



Soaring to success

## P.E. How can Parents Help?

Encourage your child to join clubs outside of school that are linked with their favourite sports. Local clubs are linked below:

<http://www.rochdale.gov.uk/leisure-and-culture/sport-and-fitness>

<https://link4life.org/health-wellbeing/find-a-club-or-organisation>

<http://www.rochdalecrlsclub.com/> - Rochdale Cricket Club

<http://www.wardlevillage.info/index.php/clubs-groups?id=96> - Wardle Juniors Football Club

<https://www.rochdalerugbyjuniors.com/teams/160793> - Rochdale Rugby Union Juniors

<http://www.rochdale.gov.uk/leisure-and-culture/sport-and-fitness/Pages/martial-arts-and-boxing.aspx> - Martial Arts and Boxing

<http://turnersdancestudios.co.uk/> - Dance/ Theatre School

<http://www.bethtweddlegymnastics.co.uk/venues/311-rochdaleleisurecentre> - Gymnastics

### **Swimming**

By the time a child is ready to leave primary school at the end of Year 6 they should be able to swim, know how to get out of trouble if they fall into water, know the dangers of water and understand how to stay safe when playing in and around it. Swimming and water safety is part of the national curriculum PE programme of study for England, which means primary schools must provide lessons during Key Stage 1 or Key Stage 2. At Kentmere Academy, all children in KS2 are taught to swim, however, to help your child achieve the National Curriculum Standard of swimming (25m unaided) by the end of KS2, please see the following advice.

- Use positive language around water and swimming. It is really important that your child sees swimming as positive experience that will help them in later life. Tell them stories of how you learnt to swim or encourage a member of your family to do so. It is important to teach children not to be afraid of the water.
- Develop water confidence from an early age. Teach your child to be at ease in water, this does not have to be at a swimming pool but can be explored at bath time. Nothing can boost children's water confidence more than playing in water and having fun. Learning is only possible when your child is water confident.
- Take your child swimming as early as possible. Learning to swim is a life skill that is near impossible to forget once mastered. Swimming lessons can help your children to learn to swim with the proper technique that is what everybody needs in order to be a confident and competent swimmer.
- During swimming lessons every summer term, your child may want - or need - more time to practise swimming than is provided by the school. Go swimming as a family or sign them up for additional lessons at a local pool.