



The Two Way Street

Welcome to the fifth edition of St John's Two Way Street.

Why you should learn to swim

Have a look around you, there are many dangers. We live in an area of which many children have access to the local canal system and Shire Oak Nature Reserve. A large number of households have ornamental ponds and many of us now have our own paddling pools in the garden. **So**, if you or your children do not know how to swim then it should go to the top of your to do list.

When should you learn to swim?

Your child can learn to swim from a very young age. Swimming lessons are available for all ages (even for your grandparents, it's never too late) from Oak Park Leisure Centre, situated on the Lichfield Road.

By the time your child moves in to Key Stage two (Years 3-4,) each term, each class takes it in turn to have weekly swimming lessons. The children are given excellent tuition by Mrs Perry who is a qualified primary school swimming instructor along with their class Teacher. We also have a qualified swimming instructor provided by Oak Park.

Our aim is to get each child swimming 25m on their front/ back and treading water for 2 minutes. I am well aware many children do, or have already achieved this by the time they go into Years 5-6, and no longer go swimming with school but we do have a yearly swimming gala for the more able swimmers to participate in. For the less able swimmers we still provide some additional lessons to build more confidence.

It's all about confidence

Confidence is a big part of swimming, the more they learn, the more they improve and the more confident they will become in the water.

A few good tips to follow

1. Young children whilst they are being supervised in the bath could blow bubbles and be encouraged to open their eyes under water.
2. Take your children to the local swimming pool to play games such as ring ring o roses and follow the leader. Most games can be adapted to water with a little bit of imagination.
3. If you teach your own child to swim teach them to swim to the wall and to hold on to or to climb out of the pool. This way if a child falls into water, they will be able to **swim to the edge and hold on, or climb out.**
4. If a child can swim and can float on their back, this will allow them rest periods from swimming.
5. Teach children pool rules for their own safety / discipline and the safety of others.
6. It's a great form of exercise.

Then finally, if you see someone in danger - first get help rather than putting yourself at risk.

There is a small possibility that learning to swim could save your life!

TwoWayStreet

Email address:

twowaystreet@st-johns.walsall.sch.uk

