

At High Well School, Swimming is an important and essential part of the Key Stage Two curriculum. Swimming keeps young people's heart and lungs healthy, improves strength and flexibility, increases stamina and even improves their balance and posture. Most importantly, swimming can positively impact the physical, mental and social aspects of a young person’s life. It’s an activity that can bring so much joy, and can ensure that our young people are safe in open water. Key Stage 2 pupils attend swimming lessons at Aspire@ThePark, one morning per week, for the full academic year. Many of our young people have never been swimming before, and we firmly believe that the foundational experiences we are able to provide for our children are vitally important, and we are grateful for family support as needed to achieve this. Over the academic year, High Well pupils learn how to use different strokes in different situations, including appropriate use for personal survival situations and enjoy several fun sessions which help improve confidence in the water. They will learn to swim further and for longer periods of time, developing their overall level of fitness.

Below are the numbers of children who have achieved the required 25m swimming standard by the end of year six, but also pupils in earlier year groups who have been able to achieve this. We are very proud of all of our swimmers.

2023/2024 Cohort

|  |  |  |
| --- | --- | --- |
| **Year Group** | **Number of Children** | **Can swim over 25m** |
| 4 | 1 | 0 |
| 5 | 1 | 1 |
| 6 | 7 | 5 |

2024/2025 Cohort

|  |  |  |
| --- | --- | --- |
| **Year Group** | **Number of Children** | **Can swim over 25m** |
| 5 | 2 |  |
| 6 | 3 |  |