

Swimming Lessons at The Paragon School

Each Class or Year Group (from Reception-Year 3) will have a scheduled weekly swimming lesson, where they are transported via minibus to the Prior Park Pool and taught the basic, fundamental skills of swimming across all strokes. The PE teaching staff deliver these lessons, and generally, the class TA or teacher will also accompany the children to and from the venue where they help supervise from the side of the pool.

On completion of the lesson, the pupils will change and once again, be transported back to the Paragon School via minibus where they are taken back to their respective classrooms.

In terms of kit, all pupils should have a school regulation swimming costume or trunks, along with the Paragon School branded latex swimming hat and their own choice of goggles. Pupils will also need their own towel for this lesson. They do not need their own armbands, as the school provide these as standard for those who need them. Each pupil is regularly assessed for their ability and the use of safety aids such as floats and woggles are also used to help build confidence in the water.

Year 4 swim every other week, in the same format as above. They are reminded of which class will swim on the weekly prep update from Mr Goodman each Sunday, so it is imperative that this is read and checked thoroughly to avoid any confusion.

For Years 5 & 6, we fit occasional swimming sessions in Games lessons during the year, but they are not very frequent. The Year 5/6 swim squad (after school and at lunchtime) are for our stronger swimmers and by invitation only, who work towards inter-school galas and the biathlon.

Should you have any further questions, please do not hesitate to contact the Sports Department.

September 2024