



# Castleford Park Junior Academy

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The children have had an opportunity to discuss any queries they have with their class teacher in a question and answer session.

Please see the Frequently Asked Questions below for further details.

## **Swimming Frequently Asked Questions**

### **How often will my child go swimming?**

Every Wednesday afternoon whilst in Year Five. Their session in the pool lasts approximately 45 minutes.

### **What do they need to wear?**

Boys must wear close-fit swimming shorts that are above the knee – nothing baggy for health and safety reasons.

Girls must wear a swimming costume rather than a bikini.

Children can wear goggles and swimming caps if they would like to.

### **Other equipment that is needed**

Children must bring a towel to dry themselves and their inhaler if they have asthma. If they are already registered as having an inhaler in school, this will be taken with them. They will not be allowed to swim without this.

Children can bring roll-on deodorant but must not bring aerosols as this can trigger asthma when sprayed. They also should not bring shampoo and conditioner with them.

Girls should have their hair tied up and should not wear jewellery as this could get lost whilst at the pool.

### **What will they be taught?**

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. Using a range of strokes effectively [for example, front crawl, backstroke and breaststroke].

The children will be tested on their swimming ability (the first time that they go) and then grouped so that they are taught at the level they need.

If you have any further questions related to your child in particular, please ask in school tomorrow morning. We feel that it is important children begin their lessons as soon as they are back at school to develop structured routine and to make the most of the swimming time they have available!

Primary Strategy  
Director

*Mrs J. Clarke*

Headteacher:

*Miss K Law*

Deputy  
Headteacher

*Mrs J Roberts*

School Business  
Manager:

*Mrs C Probert*

Chair of  
Governors:

*Mrs S Churm*



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