



13 October 2025

Dear Families

### **Year 4 Swimming Lessons**

All Year 4 children will start their swimming lessons on **Monday 3 November 2025** for 2 weeks in the afternoon. These swimming lessons will run at Gosforth Leisure Centre.

Swimming and water safety is a statutory part of the National Curriculum, with the aim that by the age of 11 (the end of Key Stage 2) all pupils should be taught to:

- pace themselves in floating and swimming challenges related to speed, distance and personal survival,
- swim unaided for a sustained period of time over a distance of at least 25 metres,
- use recognised arm and leg actions, lying on their front and back,
- use a range of recognised stroke and personal survival skills (such as front crawl, backstroke, breaststroke, sculling, floating and surface dives).

Swimming lessons will take place every afternoon 2.15pm – 3.15pm from **Monday 3 November 2025** with the final session on **Friday 14 November 2025**.

Year 4 swimmers must bring their swimming costume, towel, goggles and swim hat in a drawstring bag to school **every day**. Please ensure you put a name label on your child's bag and on their swimming kit.

Children will not wear their PE kits in the weeks commencing **Monday 3 November** and **Monday 10 November**. Children are to wear school uniform every day for these two weeks.

We ask for a voluntary donation of **£19.00** per child towards the cost of the swimming lessons. All contributions should be paid using Arbor. Please contact the office if you have any further questions about the swimming lessons.

Yours sincerely

*Miss Salter and Mrs Hague*

Miss Salter and Mrs Hague  
Year 4 Teachers