



Addison Primary School

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Head Teacher: Mr D Mc Garrigle

Year 3 – Ruby Class Swimming

15th April 2026

Dear Parents & Carers,

Swimming is a vitally important life skill. In addition to it being great fun and good for your health, it is the only sport that can save your child's life. Drowning is still one of the most common causes of accidental death in children, so being able to swim is an essential life-saving skill.

By the end of primary school, all children should be able to swim 25 metres unaided and use a range of strokes effectively. Therefore, we have arranged for Ruby class to begin swimming lessons on Wednesday 22nd April. More information can be found at: <https://educationhub.blog.gov.uk/2021/07/13/did-you-know-swimming-and-water-safety-are-part-of-the-school-curriculum/>

The swimming lessons will be every Wednesday from 9:40-10:35am. Pupils will walk to St. Paul's Girls' School and lessons will be led by experienced swimming instructors (class teacher will be present throughout too).

Please ensure that your child has:

- Swimming costume/trunks
- Swimming hat
- Towel
- Separate bag to keep wet clothes

If a pupil does not bring a swimming hat, they will not be allowed in the pool (this is for hygiene reasons).

More information on PE and the national curriculum is available on this website:
[National curriculum in England: physical education programmes of study - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Yours sincerely,

Mr D Mc Garrigle
Head Teacher

