



Alban City School  
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29th April 2019

Dear Parents and Carers,

### Top-Up Swimming Lessons

We would like all our pupils to leave Alban City School at the end of Year 6 with the skills to keep themselves safe while enjoying swimming with friends and family. The National Curriculum requirement by the end of Year 6 is for children to be able to:

- Perform safe self-rescue in different water-based situations
- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

We are able to offer four top-up swimming lessons for any child in Year 6 who has not yet acquired these skills. The lessons will take place on Monday afternoons on June 10th, June 17th, July 1st and July 8th at St Albans High School for Girls. There will be no charge for these lessons.

Please could you return the slip below by Friday 3rd May to let us know if you think your child would benefit from these lessons, to give us an idea of numbers and how many swimming teachers we will need to book.

Yours sincerely,

*Mrs G Stray*

Headteacher

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### PLEASE RETURN BY FRIDAY 3rd MAY

Year 6 Top-Up Swimming Lessons. Please delete as applicable:

My child already meets the National Curriculum swimming requirements and does not need to attend the extra lessons.

OR

My child has not yet acquired the necessary skills and would benefit from attending the extra lessons.

Child's name ..... Parent signature.....