physical Activity Webinars

How school swimming lessons work in a Covid-19 environment – Swim England

Delivered by Alex Barrett & Lauren Paget

Hosted by the One Network

This webinar is being recorded



Housekeeping

- Please add your name, role and school in the chat box upon entering the webinar.
- All microphones will be muted.
- There will opportunities to ask questions throughout. Please add your question in the 'chat box' as there will be time at the end of the webinar where your question can be asked.
- The webinar is being recorded. If you have any questions about this please contact schools@activelincs.gov.uk



One Network

A collaboration of not-for-profit organisations seeking to increase the quality and quantity of physical activity, PE, play, community & school sport

We:

- Support and give advice on PE & School Sport Premium good practice
- Help translate the new PE & School Sport Action Plan and new Ofsted Framework into good practice
- Support with county CPD (targeted)
- Signpost to appropriate local and national organisations & deliverers
- Advocate the integration of and importance of PE, school sport and physical activity in wider agendas and plans





School Swimming Webinar

Agenda



- › Overview of the returning to the pool guidance for school swimming
- › School Swimming and water safety charter
- › NCTP
- › Best practice example
- › Additional support
- › Supporting resources
- › Questions

Returning to pool

Swim England guidance – School Swimming

Returning to the pool



The guidance covers a range of settings and audiences, including:

- Operators
- Users
- Swimming lessons
- Community swimming
- Club activity
- School Swimming

Provided within each section are further details on how to implement the guiding principles for each of the audiences. This includes practical ideas and additional considerations for the implementation of the guidance, along with links to supporting resources and examples of best practice.



Returning to the pool – School Swimming

The following has been developed in co-operation with industry partners, including local authorities, leisure operators, department of education and AfPE.

It's incredibly important that children do not miss out on school swimming and water safety lessons as a result of Covid-19.

This document aims to support schools, swim schools and operators with the return of National Curriculum School swimming and water safety following the period of closure and provides guidance on reducing the risk of Covid-19 transmission within the swimming pool environment.

Department for Education



Department
for Education

- Reviewed and supported the creation of Swim England's guidance
- Swim England's guidance replicates the guidance from the Department for Education for re-opening school setting
- School swimming is part of the national curriculum
- The guidance will be hosted on the Department for Education 's website
- Shared with schools – Same content

Returning to the pool – Swimming lessons



The following guidance relates to swimming lessons for all school settings and includes but is not limited to the following:

1. The primary schools social distancing policy should replicated in the swimming pool facility
2. Mitigating factors should be in place to reduce to risk transmission,
3. Allocate a designated officer for the management of swimming lessons post Covid-19,
4. Adaptations should be made to meet the needs of learners
5. School swimming is a national curriculum requirement and Swim England recommend there is an increased emphasis on water safety

PE and Sport Premium

The existing guidelines regarding the use of PE and sport premium continue to apply. These guidelines already permit a significant amount of flexibility in how the PE and sport premium can be used.

This means that you should use the premium to:

- develop or add to the PE, physical activity and sport that your school provides
- build capacity and capability within the school to ensure that improvements made now will benefit pupils joining the school in future years

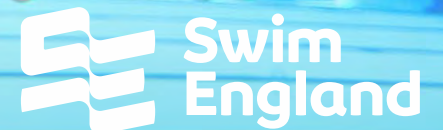
How can this be used for School Swimming?

The primary PE and sport premium is a great way to help ensure all your pupils leave primary school being able to swim and know how to be safe in and around the water.

Swim England top recommendations:

1. (NCTP) National Curriculum Training Programme
2. Sign-Up to the School Swimming and Water Safety Charter
3. Top Up Lessons

School Swimming and Water Safety Charter



A photograph of an indoor swimming pool. In the foreground, a person is swimming, their head and one arm visible above the water. In the background, another person in a blue swimsuit stands on the pool deck. The water is blue and splashing. A semi-transparent dark grey box with white text is overlaid on the left side of the image.

We support schools and lesson providers in delivering programmes that **meet government criteria** for swimming and water safety.

National Curriculum outcomes

1

Perform safe self-rescue in different water based situations.



2

Swim competently, confidently and proficiently over a distance of at least 25 metres.



3

Use a range of strokes effectively, for example front crawl, backstroke and breaststroke.



School Swimming and Water Safety Charter

- A structured teaching programme that **meets government criteria** for swimming and water safety.
- A **pathway of progressive Awards** for pupils to follow and mark their achievements.
- **Resources for teachers and lesson providers** on how to deliver inclusive, fun and effective school swimming lessons.

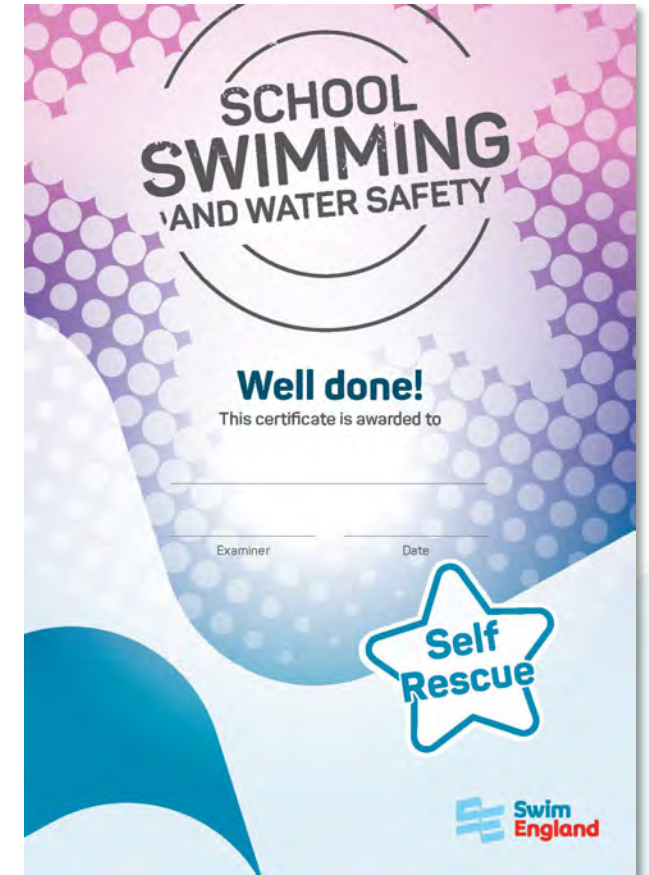
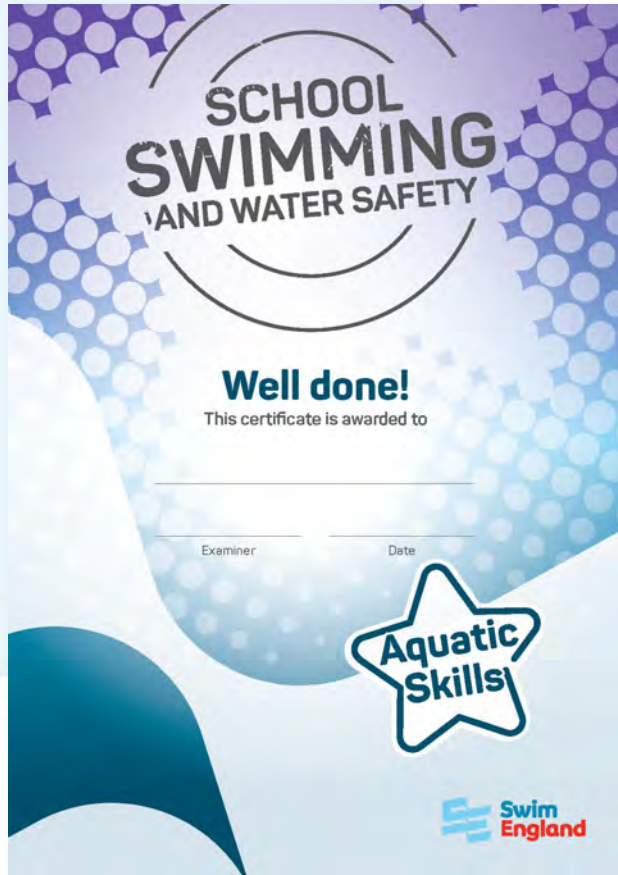


School Swimming and Water Safety with Swim England

- For Key Stage 1 and Key Stage 2 children aged 5-11 years.
- Includes six core Awards, aligned to the Learn to Swim Framework.
- Pupils are taught self-rescue, effective stroke technique and swimming competence to 25 metres and beyond.
- Meets national curriculum requirements and standards.
- Additional Awards help pupils exceed national curriculum standards.



School Swimming Awards



School Swimming Foundation Awards

- For pupils with SEND or other needs which mean they are making steadier progress through the curriculum.
- Focus on acclimatisation to the pool environment, water confidence and essential water safety awareness.
- Reward smaller steps and personal achievements.
- Provide a foundation for achieving the national curriculum requirements if pupils are able.
- Six Foundation Awards to achieve.



Supporting resources

School Swimming and Water Safety charter



Charter Pack for schools

Includes print and digital resources:

- Award certificates, pin badges, encouragement stickers and progress cards (passports) for learners.
- Syllabus guidance cards, lesson plan tips and templates for teachers.
- Access to an online portal where resources can be stored, downloaded and updated.
- Email updates from Swim England each term.





School Swimming Assessment videos

- For school swimming teachers and lesson providers.
- Improve understanding of the national curriculum requirements for school swimming and water.
- 43 films to support teaching, learning and skills development.
- Aligned to the Swim England School Swimming Awards.



Charter Pack for lesson providers and operators

Includes print and digital resources:

- 'Ask the Expert' webinars: three per year.
- Access to an online portal where guidance can be viewed and downloaded.
- Regular Swim England contact via email.
- Free of charge.



Campaigns we run and support



swimming.org/schools/national-campaigns

National Curriculum Training Programme (NCTP)

Why do we think this is important in a Covid-19 environment



- Demand from school teachers
- School teachers can potentially go in the water (in the bubble)
- Enhance delivery
- Improved ratio's
- Fundamental for school who independently deliver

Programme overview

Two training courses:

1. Support Teacher of School Swimming
Face to face (6 hours).
2. Teacher of School Swimming
Face to face (9 hours).

Course programmes include:

- Theory session
- Practical session.



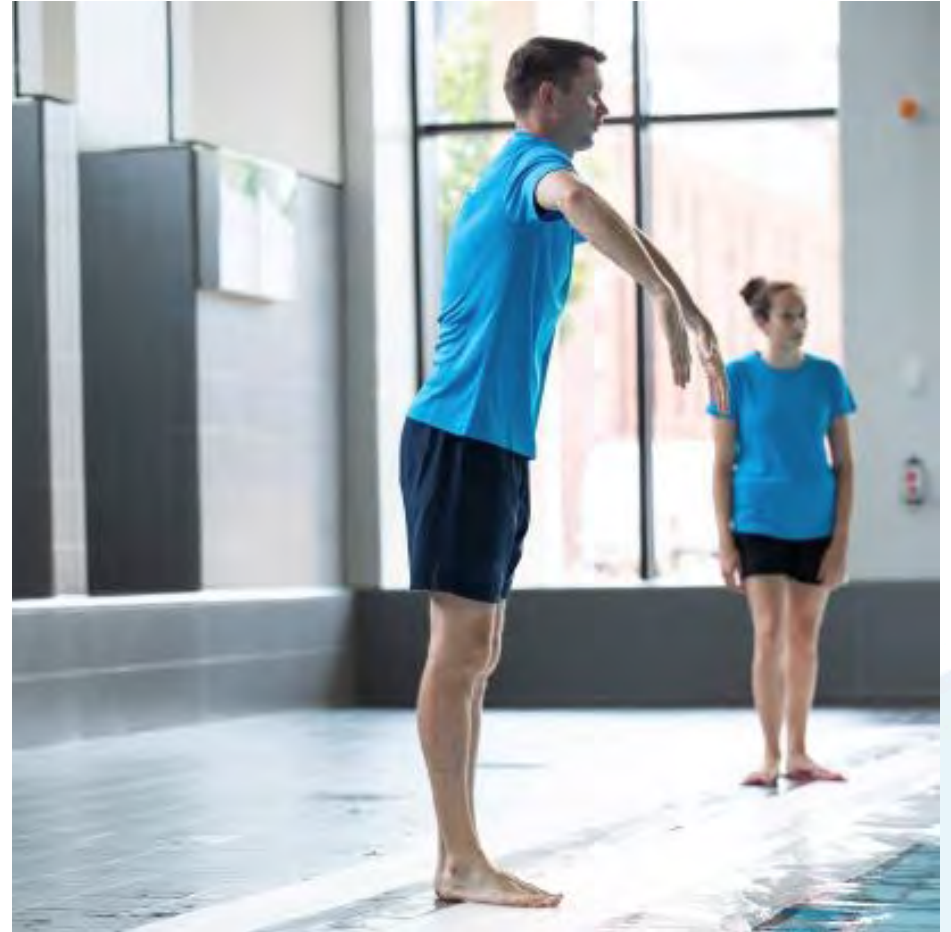
Who can attend?

- Any person working within a primary/secondary school swimming programme.
- Students in full time education and apprenticeship schemes.
- Students involved in initial teacher training.



Support Teacher of School Swimming

Once qualified, the Support Teacher of School Swimming will be equipped to actively assist a more qualified Teacher in delivering lessons to small groups of similar ability pupils in a school swimming context.



Teacher of School Swimming

Once qualified, the Teacher of School Swimming will be able to plan and evaluate a programme designed to meet the swimming component of the national curriculum.

They will be able to teach, without direct supervision, a range of skills to groups of pupils within a school swimming programme.

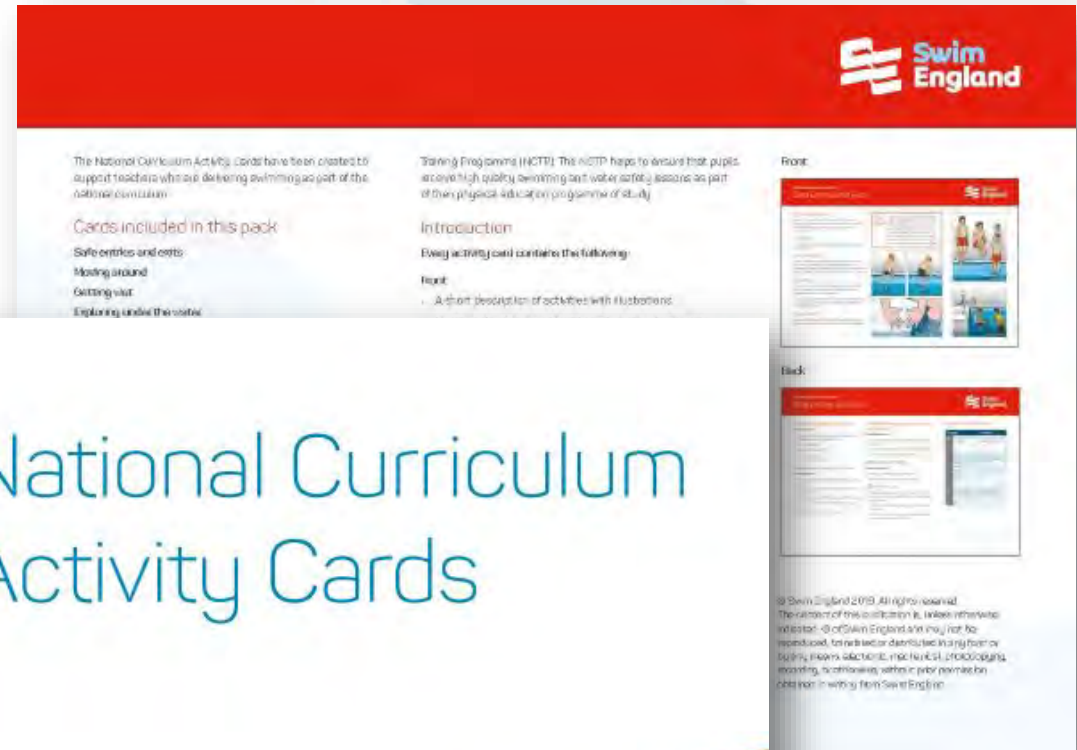


Learner resources

The Swim England National Curriculum Training Programme Learner Guide



National Curriculum Activity Cards



Best practice examples

Active Tameside – School Swimming

What does your school swimming look like?

- Started back on the 7th of September (Teach over 79 schools)
- Majority of schools have returned
- One way systems through building and escorted by a member of staff
- Flexible changing room approach depending on the venue
- 30 minutes lesson (reduce from 40 minutes) – really important
- Communications to school and parents

| Challenges |
|--|
| Timetabling (time) <ul style="list-style-type: none">• Early morning time slot |
| Changing rooms |
| Customer expectations |
| Changes to building |
| Staff training |

| Solution |
|--|
| Flexible, time, good communication with schools, reduces class time |
| Different approaches at venues, beach ready, enhanced cleaning regimes |
| Clear communications, lots of notice, consistent approach |
| Careful walkthrough's, one way systems, different entry and exits points |
| Regular updates, Q&A, experiment/practice. Staying engaged with NGB |

Successes

- Being flexible and changing when needed
- Good communication
 - Schools
 - Parents from the school
 - NGB
- Equipment
- Just starting and growing
- The children!!!

Active Tameside

What is your advice for other School Swimming providers?

1. Get started in delivery – If its phased or full
2. Lots of communications – For example walkthrough's and parent letter
3. Train your stuff – Expectations are clear
4. National Curriculum
5. Initial message for first lesson back
6. Be willing to change and develop
7. Utilise the guidance but don't over complicate your actions

FAQ – So far

FAQ

- How would support for SEND learners work?
 - See swimming lessons guidance for more information. However, adaptations need to be made to ensure the learner has the support they require. For example a carer (from their bubble) entering the water to give manual support.
- When will the guidance be on the department for Education website?
 - As soon as possible, we anticipate the will be in the next 14 days and therefore before school return
- What effect does this have on changing rooms?
 - See operator and user guidance for information and practical examples on how to manage this. Beach style ready and one way systems as examples.

FAQ

- Does beach ready still apply for schools?
 - Yes where applicable. Communication with school is key here to establish the best approach
- What impact has this had on transport and its potential costs?
 - We have a section with in the guidance. However, please refer to the government website for further information around transport.
- What impact does the rule of 6 have on swimming?

Supporting Resources

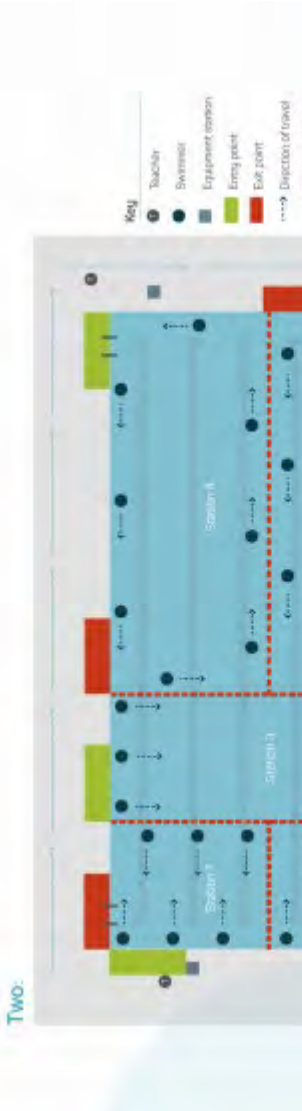
& what's next to support you?

Other supporting resources

Return to the pool

Guidance for Swimmers

Published 15 June 2020 v1



Improving Swimmers Temporary Lesson Structure

| Improving Swimmers - Stage 4 to 7 | |
|---|--|
| Main theme aim <ul style="list-style-type: none">Recap front crawl leg action, arms and breathing.Recap streamlining. | Introduction <ul style="list-style-type: none">Register, welcome and returning to lessons information / water safety. Entry <ul style="list-style-type: none">Recap swivel and jump entries. Warm-up <ul style="list-style-type: none">Alphabet Floats. Main theme <ul style="list-style-type: none">Front crawl Leg action, arms and breathing (whole - part - whole). Contrasting activity <ul style="list-style-type: none">Obstacle course. Exit <ul style="list-style-type: none">Climb out over the side. Conclusion <ul style="list-style-type: none">Recap safety points - changing room protocol. Pool rules recap to remember for the following lesson. |
| Main theme objective <ul style="list-style-type: none">Kick 10 metres front crawl.Swim front crawl.Perform a push and glide. | |
| Contrasting activity aim <ul style="list-style-type: none">Introduce travel and coordination through obstacles. | |
| Contrasting activity objective <ul style="list-style-type: none">Travel through a number of obstacles. | |

Remember to learn each piece of equipment allocated per child and to...

Returning to the pool

Guidance for Clubs

Published 18 June 2020 v4

- Follow public health guidelines for hygiene
- Book your session in advance or attend your scheduled club session
- Follow guidance from your local pool

Returning to the pool

Guidance for Clubs

Published 18 June 2020 v4

Webinars and Podcasts



Learn to Swim webinar recordings

Missed out on one of our recent webinars, or fancy revisiting your favourites? Watch or listen to our recordings below.

On this page, you'll also find podcasts on the [Learn to Swim Programme Frameworks](#) and [school swimming](#).

Our podcasts are perfect for quick teaching tips and best practice guidance on the [Learn to Swim Programme](#) and [School Swimming and Water Safety Charter](#) whilst on the move.

Upcoming Topics

- Effective delivery of games in a Covid-19 environment

To finish...



- Write one thing in the chat box you will take back and implement in your swimming lessons after today's session.





Any Questions?

Contact us



Schoolswimming@swimming.org



www.swimming.org

