



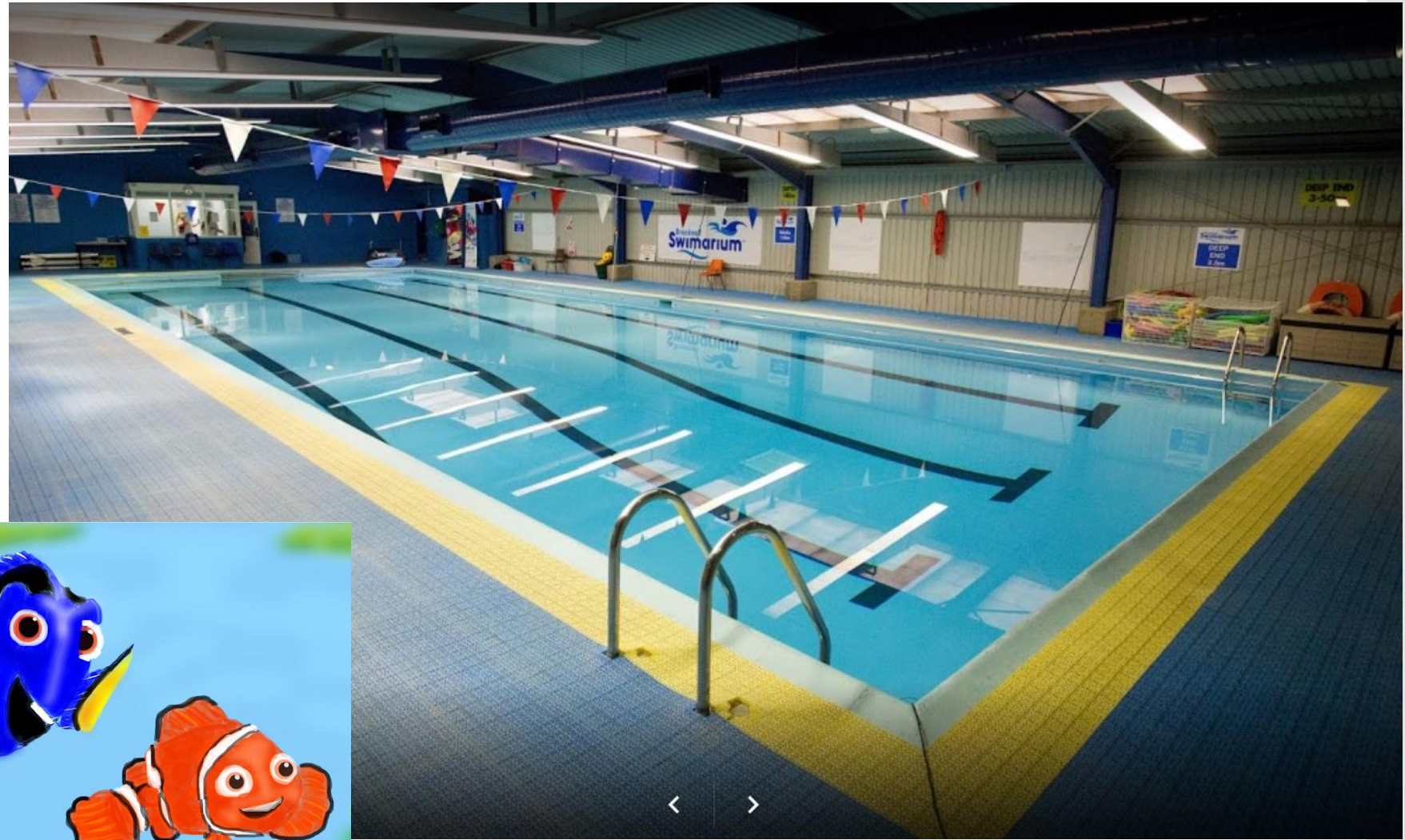
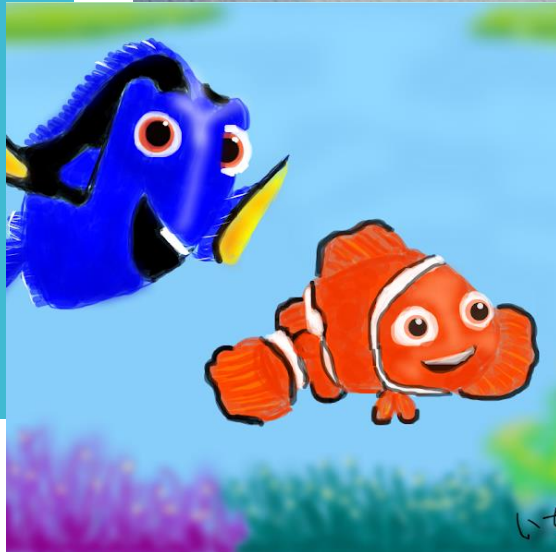
Woodpeckers go swimming!

Summer term 2021





Hooray!
Swimming pools
are opening
again!
Year 3 have the
opportunity to
have free
swimming
lessons and it's
our turn now!





Did you know
that swimming
is not only
good for your
body and mind
but it's a life
skill too?





Every Thursday,
straight after
lunch at 1
o'clock, we will
get ready to
catch the coach
to the swimming
pool. A school
trip every week!





Wear clothes that are easy to change in and out of on a Thursday e.g. no tights, no earrings, no large hair accessories.

Time	Activity
1.00pm	GET READY TO GO! Whistle blows for Year 3 to come in from lunch. Change your shoes and keep your coat on. Go to the toilet and wash hands. Put on your swim hat – an adult can help with this. Miss Barrass and Mr Jackson will be with you the whole time! Get your swim kit. Line up ready for the coach. Register.
1.15pm	GO! Coach to the Swimarium in Bracknell
1.25pm	GET CHANGED! Get changed in the pool changing rooms that are just for us! No members of the public will be there.
1.30-2.30pm	SWIMMING LESSON! All year 3 swim with their swimming teachers. Your class teachers and adults will be there at the side of the pool at all times.
2.30pm	GET CHANGED! Get changed back into school clothes. Wash or sanitise hands.
2.40pm	GO! Register/head count to make sure everyone is back on the coach! Coach back to school
3.00pm	Wash/sanitise hands. Toilet, drink, home time.





Everyone has different experiences of swimming.

Everyone will learn at their own pace.

Everyone will be able to stand up easily in the water if they need to.

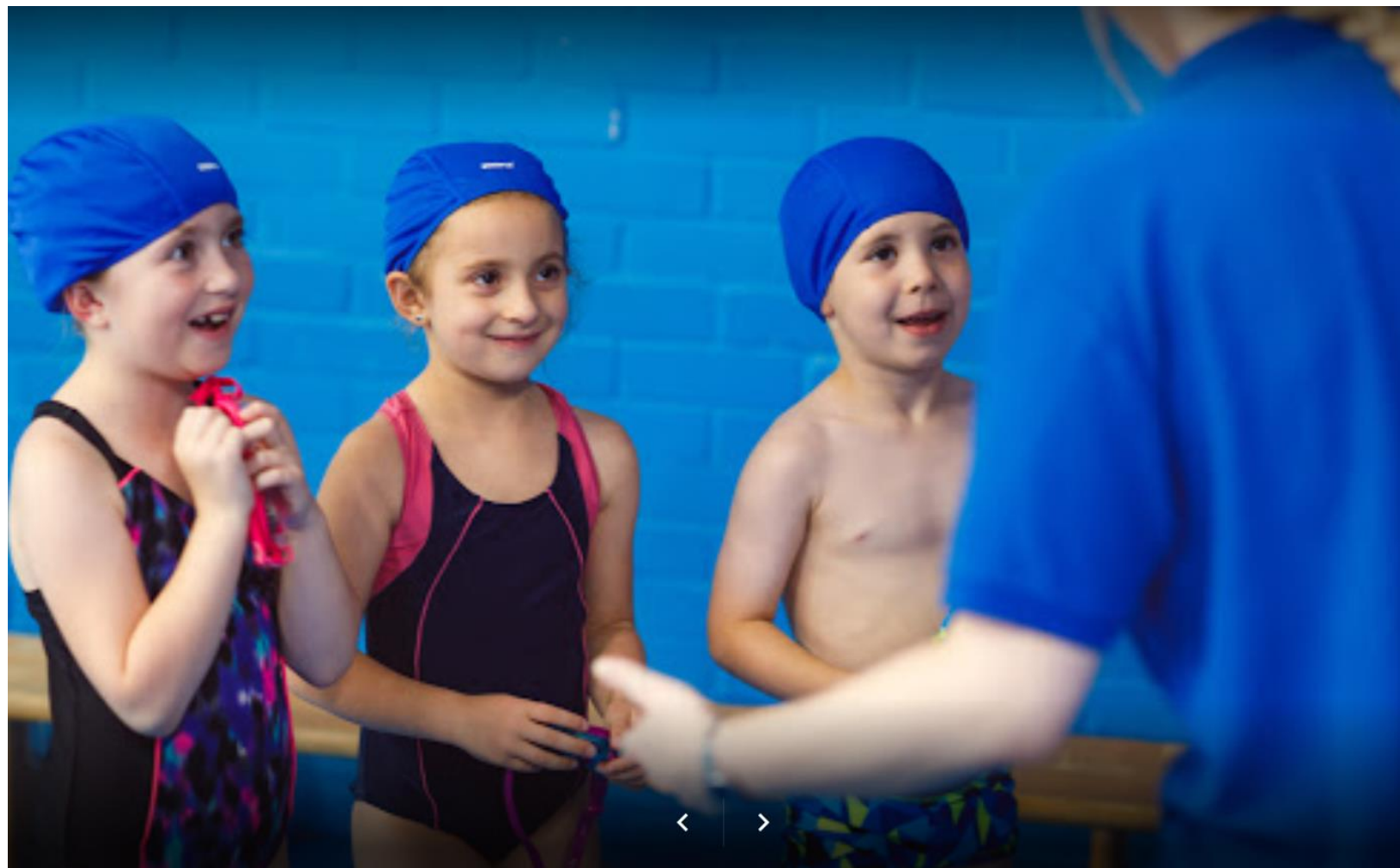
Everyone will learn and have fun together.





What if I'm
haven't swum
before?
That's OK.

What if I've had
swimming
lessons before?
That's OK too!





How can I prepare for swimming lessons?

- Get face wet in the bath/shower.
- Blow bubbles in the bath (don't hold your breath underwater!).
- Get used to a little splashing.

- Become familiar with the sounds of swimming pools.

https://www.youtube.com/watch?v=1vEY_sDDs9o

Practice get changed quickly.

<https://www.youtube.com/watch?v=RK27RX54EJU>

- Practice drying yourself thoroughly!
 - Practice putting on your swim hat – an adult can help with this.
- <https://www.youtube.com/watch?v=Hox2Z4jpLio> (independent)
- https://www.youtube.com/watch?v=wXOJHJL_Uyc (with an adult)

- Name all of your kit including your kit bag.





Let's go for it!

Have fun with
your friends
learning a skill!

REACH FOR THE STARS

Respect - Empathy - Aspirations - Courage - Honesty

- **Respect** others including your classmates and new teachers at the pool!
- Show **empathy** and be understanding that we are all there to learn and have different swimming abilities.
- Be **aspirational**, if you can't swim yet then I wonder how far you'll swim by the end of the 12 lessons!
- Be brave and show **courage** doing something different.
- Be **honest** with yourself. If you don't hear an instruction, put your hand up and ask. Are you really giving it your best and going for it?