



Ewell Grove Swimming 2018



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**

Year 3 children will complete 10 swimming sessions at the Rainbow Centre during the Summer Term.