

For the next academic year (2015-2016) we are pleased to have secured enough pool time for every class from Reception to Year 11 to swim every week! Swimming lessons will be delivered at both Larkrise & Trowbridge Sports Centre.

Swimming is one of the easiest, safest forms of exercise for children of all abilities and school swimming is the single most effective way of teaching children how to be safe in and around water. School swimming is the first line of defence to reverse the rise in deaths amongst under 16s due to drowning (National Water Safety Forum 2012) and address head-on the fact that drowning is the third most common cause of death of children in England.

Not only is swimming a life-saving skill, one in three children say swimming is their favourite family activity. As one of the most accessible forms of exercise in terms of age, weight and physical ability, swimming is an incredibly inclusive sport. Our aim is for every child to be water confident so that families can enjoy visiting their local swimming pool together & relax on holiday!



Along with all the other Trowbridge Schools we will be following the ASA Learn to Swim Pathway.

**Early years water confidence.** The emphasis is on development of basic motor skills and introduction to water and the swimming environment through fun and games. This also includes a section for additional needs, for those swimmers who may need smaller steps.

**Stages 1-7.** Fundamental Movement Skills to equip the swimmers with skills to be confident, competent and safe in water.