

BETTER SCHOOL SWIMMING



BETTER
the feel good place



BETTER SCHOOL SWIMMING

As the UK's largest operator of swimming pools, we at Better take our responsibility for water safety seriously. School Swimming plays a key part of our water safety strategy to ensure as many children as possible learn to be safe in and around water. We achieve this through delivering a syllabus that evolves around the national curriculum outcomes for swimming, ensuring all children can achieve these.

AIMS & OBJECTIVES

Our Aim:

To ensure children learn to be safe in and around water to prevent drowning.

Our Objectives:

To ensure our lessons are focussed around the following principles:

WATER SAFETY

STROKES

PHYSICAL ACTIVITY

FUN. KEY STAGE 2 CURRICULUM. ACTIVE LEARNING.

WATER SAFETY:

To teach your pupils essential water safety skills, ensuring they have the knowledge and capability to perform a safe self rescue.

KEY STROKES:

To teach the strokes that will develop efficient techniques that enable pupils to get from A to B safely.

PHYSICAL ACTIVITY:

To provide lessons that develop and improve pupils' cardiovascular fitness and increase physical activity.

KEY STAGE 2 CURRICULUM:

To ensure pupils achieve their Key Stage 2 outcomes through active learning.

OUR APPROACH & GUARANTEE

[3-YEAR PLAN]
[30 HOURS] = **100% KEY STAGE 2
ATTAINMENT**

We guarantee that **all** pupils who attend 30 hours of School Swimming lessons over a 3-year period will achieve the three Key Stage 2 swimming outcomes.

Our plan covers a pupil's journey from Year 3 through to Year 5, using Year 6 as an intervention/reward point. The earlier pupils learn to swim, the easier it is for them to develop essential swimming skills and achieve overall higher success rates. Swimming & water safety is the only Key Stage 2 curriculum outcome that could save a pupil's life.

We are committed to ensuring that every child who learns to swim in our programme is able to achieve all three of the Key Stage 2 swimming outcomes.

If a child is attending our School Swimming lessons and has regularly and consistently attended 30 hours of lessons but has not achieved all outcomes by the age of 12 (completion of Key Stage 2), the pupil will receive **12 free swimming lessons** to help achieve this goal.



Swimming & water safety is the only Key Stage 2 curriculum outcome that could save a pupil's life.

NATIONAL CURRICULUM REQUIREMENTS

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 (e.g. front crawl, backstroke and breaststroke)
- Perform safe self-rescue in different water-based situations

(The national curriculum in England, Framework document, December 2014)



BETTER SCHOOL SWIMMING

| Award Level | Criteria | Enter the water safely and submerge whole face for 15 seconds (use of aids permitted) | Linked to |
|--------------|--|--|---------------------|
| RED | Swim unaided for 5-10m using recognised arm and leg actions, competently, confidently and consistently Swim for 5m on 3 of the following strokes (unaided) a. Front paddle b. Back paddle c. Basic breaststroke d. Butterfly leg kick | Float on front or back for 15 seconds, moving into a standing position (use of aids permitted) Tread water for 15 seconds using buoyancy aids Perform a basic shout and signal rescue from poolside Exit the water safely without support | Linked to Stage 2 |
| AMBER | Swim unaided for 15-20m using recognised arm and leg movements, competently, confidently and consistently Swim for 5m on 3 of the following strokes (unaided) a. Front paddle b. Back paddle c. Basic breaststroke d. Butterfly leg kick | Jump in from poolside, submerge and rise to the surface (minimum of 1m depth) Float on front or back without aids for 15 seconds, moving into a standing position Tread water in deep water without using buoyancy aids for 15 seconds Perform a shout and signal rescue using buoyancy aids for 15 seconds Exit the water safely without using steps (minimum of 1m depth) | Linked to Stage 3/4 |
| GREEN | Swim unaided for 25m (or more) using recognised arm and leg movements, competently, confidently and consistently Swim for 10m on 3 of the following strokes (unaided) a. Front paddle/crawl b. Backstroke c. Breaststroke d. Butterfly leg kick | Jump in from poolside, submerge and rise to the surface (1.5m minimum depth) Float on front or back without aids for 30 seconds in deep water, then swim back to the wall Tread water in deep water without using buoyancy aids for 30 seconds Perform a shout and signal rescue (unaided) for 30 seconds Exit the water safely without using steps in deep water (1.2m minimum depth) | Linked to Stage 5 |
| BLUE | Swim unaided for 50m (or more) using recognised arm and leg movements, competently, confidently and consistently Swim for 25m on 3 of the following strokes (unaided) a. Front crawl b. Backstroke c. Breaststroke d. Butterfly leg kick | Perform a straddle jump from poolside, keeping head out of the water (1.5m minimum depth) Float in the HELP position for 1 minute Tread water in deep water without using buoyancy aids for 60 seconds Perform a reeds rescue Swim 10m with clothes on and exit the water without support or steps | Linked to Stage 6/7 |

Find out more about our Swim School at better.org.uk/swimschool
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BETTER SCHOOL SWIMMING LEVELS

We use **four levels** to develop pupils towards achieving their Key Stage 2 outcomes:

| LEVEL | AIM | LEARNING OBJECTIVES |
|-------|-----------------|---|
| RED | Water Safe | <ul style="list-style-type: none"> • Ensure pupils understand how to be safe in and around water • Build confidence for pupils to float, tread water and move using buoyancy aids • By the end of the level pupils will be confident to try more water safety skills |
| AMBER | Water Confident | <ul style="list-style-type: none"> • Ensure pupils understand how to be safe in and around deeper water (1.2–1.5 metres) • Ensure pupils can float, tread water and swim without using buoyancy aids • By the end of the level pupils will be confident to try more water safety skills in deep water |
| GREEN | Water Proofed | <ul style="list-style-type: none"> • Ensure pupils are confident swimming in deep water and are able to exit safely (1.5m–2m) • Ensure pupils can float, tread water, perform shout & signal rescues and swim without using buoyancy aids • By the end of the level pupils will have met all three Key Stage 2 School Swimming Curriculum outcomes |
| BLUE | Water Smart | <ul style="list-style-type: none"> • Further develop pupils' water safety skills in deep water (1.5m–2m) • Develop pupils' stroke techniques inline with FINA guidelines • By the end of the level pupils will have exceeded all three Key Stage 2 School Swimming Curriculum outcomes |

Pupils who achieve all the criteria in the **Green** level will have met **all three** Key Stage 2 swimming outcomes.

Pupils who achieve all of the criteria in the Blue level will exceed the three Key Stage 2 swimming outcomes.

| RED Level | | |
|-----------------------|-------------------------------|---|
| Key Stage 2 Outcome 1 | 1. Distance Swimming | 1.1 Swim unaided for 5–10metres using recognised arm & leg actions competently, confidently & consistently |
| Key Stage 2 Outcome 2 | 2. Stroke Technique | 2.1 Swim for 5m on three of the following strokes (buoyancy aids permitted) |
| | | a. Front paddle |
| | | b. Back paddle |
| | | c. Basic breaststroke |
| Key Stage 2 Outcome 3 | 3. Entries & Water Confidence | 3.1 Enter the water safely and submerge whole face for 5 seconds |
| | 4. Floatation & Rotation | 4.1 Float on front or back for 15 seconds, moving into regaining a standing position (use of buoyancy aids permitted) |
| | 5. Treading Water | 5.1 Tread water for 15 seconds using buoyancy aids |
| | 6. Water Safety Skill | 6.1 Perform a basic shout & signal rescue from poolside |
| | 7. Exits | 7.1 Exit the water safely without support |

| GREEN Level | | |
|-----------------------|-------------------------------|---|
| Key Stage 2 Outcome 1 | 1. Distance Swimming | 1.3 Swim unaided for 25 metres (or more) using recognised arm & leg movements competently, confidently & consistently |
| Key Stage 2 Outcome 2 | 2. Stroke Technique | 2.3 Swim for 10m on three of the following strokes |
| | | a. Front paddle/crawl |
| | | b. Backstroke |
| | | c. Breaststroke |
| Key Stage 2 Outcome 3 | 3. Entries & Water Confidence | 3.3 Jump in from poolside, submerge & rise to the surface (1.5m minimum depth) |
| | 4. Floatation & Rotation | 4.3 Float on front or back without aids for 30 seconds in deep water, then swim back to the wall |
| | 5. Treading Water | 5.3 Tread water in deep water without using buoyancy aids for 30 seconds |
| | 6. Water Safety Skill | 6.3 Perform a shout & signal rescue (unaided) for 30 seconds |
| | 7. Exits | 7.3 Exit the water safely without using steps in deep water (1.2m minimum depth) |

| AMBER Level | | |
|-----------------------|-------------------------------|--|
| Key Stage 2 Outcome 1 | 1. Distance Swimming | 1.2 Swim unaided for 15–20 metres using recognised arm & leg movements competently, confidently & consistently |
| Key Stage 2 Outcome 2 | 2. Stroke Technique | 2.2 Swim for 5m on three of the following strokes (without buoyancy aids) |
| | | a. Front paddle |
| | | b. Back paddle |
| | | c. Basic breaststroke |
| Key Stage 2 Outcome 3 | 3. Entries & Water Confidence | 3.2 Jump in from poolside, submerge & rise to the surface (1m depth) |
| | 4. Floatation & Rotation | 4.2 Float on front or back without aids for 15 seconds, moving into regaining a standing position |
| | 5. Treading Water | 5.2 Tread water in deep water without using buoyancy aids for 15 seconds |
| | 6. Water Safety Skill | 6.2 Perform a shout & signal rescue using buoyancy aids for 15 seconds |
| | 7. Exits | 7.2 Exit the water safely without using steps (1m depth) |

| BLUE Level | | |
|-----------------------|-------------------------------|---|
| Key Stage 2 Outcome 1 | 1. Distance Swimming | 1.4 Swim unaided for 50m (or more) using recognised arm & leg movements competently, confidently & consistently |
| Key Stage 2 Outcome 2 | 2. Stroke Technique | 2.4 Swim for 25m on three of the following strokes |
| | | a. Front crawl |
| | | b. Backstroke |
| | | c. Breaststroke |
| Key Stage 2 Outcome 3 | 3. Entries & Water Confidence | 3.4 Perform a straddle jump from poolside, keeping head out of the water (1.5m minimum depth) |
| | 4. Floatation & Rotation | 4.4 Float in the HELP position for 3 minutes in deep water |
| | 5. Treading Water | 5.4 Tread water in deep water without using buoyancy aids for 60 seconds |
| | 6. Water Safety Skill | 6.4 Perform a reach & rescue from poolside |
| | 7. Exits | 7.4 Be able to swim 10m with clothes on and exit the water without support or steps |

KEY STAGE 2 DELIVERY MODELS

| Intensive Model | | | |
|------------------------------|--|------------------------|----------------------|
| Description: | A two-week programme (10 days) of 60-minute lessons each day. The programme is designed to build upon skills learnt each day to produce enhanced results with pupils who have not attended swimming lessons previously. Enables the full two-week period to focus on water safety and allow for minimal disruption to the full academic year compared to weekly lessons. | | |
| Lesson length: | 60 minutes | Lesson type: | Intensive (10 days) |
| Time of day: | Morning (9am–12 noon) Afternoon (1pm–3pm) | Booking period: | Once or twice a year |
| Teacher : pupil ratio | 1:10 – Recommended three GLL Swimming teachers per class | | |

| Weekly Lessons | | | |
|------------------------------|---|------------------------|---|
| Description: | Weekly lessons can be booked for a full term (Autumn, Spring or Summer term) with a lesson lasting for 30, 45 or 60 minutes. Pupils develop skills each week working towards a carefully planned scheme of work. Pupils will cover a minimum of 10 hours in one term. | | |
| Lesson length: | 30, 45 or 60 minutes | Lesson type: | Weekly |
| Time of day: | Morning (9am–12 noon) Afternoon (1pm–3pm) | Booking period: | Full term (Autumn, Spring or Summer term) |
| Teacher : pupil ratio | 1:10 – Recommended three GLL Swimming Teachers per class | | |

| Intervention/Reward (Year 6) | | | |
|------------------------------|--|------------------------|--------------------|
| Description: | Specific programme to ensure pupils who have not yet achieved Key Stage 2 curriculum outcomes are given a final opportunity to achieve these. Programme involves a five-day intensive programme of 60-minute lessons each day. The model focuses on reduced ratios to achieve maximum results. The reward programme is to ensure pupils who have achieved curriculum objectives are given further opportunities to experience different aquatic activities, such as Water Polo, Diving and Rookie Lifesaving. This can be specific to the school/class. | | |
| Lesson length: | 60 minutes | Lesson type: | Intensive (5 days) |
| Time of day: | Morning (9am–12 noon) Afternoon (1pm–3pm) | Booking period: | Summer term |
| Teacher : pupil ratio | 1:10 – Intervention programme ratio 1:20 – Reward programme ratio | | |





KEY STAGE 1 DELIVERY MODELS

| BETTER Start (Nursery) | | | |
|--------------------------------|---|------------------------------|--|
| Description: | Weekly lessons to enable pupils to experience the pool environment and gain basic water confidence. Pupils will learn key essential swimming skills as well as working on travel movements on both their front and back. Pupils will benefit from lessons enabling them to understand how to be safe in and around water. | | |
| Lesson length: | 30 minutes | Lesson type: | Weekly |
| Time of day: | Morning (9am–12 noon) Afternoon (1pm–3pm) | Booking period: | Full or half term |
| Awards working towards: | Ducklings Awards 1–4 'I CAN' awards | Teacher : pupil ratio | 1:8 – GLL Swimming Teacher delivering in the water |

| BETTER Start (Key Stage 1) | | | |
|--------------------------------|---|------------------------------|--|
| Description: | One week of intensive lessons to give KS1 pupils an introduction to swimming lessons. These lessons aim to ensure that all pupils gain a positive experience when in the swimming pool, reducing fear and anxiety of learning to swim. Pupils will learn water safety skills appropriate to their ability and basic strokes over 5–10m. These fun, themed lessons will give pupils skills to build upon in KS2. | | |
| Lesson length: | 45 minutes | Lesson type: | Intensive (5 days) |
| Time of day: | Morning (9am–12 noon) Afternoon (1pm–3pm) | Booking period: | Once a year |
| Awards working towards: | Red & Amber levels | Teacher : pupil ratio | 1:10 – Recommended three GLL Swimming Teachers per class |

KEY STAGE 3/4 DELIVERY MODELS

In addition to our standard programmes, we are able to offer additional disciplines to allow pupils to learn new skills in the following areas:

- Competitive Swimming
- Rookie Lifesaving
- Mini Water Polo
- Tom Daley Diving Academy

Schools are also able to book lanes or pool time if required for GCSE or A-Level PE where a GLL Swimming Teacher is not required. Please contact your local Better leisure centre for more information or to book.

EXPECTATIONS

What can you expect from us?

- ✓ Fully qualified, knowledgeable swimming teachers, with specific School Swimming lesson training
- ✓ Lessons delivered in a safe environment
- ✓ Progressive, planned lessons following a standardised scheme of work, differentiated to the various abilities of the class
- ✓ Fun lessons promoting the importance of water safety to all pupils, developing skills that directly relate to the Key Stage 2 swimming outcomes
- ✓ Integrated and fully inclusive lessons, enabling pupils with SEND (Special Educational Needs and Disabilities) to participate in lessons
- ✓ Clear recorded results that relate directly to the three Key Stage 2 swimming outcomes
- ✓ Cost-effective lessons that deliver results
- ✓ Centre booking efficiency

What do we ask from schools?

- ✓ Manage pupils from when they enter the centre through to poolside
- ✓ Class teachers and support staff must be present on poolside for the duration of the lesson
- ✓ Class teachers to be engaging during the lessons to support swimming teachers with the delivery of lessons.
- ✓ Health and safety requirements are to be followed at all times
- ✓ Support with pupil registry and completion of assessment paperwork
- ✓ Advise the swimming teachers of any children with SEND (Special Educational Needs and Disability) or medical conditions, making provision for their needs and recording this information on the class register
- ✓ Ensure pupils' behaviour is managed at all times, both during the lesson and whilst in the facility
- ✓ Promote the benefits of water safety and swimming to parents
- ✓ Ensure all pupils are given the opportunity to take part in lessons
- ✓ In cases where pupils require 1-2-1 support in the classroom, the same provision to be given in the pool by support staff or class teacher
- ✓ Record and report back to the school the children who consistently fail to attend and identify an action plan for their participation



USE OF PRIMARY PE AND SCHOOL SPORTS PREMIUM

The **Primary PE & School Sports Premium** can be used to enhance the current provision of School Swimming lessons to go over and above the statutory requirements.

The guidance given on the Primary PE and School Sports Premium states that schools must use the funding to make additional and sustainable improvements to the quality of PE and sport that is offered, by:

- Developing or adding to the PE and sport activities already offered by the school. Schools must be providing swimming lessons from the school's core budget before the premium funding can be used.
- Building capacity and capability within the school to make sure that improvements made now will benefit pupils joining the school in future years.

Therefore, schools that are already providing school swimming lessons can improve the quality or increase the quantity of lessons using the premium.



POSSIBLE USES OF FUNDING

01

ADDITIONAL SWIMMING TEACHER DURING NORMAL PROGRAMMES (THIRD TEACHER)

The minimum requirement currently is two GLL swimming teachers to a class of 30 pupils. A third teacher will further improve quality of lessons through reducing teacher to student ratios to enable more support. This additional staffing provision could be justified through better attainment results and ability to allow more pupils to take part in more aquatic-based sports.

02

INCREASE LESSON DURATION FROM 30 MINS TO 45 OR 60 MINS

The minimum requirement is for schools to provide 25 hours of School Swimming lessons in Key Stage 1 and/or Key Stage 2 (Swim England guidance). Where schools are already providing this, premium funding can be used to increase the duration of lessons, enabling pupils to be active for longer. 45-minute and 60-minute lessons have a significant impact on the level of skills pupils learn and retain compared to 30-minute lessons. Once organisation, transport and changing time is taken into account, a 30-minute lesson does not result in 30-minutes of water time. These more effective lessons would also have a positive impact on Key Stage 2 swimming attainment, going above the statutory requirement.

03

ADDITIONAL SWIMMING LESSONS

Like many other subjects, some children will require further support to achieve the expected standards. By using the premium funding to pay for additional swimming lessons, the following options could be utilised:

- a. Additional weeks added to normal programme (half term to full term)
- b. Additional intensive lessons
10 x 60-minute sessions

04

TOP-UP SWIMMING LESSONS IN YEAR 6

Top-up swimming is an intervention designed to provide additional help to those pupils who may be struggling to learn to swim, or who would benefit from extra support.

Using the BETTER Key Stage 2 Intervention/Reward (Year 6) model, schools can use the premium funding to pay for this type of lesson.

05

INTRODUCE NEW SPORTS OR ACTIVITIES AND ENCOURAGE MORE PUPILS TO TAKE UP SPORT

In the instance where pupils have achieved the Key Stage 2 swimming outcomes, schools can offer additional opportunities to engage pupils in wider aquatic sports, paid by the premium (e.g. Diving, Rookie Lifesaving or Water Polo). These opportunities link to our BETTER Key Stage 2 Intervention/Reward (Year 6) programme where opportunities are specific to the local centre.

REPORTING THE USE OF FUNDING FOR SWIMMING ACTIVITIES

Schools have a clear requirement to report on how the premium funding has been spent during the academic year. Where we have suggested additional options for this funding, we wish to ensure that we provide clear justification for how these activities link to the key reporting indicators.

In the below table we have outlined how the five possible options link to the key indicators.

| Department for Education key indicators | Additional swimming provision | How does it meet the indicator? |
|---|--|---|
| Key indicator 1: The engagement of all pupils in regular physical activity – Chief Medical Officer guidelines recommend that primary school children undertake at least 30 minutes of physical activity a day in school | Option 1: Additional swimming teacher during normal programmes (third teacher) | Third teacher will ensure all pupils are engaged for the full duration of lessons, increasing the amount of active learning time in the normal programme of lessons. Active learning time can be measured through the amount of time pupils were moving in the water or the distance covered in a lesson. |
| | Option 2: Increase lesson duration from 30 minutes to 45 minutes or 60 minutes | Increased lesson durations over the normal programme of lessons would increase the total time pupils were participating in PE lessons, aiming towards the 30-minute of physical activity a day in school. |
| | Option 3: Additional swimming lessons | Increasing the amount of total lessons pupils attend per year would increase the amount of physical activity that can be recorded. This would also increase overall water safety of pupils. |
| Key indicator 2: The profile of PE and sport being raised across the school as a tool for whole school improvement | Option 4: Top-up swimming lessons in Year 6 | Offering additional opportunities for pupils who have not yet achieved the Key Stage 2 swimming outcomes will raise the profile of PE and importance of water safety across the year group. |
| Key indicator 3: Broader experience of a range of sports and activities offered to all pupils | Option 5: Introduce new sports or activities and encourage more pupils to take up sport, such as Diving, Rookie Lifesaving or Water Polo | Offering further opportunities to participate in aquatic disciplines such as Rookie Lifesaving, Learn to Dive and Water Polo, will allow for wider skills to be learnt within an inclusive structure of lessons. |

NATIONAL DROWNING PREVENTION WEEK





National Drowning Prevention Week takes place each June to raise awareness of water safety and drowning prevention. We work with local schools to educate pupils on being safe in and around water, with drowning being the leading cause of accidental death for children in the UK.

During the week the focus of lessons is around increasing pupils' knowledge and water safety skills, in a fun and supportive environment. This is in preparation for the summer holidays when, unfortunately, the most drownings occur.

We also offer school visits to run assemblies or workshops on water safety. These talks aim to help pupils understand how to spot the dangers of water, stay safe in and around water, and what to do in an emergency situation.



FOR MORE INFORMATION

Pricing

School Swimming lesson pricing is determined at a local level.

Information on exact costs can be found by contacting your local Better leisure centre.

To find out the next steps, or for further information, please get in touch with your local Better leisure centre.

To find your nearest Better leisure centre, visit better.org.uk/leisure-centres



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