

Dulwich Hamlet

Junior School



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Headteacher: Mrs Claire Purcell

6th September 2023

Dear Parents and Carers,

Year 5 swimming lessons

We are delighted that these sessions will start again from next week starting Thursday 14th September. Year 5 will be swimming every week until February half term. 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 and a towel. A swimming hat is recommended, goggles are optional.

We have secured three slots for our year 5 classes on the same day. The slots will remain the same until the October half term holiday.

5A 9.30am-10am (leaving school at 9.10am)

5N 10am -10.30am (leaving school at 9.40am)

5B 10.30am-11am (leaving school at 10.10am)

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

Victoria Begley

Year 5 Team Lead