

23 September 2021

Swimming Lessons in PE

Dear Year 7 Parent / Carer,

I am writing to inform you that Kensington Aldridge Academy offer swimming lessons as part of the Year 7 and Year 8 PE curriculum. We are fortunate to have such easy access to Kensington Leisure Centre, where lessons will take place. We feel that swimming is an important life skill and is a vital part of all children's physical development.

Your child's lessons will commence immediately after the Autumn half term holidays and continue for the entire half-term (6 weeks in total). As this activity is part of the core PE curriculum, all students will be expected to fully participate in all lessons. Please support your child by ensuring they have the following essential equipment:

- Boys - Blue swimming trunks or shorts
- Girls - Blue swimming costume (optional black leggings or leotards)
- Swimming hat (all students with long hair)
- Goggles (optional)
- Towel
- Plastic bag or separate bag for wet clothing

The students will be taught by a qualified swimming instructor and will be split into groups according to their swimming ability, to ensure everyone can develop their skills. All classes will be single sex. The class teacher and lifeguards will be present on the poolside throughout.

Students are expected to follow the Academy behaviour expectations at all times whilst at the Kensington Leisure Centre and follow all instructions given to them by teachers, instructors and lifeguards. Any student who does not conduct himself or herself correctly or jeopardises the safety of other students will be removed immediately from the pool.

The students are really looking forward to the lessons and I am certain this will be a valuable learning experience for them. Thank you for your continued support in ensuring your child has the relevant kit and understands the expectations. Please do not hesitate to contact me using the details below should you have any further questions.

Yours sincerely,

Louise Thompson
Head of Physical Education