

# School Swimming Service Teaching and Water Safety A Guide for Primary Schools



## Table of Contents

1. [Our Pledge to Service Users](#)
2. [Provision Features](#)
3. [The National Curriculum: School Swimming and Water Safety](#)
  - 1) [Perform a Safe Self-Rescue in Different Water-Based Situations](#)
  - 2) [Use a Range of Strokes Effectively over 10 Metres](#)

### What Does This Mean?

- 1) [Perform a Safe Self-Rescue in Different Water-Based Situations](#)
    - (a) [Knowledge and Understanding of Key Water Safety Messages](#)
    - (b) [Know how and when to use appropriate survival and self-rescue skills](#)
    - (c) [Knowing what to do if others get in trouble](#)
  - 2) [Use a range of strokes effectively](#)
    - (a) [Pupils make choices about the strokes they use to achieve different outcomes](#)
    - (b) [Adapt the strokes for a range of purposes and intended outcomes](#)
  - 3) [Swim competently, confidently and proficiently over a distance of at least 25 metres](#)
    - (a) [Continuous swim of more than 25 metres](#)
    - (b) [Strokes are as strong at the end of the swim as at the start](#)
    - (c) [Strokes recognisable to an informed onlooker](#)
4. [The Swim Charter Resources](#)
  5. [Make a splash on a hassle-free booking for Pool Hire, Instruction and Transport](#)
  6. [School Terms and Holiday Calendar – School Swimming 2025/26](#)
  7. [How to Book](#)
  8. [School Reporting](#)
  9. [Using the PE and Sport Premium](#)
  10. [When to Introduce Swimming Lessons](#)
  11. [Additional Documentation](#)
  12. [Final Week Swimming Activities](#)

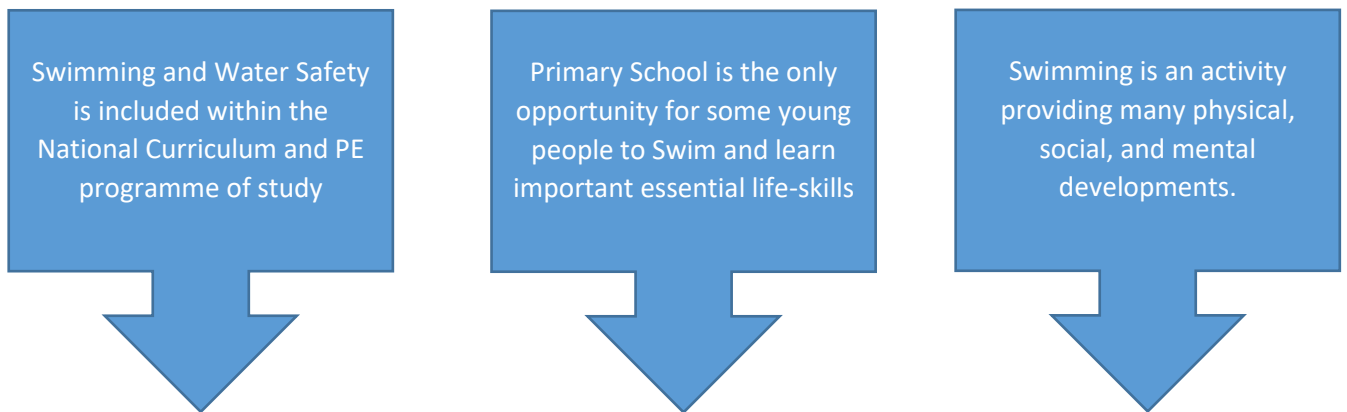
## School Swimming Booking Information 2025/26

### 1. Our pledge to service users:

The School Swimming Service aims to provide a meaningful, active and safe swimming experience for children, which reinforces the aims of the school in relation to PE and the personal and social development of children and their health and wellbeing.

We aim to meet the requirements of the National Curriculum learning outcomes , as an island nation and a city surrounded by water margins at some point every child will be around water.

The National Government Body Swim England provides the swim charter which supports the teaching of all the foundation core skills, fundamentals and progression that underpin the sport of swimming thus creating pathways in aquatic disciplines for long-term athlete development, and enjoyment of water.



### 2. Provision features:

- Risk Assessment support
- Comprehensive physical activity programme
- High quality tuition and transport
- On call guidance and advice
- Constant monitoring of activities
- Free certificates and badges
- Accredited learning
- Health and Safety and off-site visit compliance
- CPD events and training
- Additional aquatic activities
- Inset day training

### 3. The National Curriculum: School Swimming and Water Safety Charter

Nottingham City Council, as an organisation, has signed up to Swim England’s School Swimming and Water Safety Swim Charter. We ask all our schools to become Members of the Charter, which provides the following:

- A partnership between primary schools, lesson providers and Swim England, recognising schools for taking swimming and water safety seriously
- A structured teaching programme that meets government criteria
- A pathway of progressive awards for pupils to follow and mark their achievements

#### Research from Swim England on young people’s learning outcomes.

School swimming is often the one and only opportunity for all children to learn to swim and know how to be safe around water.

It is likely that children who don’t learn to swim during school lessons will never learn this lifesaving skill

While 77% of all children can swim the minimum 25 metres unaided by the time they leave primary school, the figure drops to 42% for children from the least affluent families. (Nottingham City, collectively, is 48%).

Schools must deliver lessons at either Key Stage 1 or 2

<p><b>There are minimum standards for swimming and water safety, which are:</b></p> <ol style="list-style-type: none"> <li>1. Perform a safe self-rescue in different water-based situations.</li> <li>2. Use a range of strokes effectively over 10 metres</li> <li>3. Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> </ol>		
<p><b>What does this mean?</b></p>		
<p><b>1.</b> Perform a safe self-rescue in different water-based situations</p> <ul style="list-style-type: none"> <li>• Knowledge and understanding of key water safety messages</li> <li>• Know how and when to use appropriate survival and self-rescue skills</li> <li>• Knowing what to do if others get into trouble.</li> </ul>	<p><b>2.</b> Use a range of strokes effectively</p> <ul style="list-style-type: none"> <li>• Pupils make choices about the strokes they use to achieve different outcomes</li> <li>• Adapt the strokes for a range of purposes and intended outcomes</li> </ul>	<p><b>3.</b> Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <ul style="list-style-type: none"> <li>• Continuous swim of more than 25 metres</li> <li>• Strokes are as strong at the end of the swim as at the start</li> <li>• Strokes recognisable to an informed onlooker</li> </ul>

Please see your digital Swimphony Portal for all awards schemes of work, and achievements relating to pupil's attainment.

#### 4. The Swim Charter resources:

- Sign up to the School Swimming and Water Safety Charter
- Members of the School Swimming and Water Safety Charter will:
- Gain exclusive access to an extensive set of resources and advice to help improve lesson quality and impact.
- Receive regular updates, tips and news to keep your lessons fun and exciting.
- Schools [must be registered](#) to access the free downloadable certificates.
- Here's the link to register. [Swim England School Swimming and Water Safety Charter](#)





## 5. Make a splash on a hassle-free booking for Pool Hire, Instruction and Transport

Autumn Term 1 - 6 weeks from 8th Sept to 17th Oct & Autumn 2 - 7 weeks from 3rd Nov to 19th Dec TOTAL 13 weeks

Spring term 1 - 6 weeks from 5th Jan to 13th Feb & Spring 2 - 5 weeks from 23rd Feb to 27th Mar TOTAL 11 weeks

Summer term 1 - 5 weeks from 13th Apr to 22nd May & Summer 2 - 7 weeks Monday 1st June - 20th July TOTAL 13 weeks

### Available pools and prices:

Pool	Pool Hire Plus Instruction	Weekly Cost	Autumn	Spring	Summer
Clifton	Pool Hire 60 minutes both pools 3 instructors	£320	£4,160	£3,520	£4,160
Djanogly	Pool Hire 60 minutes Main Pool 3 Instructors	tbc	tbc	tbc	tbc
Djanogly	Pool Hire 45 minutes Main Pool 3 Instructors	tbc	tbc	tbc	tbc
Ken Martin	Pool Hire 60 minutes both pools 3 Instructors	£350	£4,550	£3,850	£4,550
Ken Martin	Pool Hire 45 minutes both pools 3 Instructors	£262	£3,406	£2,882	£3,406
Southglade	Pool Hire 60 minutes both pools 3 Instructors	£350	£4,550	£3,850	£4,550
Southglade	Pool Hire 45 minutes both pools 3 Instructors	£262	£3,406	£2,882	£3,406
Victoria	Pool Hire 60 minutes both pools 3 Instructors	£350	£4,550	£3,850	£4,550
Victoria	Pool Hire 45 minutes both pools 3 Instructors	£262	£3,406	£2,882	£3,406
Harvey Hadden	Pool Hire 60 minutes South Pool 6 Instructors	£435	£5,655	£4,785	£5,655
Harvey Hadden	Pool Hire 45 minutes South Pool 6 Instructors	£327	£4,251	£3,597	£4,251
Harvey Hadden	Pool Hire 30 Minutes South Pool 6 Instructors	£217.50	£2827.50	£2392.50	£2827.5
All pools	Additional Instructor	£35.00	£455	£385	£455

Pool	Pool Hire Plus Instruction	Weekly Cost	Autumn	Spring	Summer
Portland	Pool Hire 60 minutes 3 Instructors	tbc	tbc	tbc	tbc
Portland	Pool Hire 45 minutes 3 Instructors	tbc	tbc	tbc	tbc
	Additional Instructor	tbc	tbc	tbc	tbc

### Transport charges:

Seats	Weekly Cost	Autumn	Spring	Summer
1 - 16	Price on application	tbc	tbc	tbc
17 - 33	£185.00	£2,405.00	£2,035.00	£2,405.00
34 - 49	£195.00	£2,535.00	£2,145.00	£2,535.00
50 - 77	£200.00	£2,600.00	£2,200.00	£2,600.00

## Nottingham City Council School Terms

### 6. School terms and holiday calendar School Swimming – 2025/26

AUGUST 2025						
M		4	11	18	25	
T		5	12	19	26	
W		6	13	20	27	
T		7	14	21	28	
F	1	8	15	22	29	
S	2	9	16	23	30	
S	3	10	17	24	31	

SEPTEMBER 2025						
M	1	8	15	22	29	
T	2	9	16	23	30	
W	3	10	17	24		
T	4	11	18	25		
F	5	12	19	26		
S	6	13	20	27		
S	7	14	21	28		

OCTOBER 2025						
M		6	13	20	27	
T		7	14	21	28	
W	1	8	15	22	29	
T	2	9	16	23	30	
F	3	10	17	24	31	
S	4	11	18	25		
S	5	12	19	26		

NOVEMBER 2025						
M		3	10	17	24	
T		4	11	18	25	
W		5	12	19	26	
T		6	13	20	27	
F		7	14	21	28	
S	1	8	15	22	29	
S	2	9	16	23	30	

DECEMBER 2025						
M	1	8	15	22	29	
T	2	9	16	23	30	
W	3	10	17	24	31	
T	4	11	18	25		
F	5	12	19	26		
S	6	13	20	27		
S	7	14	21	28		

JANUARY 2026						
M		5	12	19	26	
T		6	13	20	27	
W		7	14	21	28	
T	1	8	15	22	29	
F	2	9	16	23	30	
S	3	10	17	24	31	
S	4	11	18	25		

FEBRUARY 2026						
M		2	9	16	23	
T		3	10	17	24	
W		4	11	18	25	
T		5	12	19	26	
F		6	13	20	27	
S		7	14	21	28	
S	1	8	15	22		

MARCH 2026						
M		2	9	16	23	30
T		3	10	17	24	31
W		4	11	18	25	
T		5	12	19	26	
F		6	13	20	27	
S		7	14	21	28	
S	1	8	15	22	29	

APRIL 2026						
M		6	13	20	27	
T		7	14	21	28	
W	1	8	15	22	29	
T	2	9	16	23	30	
F	3	10	17	24		
S	4	11	18	25		
S	5	12	19	26		

MAY 2026						
M		4	11	18	25	
T		5	12	19	26	
W		6	13	20	27	
T		7	14	21	28	
F	1	8	15	22	29	
S	2	9	16	23	30	
S	3	10	17	24	31	

JUNE 2026						
M	1	8	15	22	29	
T	2	9	16	23	30	
W	3	10	17	24		
T	4	11	18	25		
F	5	12	19	26		
S	6	13	20	27		
S	7	14	21	28		

JULY 2026						
M		6	13	20	27	
T		7	14	21	28	
W	1	8	15	22	29	
T	2	9	16	23	30	
F	3	10	17	24	31	
S	4	11	18	25		
S	5	12	19	26		

### 7. How to Book

The link to select your booking for the next academic year will go live on the 24<sup>th</sup> February 2025 by using the link below. [https://myaccount.nottinghamcity.gov.uk/service/School\\_Swimming\\_Booking](https://myaccount.nottinghamcity.gov.uk/service/School_Swimming_Booking)

Please ensure you provide a purchase order if required to complete your booking.

If you do not see the booking you require or want to discuss your booking please contact [school.swimming@nottinghamcity.gov.uk](mailto:school.swimming@nottinghamcity.gov.uk)

If you would like to discuss a different booking that is not on the portal, please contact [school.swimming@nottinghamcity.gov.uk](mailto:school.swimming@nottinghamcity.gov.uk) for further advice and support.

## 8. School Reporting

**Please ensure that you sign up and link classes with Swimphony for your reports and attainment.**

- Ensure your school is complying with national curriculum requirements
- Maintained schools, including those that convert to academies, **must** publish information about their use of the Primary PE and Sport Premium. This should be published on the school's website.
- Since 2017, it is also a requirement to include the attainment figures of all year 6 pupils for swimming and water safety.
- It is important that schools share these attainment figures for parents to be aware of their child's abilities. In place of a more formal reporting method.
- Schools are responsible for collecting the data for each pupil. If school swimming and water safety lessons are provided by a third party, such as a pool operator or swim school, teachers should request this information at the end of each swimming term or block of lessons.

### Recording pupil's attainment

- Schools are required to publish the Year 6 National Curriculum results and water safety as part of the PE and Sport Premium.
- This should be on the school's website and should share a percentage of pupils within year 6 cohort who are meeting the National Curriculum in Swimming and Water Safety. You will find all reports in the digital portal Swimphony.
- As not all year 6 pupils will swim, data can be held for the correct academic year.

## 9. Using the PE and Sport Premium

Swimming and Water Safety is a national curriculum subject. Therefore, it must be accessible to all pupils, and costed within a budget.

Using PE and Sport Premium allows pupils to have top up lessons, water confidence, aquatic activities in addition to your booking.

## 10. When to introduce Swimming lessons.

Schools can decide when to teach swimming in key stage 1 and 2,

When determining the right class to attend schools should consider:

- Depth and capacity of the pool
- Amount of time needed to get changed
- Availability of observers/support.
- Physical literacy and development

Across the city pupils in year 3, 4 and 5 swim, more than any other year group. Alongside top up swimming in year 6.



When booking swimming consideration must be given to a sustained long term development and achievement where learning can be accelerated by using a consistent approach

- Could the same class swim for a full term of 12 consistent weeks?
- Could the class that swims in summer continue in the following school year in Autumn?
- Can I target specific year groups with the school timetable?
- Can I support learning in the classroom or in a PE lessons to guide expectations?

### 11. Additional Documentation

Please ensure you are aware of the latest updates which are found on the booking site and the Swimphony portal in the resources section:

Please ensure you have read: Duties for observers, Information Sharing Agreement, Terms and Conditions, Short Term Privacy notice, and Safe Practice in Swimming Operating Procedures. If you would like a copy prior to booking please email [school.swimming@nottinghamcity.gov.uk](mailto:school.swimming@nottinghamcity.gov.uk)

### 12. Final week swimming activities:

You will now be able to select from a menu for the last week of term or final lessons in your programme. Please ensure that you are aware of the different options and activities available to your school.

### **Changes to School Swimming Delivery 1<sup>st</sup> September 2025 Free Play bookings**

School Swimming lessons are to support National Curriculum learning outcomes, delivery will be planned and fully structured at all times.

The NRASTAC qualification is deemed suitable for programmed structured swimming lessons and prohibits unstructured sessions activities including Free Play outside of the agreed lesson plan programme.

The service will continue to offer the opportunities for Free Play bookings to schools however, these must be requested four weeks in advance to enable coordination with the leisure centre and confirmation of a Free Play booking.

To book or make further enquiries regarding a booking please contact: [school.swimming@nottinghamcity.gov.uk](mailto:school.swimming@nottinghamcity.gov.uk).

Please ensure all certificates and awards are downloaded in Swimphony and celebrated!

