

## **ITEM No ...5.....**

**REPORT TO:** CHILDREN AND FAMILIES SERVICES COMMITTEE – 24 JUNE 2019

**REPORT ON:** PRIMARY SWIMMING

**REPORT BY:** EXECUTIVE DIRECTOR OF CHILDREN AND FAMILIES SERVICE

**REPORT NO:** 228-2019

### **1.0 PURPOSE OF REPORT**

- 1.1 The purpose of this report is to report on the Primary Swimming tests of change set up to agree a different, more effective method of delivering primary swimming in Dundee.

### **2.0 RECOMMENDATIONS**

- 2.1 It is recommended that committee members note the contents of the report.

### **3.0 FINANCIAL IMPLICATIONS**

- 3.1 There are no additional financial implications arising from this proposal. The P6 programme is due to start in August 2019 which is financial year 2019/20 and the new P5 programme which is due to start in April 2020 occurs in financial year 2020/21.

### **4.0 BACKGROUND**

- 4.1 Following feedback from Head Teachers on the effectiveness of the core Primary Swimming programme and agreement at the Children and Families Services Committee, reference is made to Article IV of the Minute of the Meeting of the Children and Families Services Committee held on 29 October 2018 (report no. 341-2018 refers), a series of tests of change were undertaken to test various methods of delivery of swimming to primary pupils in Dundee schools.
- 4.2 These tests of change have run throughout session 2018/19 along with the standard P6 swimming programme. (see Appendix 1 and 2) feedback was gathered and after discussions with Head Teachers in the city, City Wide Parent Council and Leisure and Culture Dundee the following recommendations have been drawn together to form the basis of the Primary School Learn to Swim Programme:
- Change the programme from P6 to P5. This is in line with advice from Leisure and Culture Dundee that it is important to start lessons at the earliest possible opportunity.
  - 6 week input programme of 3 weeks universal provision followed by 3 weeks targeted provision for non-swimmers.
  - Increase pool time from 30 to 45 minutes based on a 30 minute lesson with 15 minutes swim experience to encourage and develop confidence and fun in the water. Increased length of lesson makes better use of travel time.
  - Swim experience vouchers offered at the end of the input to encourage children to continue to swim and attend local facilities with their families.
  - The totality of the programme would be delivered across the city during the summer term when secondary pools are quieter due to timetabled outdoor PE. Other Leisure and Culture pools would be utilised where appropriate.
  - The sessions would be delivered primarily by pool technicians and Leisure and Culture staff to promote consistency in delivery and to utilise skills and experience already in Children and Families Service.
  - Senior pupils trained in the National Pool Lifeguard Qualification (NPLQ) would be given the opportunity to develop their skills through volunteering and supporting the primary programme.

The Learn to Swim programme is in addition to the required 2 hours of curriculum Physical Education entitlement in schools. It is also proposed due to the change from P6 to P5 that for one

year only the traditional P6 programme be run from August 2019 to March 2020 to ensure that no pupils miss out.

4.3 The following additional components are currently being considered to enhance the programme to further promote swimming, physical activity and water safety outwith the Primary Learn to Swim programme

- Swim experience vouchers offered to all 2 year old Local Authority nursery places.
- Swim experience vouchers offered to all primary pupils at the conclusion of their 6 weeks programme
- Any non-swimmer S1 pupils will be supported by PE staff at secondary as part of curriculum PE time.
- Develop a partnership with Royal National Lifeboat Institute to support water safety education in Primary Schools as part of the Health and Wellbeing curriculum.
- Additional Physical Activity experiences will be offered by Leisure and Culture to children who are swimmers and will not be participating in the second 3 week block of the Learn to Swim Programme. These activities could be offered in the secondary school where the primary swimming is taking place, allowing all pupils to travel together.

## **5.0 POLICY IMPLICATIONS**

5.1 This Report has been subject to an assessment of any impact on equality and diversity, fairness and poverty, environment and corporate risk. There are no major issues.

## **6.0 CONSULTATIONS**

The Council Management Team have been consulted in preparation of this report.

## **7.0 BACKGROUND PAPERS**

7.1 None.

PAUL CLANCY  
Executive Director

June 2019

## Primary Swimming Tests of Change 2018/2019

<b>Pilot 1</b> St Francis St Andrew's	
<b>Details</b> P5 non-swimmers taken to the nearest pool during curricular time 45 minute lesson once a week 7 week block	
<b>Strengths</b> Reduced target age Longer time in pool giving greater justification of travel time	<b>Challenges</b> Difficult to determine non-swimmers until in the pool
<b>Outcome</b> All children who were part of this swimming programme achieved a certificate by the end of the extended lesson programme. St Francis started with 40 non-swimmers. 1 achieved a level 2 award, 14 achieved a level 3 award, 21 achieved a level 4 award and 4 achieved a level 5 award. Figures for St Andrews school were unavailable.	

  

<b>Pilot 2</b> St Mary's – Lochee Leisure Centre Downfield – St Paul's Academy school pool Sidlaw View – Baldrigon Academy school pool	
<b>Details</b> P6 non-swimmers taken to the nearest pool at the end of the school day 30 minute lesson once a week 10 week block	
<b>Strengths</b> Less impact on the school day Targeted at non-swimmers	<b>Challenges</b> Relies on staff from primary out with the school day Dependent upon parental permission Difficult to determine non-swimmers until in the pool Unable to staff in school pools
<b>Outcome</b> All children who were part of this swimming programme achieved a certificate by the end of the programme. St Mary's started with 19 non-swimmers. 3 achieved a level 2 award, 6 achieved a level 3 award, 8 achieved a level 4 award and 2 achieved a level 5 award.  Downfield and Sidlaw View pilots were unable to progress due to staffing difficulties.	

  

<b>Pilot 3</b> Forthill Eastern Barnhill	
<b>Details</b> P6 non-swimmers taken to the nearest pool during curricular time 45 minute lesson 10 lessons over 3 weeks	
<b>Strengths</b> Targeted to non-swimmers Reduced impact on curricular time Intensive approach	<b>Challenges</b> Difficult to staff – school perspective Difficult to staff on consecutive days – pool techs Difficult to determine non-swimmers until in the pool
<b>Outcome</b> All children who were part of this swimming programme achieved a certificate by the end of the intensive programme. Barnhill started with 14 non-swimmers. 1 achieved a level 1 award, 10 achieved a level 3 award and 3 achieved a level 4 award.	

<p>Eastern started with 10 non-swimmers. 4 achieved a level 2 award, 2 achieved a level 3 award and 4 achieved a level 4 award.</p> <p>Forthill started with 15 non-swimmers. 9 achieved a level 3 award and 6 achieved a level 5 award.</p> <p>This pilot highlighted a time of year in the secondary calendar when the pool is generally quieter due to the timetabling of outdoor PE.</p>
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<b>Pilot 4</b> Woodlea Nursery School Wallacetown Nursery School	
<b>Details</b> Vouchers given to all pre-schoolers 5 visits to local pool for one adult and one child free of charge	
<b>Strengths</b> Swim experience targeting younger children No impact on curricular time	<b>Challenges</b> Out with primary target Does reduce inequalities? Not a swimming lesson
<b>Outcome</b> Wallacetown – 350 vouchers issued, 68 used for the Olympia Leisure Centre (19.4% uptake) Woodlea – 300 vouchers issued, 13 used for Lochee Leisure Centre (4.3% uptake)	

<b>Pilot 5</b> St Francis Primary and St Paul's Academy	
<b>Details</b> All P1 pupils 6 sessions over 2 weeks during study leave at St Paul's Academy	
<b>Strengths</b> Swim experience targeting younger children. The age of the children made them more comfortable and they engaged more readily in the learning and water experience.	<b>Challenges</b> High number of staff required due to the age and needs of the younger children both in the water and How can the experience of swimming be sustained from P1 to secondary school education?
<b>Outcome</b> All children showed an increase in water confidence. Seven children from the P1 cohort were classed as swimmers by the end of the input. Life skills experience to visit a pool, sometimes for the first time, at a young age.	

## Primary Swimming Award Criteria

### Level 1

1. Safe entry into the pool using the steps
2. Submerge face and blow bubbles through mouth and nose (no nose holding)
3. Move confidently around the area keeping balance, jumping and side stepping across the pool
4. Holding onto the wall lie flat in the water with arms extended and legs floating at the surface of the water with face in the water for 5 seconds
5. Attempt floating with aids
6. Safe exit using the steps

### Level 2

1. Safe sit and swivel entry into the pool
2. Submerge completely and blow bubbles for 5 seconds
3. Push and glide towards the wall ensuring the arms are extended and the legs are together and straight
4. Push and glide from the wall using a float showing good body position and blowing out through mouth and nose
5. Perform a floating shape (star float or straight float) using aids
6. Kicking action on front for 5m using aids attempting to get face in water and legs extended
7. Kicking action on back for 5m using aids attempting to get tummy up to surface and legs extended
8. Attempt swimming action, feet off pool floor and using arms
9. Retrieve an object from the pool floor using any body part
10. Safe exit using steps or climb out of pool.

### Level 3

1. Safe sit and swivel entry into the pool
2. Perform 5 continuous bobs attempting to control breathing by exhaling under the water each time
3. Perform a star float for 5 seconds (front or back) with no aids and good body position
4. Push and glide from the wall without a float for a distance of 5m with face in water and arms extended. Good body position and exhaling into the water
5. Front crawl kicking legs across the pool. Stopping is allowed but the leg action must be correct ensuring pointed toes, floppy ankles and kicking from the hip
6. Back crawl kicking legs across the pool. Stopping is allowed but the leg kick must be correct and eyes must be looking to the ceiling
7. Swim front crawl across the pool ensuring over water recovery, consistent leg action and face in the water attempting to breathe to the side
8. Submerge and retrieve an object from the pool floor using hands
9. Safe exit either by the steps or climbing out of the pool

### Level 4

1. Jump in entry
2. 10m front crawl kick with a float, face in the water, breathing to both sides
3. 10m back crawl kick, head still with eyes looking to the ceiling, tummy up, toes just breaking the surface
4. Swim 10m front crawl, looking for the following
  - a. Strong push and glide from the wall ensuring streamlined body position
  - b. Steady head with face in the water, turning to breath every 3/4 strokes
  - c. Steady leg action ensuring only soles of feet break the surface of the water
  - d. High elbow recovery, finger tip entry and pulling back to hips
5. Swim 10m back crawl, looking for the following
  - a. Good strong push of the wall ensuring good body position
  - b. Steady head looking up to the ceiling
  - c. Consistent leg action with only toes breaking surface
  - d. Straight arm recovery, thumb out first - pinky in first
  - e. Rolling shoulders to allow arms to move freely, ensuring arm brushes past ear
6. Attempt breast stroke kick, circling legs with feet turned out
7. Attempt dolphin kick, face in the water with arms by sides
8. Submerge and swim through a hoop at the shallow end

9. Tread water for 30 seconds with an aid
10. Jump in deep water
11. Safe exit by climbing out of the pool

#### **Level 5**

1. Jump in entry with confidence
2. 20m front crawl kick with float, face in the water blowing out through mouth and nose
3. 20m back crawl kick with arms extended above the head, arms squeezing the ears, flat body position and toes breaking the surface of the water
4. Swim 20m front crawl holding good technique and body position
5. Swim 20m back crawl with streamlined body position, steady head, straight arm recovery and consistent leg action
6. 10m breast stroke kick ensuring both feet are turned out, driving back and together and glide
7. Breast stroke arms and breathing with a noodle – pull (ensuring the palms meet under the chin), breathe and glide
8. Perform a head first surface dive at 1.5m and retrieve an object from the pool floor
9. Tread water for 30 seconds, keeping head above the water
10. Perform a sitting or kneeling dive
11. Safe exit by climbing out of the pool

#### **Level 6**

1. Jump in with confidence
2. Swim 25m front crawl holding good technique, body position and bi-lateral breathing
3. Swim 25m back crawl holding good technique and body position
4. Swim 10m breast stroke holding good technique and timing – pull, breathe, kick, glide
5. Swim 5m butterfly, pulling to hips
6. Swim 5m – tread water for 30 seconds – swim 5m (no contact with poolside)
7. Swim 10m, perform a surface dive and swim through a hoop at 1.5m
8. Perform a forward tumble at the wall and attempt to push off with feet
9. Perform a standing dive
10. Safe exit by climbing out of the pool