



CAMBRIDGE PRIMARY SCHOOL

SWIMMING

Purpose

- To familiarise beginning swimmers with the water via the introduction of confidence, safety and survival activities
- To extend children's personal swimming and survival abilities
- To introduce and begin to develop children's stroke techniques
- To progressively increase endurance and personal fitness
- To encourage swimming as a recreational life long activity.

Guidelines

- The program will be offered to Prep to Grade 4 as a 10 day intensive program
- The program will be offered to Grade 5 / 6 as a 2 x 1hr water safety and survival sessions at the pool, and a 2x 1hr theory based program at school
- All Prep to Grade 4 children will participate in the swimming program (either in a theory based program at school or at the pool)
- Program should be based on the Royal Life Saving model
- All children will be offered one swimming program per annum
- All instructors will be trained Aus Swim Staff
- A review of this program will be conducted on a 3 year cycle. (1999).

Implementation

- The program will be a school priority and will operate for Prep to Grade 4 during late term Three and for Grade 5/6 in Term 4
- Group numbers be kept, where possible, to 10 or less
- Prep to Grade 4 children to be assessed and grouped by pool staff
- One person will be in charge of the overall co-ordination of the program with a sub-committee formed to assist with the planning implementation of the program
- Subject to availability of the pool, the program should be run on an intensive basis - over two weeks
- Parents will be informed of the philosophy and content of the program
- Parents will be encouraged to assist actively in the program
- Achievements of children will be recognised through certificates distributed by the Wyndham Leisure Centre
- Appropriate equipment and teacher references will be supplied where possible to run the theory program
- Non-participants will be involved in a school based Water-Safety program during the swimming sessions

- Children will have the opportunity to train for and participate in the Regional Swimming Carnival in Term One

Evaluation

- Numbers of children attending
- Staff survey
- Number of staff assisting
- Parent feedback
- Children's willingness to participate in Regional Swimming Carnival.

<u>Ratification Date</u> 2005	<u>Review Date</u> Year 2009	<u>Policy Number</u> 32.	<u>Version Number</u> 3.	<u>Date Produced</u> Pre 1999
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