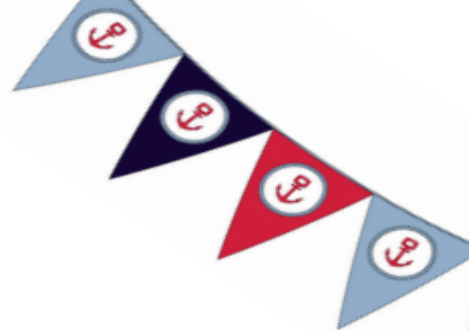




Thursday 13th November 2025

Swimming Lessons

Dear Parents and Carers,

I am concerned about a few children not taking part in their swimming lessons in Year 4, so I thought I would write to all parents in Year 4 and Year 3 (who will be starting swimming in January) to explain the expectations for children learning to swim.

Why are the children going swimming during school time?

The National Curriculum is a statutory document and P.E., which includes swimming and water safety, is part of this document. It states:

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*

We are required to offer a broad and balanced curriculum and we organise swimming lessons to honour this and also to support the government recommendations. Swimming is also a great form of exercise which promotes a health lifestyle. At Meridian Primary, we also believe that as we live so close to the sea, it is a vital skill all children need. Apart from all this, most children really enjoy the swimming sessions and come back buzzing – which is great to see!

My child is feeling unwell and does not want to go swimming

If your child is not well enough for swimming, then they are probably not well enough for school, so please follow the usual absence procedures and keep them off school until they are well enough to return to school. If there is a medical reason why your child cannot go swimming, we would need a medical note from your GP to confirm this. It is an expectation that if a child is well enough to be in school, then they will need to attend swimming lessons

My child does not want to go swimming

It is an expectation that all children who are in school attend and take part in their swimming lessons as this is a statutory subject. If you choose to keep your child at home for their swimming lessons when they are not ill, this will be an unauthorised absence and this may result in being referred to the attendance team.

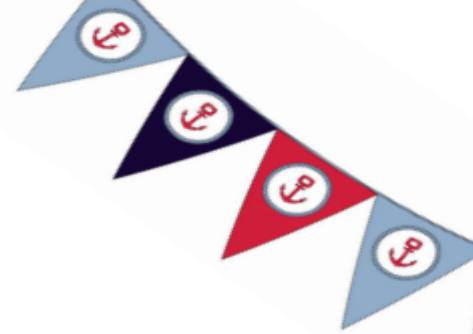
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MERIDIAN COMMUNITY PRIMARY SCHOOL AND NURSERY

Learning for Life



My child is feeling nervous and worried about going swimming

If your child is feeling nervous or worried about swimming, please speak to your child's class teacher in the first instance so we can reassure them and encourage them to try – we often will speak about our value of Strength, trying something new and persevering if we find something hard. It would be good to know what they are worried about so that we can help them to go swimming. Additional support measures can be discussed, however this is with the aim to support them to learn to swim – children cannot opt out of swimming lessons. Sitting out for lessons is not an adjustment we can always make as the staffing ratios do not include monitoring children who are not swimming – the staff need to monitor and support the children swimming.

My child has medical or physical SEND that require additional support

If your child has medical or physical special educational needs that require significant support to access swimming lessons, please make an appointment with the SEND Team to discuss this further so we can write risk assessments and discuss reasonable adjustments so we can ensure your child can get the most out of their swimming lessons.

Please do not send your child to the swimming pool in their school uniform without their swimming kit. If your child does not have their swimming kit, we will ask you to take it to the pool for them or if you are unable to do this, we will be able provide spare swimming kit/towel to ensure they take part in their lessons.

Our swimming lessons are a wonderful experience and it is such a pleasure to watch them grow and develop throughout this time! From simply learning to feel confident getting their face wet, to learning survival skills – the progress the children make is amazing.

In conclusion, all children must attend all statutory lessons in school, and swimming is no exception.

Thank you for your support and ensuring your child takes part in these important swimming lessons.

Yours sincerely
Ms. Westcott
Headteacher

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