

Swimming at Eastbrook Primary Academy

We have taught swimming for many years and believe that it develops the children, not only physically but also develops their self-confidence and self-esteem. As a school near the sea, it also helps them to stay safe.

Your child will need: -

- ✓ A one piece swimming costume, not bikini for girls or fitted shorts, not Bermudas for boys
- ✓ A swimming hat, boys & girls (This is a requirement under Health & Safety Regulations) **These can be purchased in house colours from the school office for £1.20**
- ✓ A large towel
- ✓ A pair of flip flops or plastic shoes (These will be worn from the changing rooms into the pool area)
- ✓ A waterproof bag to carry the kit

Please **name all** the kit. Name the swimming hat on the **outside at the front in large letters in waterproof pen.**

Goggles and armbands may be used during swimming lessons but must be adjusted to fit your child before bringing them into school. **Floats are provided by school.**

No jewellery is allowed (Health & Safety Regulations). This includes earrings. As teachers are not allowed to remove or tape earrings, please remove these at home on the morning your child will swim ready for swimming lessons. Unfortunately if your child comes to school wearing earrings or other jewellery that cannot be removed they will not be allowed to swim.

Children change in the changing rooms. Teachers and classroom assistants will be in the changing rooms to ensure that your child dresses him/herself but adults are not allowed to help dry the children for safeguarding reasons.

All clothes need to be named including underwear.

Unless there are overriding medical reasons all children are required to take part in swimming lessons. We would ask for your co-operation to provide the necessary kit in the morning on the days that your child swims as we do not have spare kit at school.

We use a variety of equipment to make learning to swim a fun activity e.g.

- Egg-flips to develop correct breathing techniques
- A variety of floats to develop correct stroke techniques
- Hoops and weighted blocks to develop further skills