



A member of the
bdot
family

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Headteacher: Mrs Philippa Foster

Date: Friday 20th January 2023

Dear parents and carers,

Re: Swimming Lessons

Swimming is a life skill that all children must learn as part of the Government's National Curriculum.

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- ♣ swim competently, confidently and proficiently over a distance of at least 25 metres
- ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- ♣ perform safe self-rescue in different water-based situations

Swimming is also proven to boost both physical and mental wellbeing and could be lifesaving.

Swimming lessons are **not optional** in school. All children in years 4 and 5 are taken to Shipley Pool once a week to attend lessons.

Please support school by bringing your child to school on time to attend lessons. We walk to and from the pool whatever the weather so please ensure your child is appropriately dressed.

Yours faithfully,

Mrs. P. Foster
Headteacher