

## September – October Swimming Lessons

All children this half term have worked on a rotational pattern of 2 weeks front crawl, 2 weeks backstroke, 2 weeks of breaststroke and 1 week of butterfly (For Monday afternoon classes this was only front crawl, backstroke and breaststroke due to the bank holiday).

For front crawl and backstroke we are looking for children to be working on maintaining their body positions flat on the surface of the water, kicking with long legs and floppy feet, we work hard to correct bicycle kicking legs and encourage parents to make sure children stay flat when swimming outside of lessons. We have been putting more emphasis on side breathing techniques as well as breathing patterns, always blowing out in the water. We are encouraging all children to learn breathing control from the beginners to the more advanced swimmers, blowing out whilst swimming is important to be able to obtain longer distances.

On breaststroke the emphasis is on correcting leg kick patterns as well as building a core foundation of timing and breathing patterns highlighting the importance of correct body positioning in the water. For butterfly the classes have been working on learning the rhythm of the stroke as well as the foundations of the leg kick and propulsion.

Children in the pre-school and early stage school lessons will have rotated between front and back and core water skills such as bubble blowing, confidence going under water, submerging their faces and independent swimming. For these children it is very important that we encourage them to enjoy the water as much as possible so practicing these skills (blowing bubbles, submerging their faces etc) at home such as in the bath is very helpful during lessons.

As we enter into next term all children will continue to work towards their next stage outcome and distance awards in time for Christmas. You all received their latest stage awards at the Summer break. Please collect these if you haven't already. If you joined us in September this continues from the stage your child was in elsewhere or, if new, stage 1. The Swim England stages we work towards can be found here <https://www.swimming.org/learntoswim/swim-england-learn-to-swim-awards-1-7/>

**The general feedback from all teachers has been positive the first half of this term.** Teachers are happy with the way that children have settled and been engaging in classes. **Any children who require specific feedback will have this sent individually – you do not need to contact us.** The teachers have highlighted once again the importance of **advising all parents to continue to prioritise swimming outside of lessons.** Swimming for fun with family members can significantly reduce the anxieties and nerves around more advanced skills and give children more opportunity to practice and refine their skills.