

Dulwich Hamlet

Junior School



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Headteacher: Mrs Claire Purcell

5th February 2024

Dear Parents and Carers,

Year 4 swimming lessons

We are delighted that these sessions will start from after the February half term holiday, Thursday 22nd February. Year 4 will be swimming every week until the end of June. The lessons will take place at JAGS sports centre; each class will receive a weekly half hour lesson from a qualified swimming instructor. Your child will require a one-piece swimming costume or trunks, a swimming hat and a towel. Goggles are optional.

We have secured three slots for our year 4 classes. The slots will remain the same until the Easter holiday.

4GR 9.30-10am (leaving school at 9am)

4G 10-10.30am (leaving school at 9.30am)

4M 10.30-11am (leaving school at 10am)

There is an expectation that every child will participate in the weekly lessons regardless of their ability in the water. The statutory guidance in the National Curriculum for England, states that for swimming and water safety, 'All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2'.

In particular, pupils should be taught to:

- 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)
- Perform safe self-rescue in different water-based situations

Yours sincerely

Nikki Thomson
Assistant Head/ PE Lead

Hannah Gorbitt-Rice
Year 4 Team Lead