

SWIMMING WITHIN THE CURRICULUM AT BSM

Philosophy and Objectives

The department believes that, through a regular swimming program, all of our students are able to develop sound swimming skills, a positive attitude towards health and physical well-being and a sense of safety in and around water. Students are encouraged to think in a positive way towards an activity that can serve them well for all of their lives.

We must first of all ensure that the students have confidence in the pool. Non-swimmers are given special attention in their classes so that they are able to learn basic skills in small groups. Once they are able to swim in deeper water all students are encouraged to concentrate on technique, with 40% of the lessons throughout the year concentrating on this aspect of instruction.

To stimulate the students, Personal Survival and Water Skills awards are offered in the program; this is also a good measure of their development and improvement. It is hoped that by the end of Year 4 90% of the students are able to swim 25 metres on their front and back, and that by the end of Year 6 **all** students are able to swim 50 metres on their front and back.

For Senior School students, although limited to the number of sessions offered throughout the year, the development of technique and 'Personal Survival' continues as the main theme. However, the introduction of team games, such as water polo, water-basketball, underwater hockey and relay races, are incorporated into the timetable.

The assessment criteria for all swimming classes are outlined on the website (follow the links in the PE section related to 'Swimming within the Curriculum') and are based on the Amateur Swimming Association of Great Britain 'NATIONAL SWIMMING AWARDS'.

Course Overview

All students from Reception to Year 9 are **required** to take the swimming course.

It is hoped that students in Years 10 to 13 will have the opportunity to take a swimming course as part of the G.C.S.E. Physical Education course or a Lifeguard course as an option.

The curricular program is primarily concerned with the teaching of non-swimmers, and the improvement of those students who can already swim. Using practices which will benefit their technique and their general fitness and stamina, each student will have the opportunity to become stronger, more confident and, therefore, '**safer**' in the water.

Primary School

The development of **confidence and a sense of safety**, both in and around the pool, are the main themes of the lessons, particularly with the younger age groups and non-swimmers. This takes the form of splashing and water based games, where **FUN** is emphasized. A basic instruction to correct stroke technique is given to those who have confidence and can swim a little.

Senior School

All classes from Year 7 to Year 9 will participate in swimming as part of their PE program and will have **two blocks of six lessons during the academic year**.

Stroke technique, stamina, speed, personal survival and, above all, **water safety** will be developed throughout this period of work for **all** swimmers leading to their assessment based on the National Swimming Awards and, should time permit, water-based GAMES could be included in the program.