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Friday 28th February 2020

Dear Parents/Carers,

As you will be aware, your child has attended swimming lessons whilst at DKH. The National Curriculum requirements for swimming and water safety are for children to be able to achieve the following by the end of year 6:

- Swim competently, confidently and proficiently over a distance of at least **25 metres**.
- Use a range of strokes effectively.
- Perform safe self-rescue in different water-based situations.

Some children still need to develop further in one or two of these areas, therefore we are encouraging parents to help children gain confidence and meet these standards by providing them with opportunities to swim outside of school regularly.

We are very fortunate that in this area there are a number of venues that you can take your children swimming, including Camberwell Leisure Centre and Dulwich Leisure Centre.

Southwark also offer free swimming sessions for families on Friday, Saturday & Sundays, this is a great way to spend time together and get active whilst practicing your swimming!

For more information please visit <https://www.everyoneactive.com/southwark-free-swim-gym/> or pop in to your local leisure centre with proof that you are a Southwark resident.

Swimming is a very important life skill that could save lives and we encourage you to take your children swimming as often as possible.

Yours sincerely,

Ms Reid
Science and Physical Education Lead

