



14/11/2025

School Swimming Newsletter

Class Swimming Lessons



What a fantastic start to our school year! Our class swimming lessons are really ticking along, and the children are already showing great progress.

Year 3

Our Year 3 swimmers have shown a noticeable boost in confidence. Due to the recent weather changes, we've adjusted our structure for the time being by having all children in the water together, swimming widths rather than lengths. This keeps everyone active, warm, and engaged, without long waits for their turn.

Year 5

In Year 5, we've focused on improving technique, concentrating on a different stroke each week. The strength and skill the children are developing have been wonderful to see. We have also focused on our '*push and glides*' with a rotation from front to back to help aid our ability to hold a star float in the water.

Year 6

Year 6 swimmers have been working on both stamina and technique. We've used a variety of drills to strengthen different parts of the body—and the challenge to find the most unusual drill has been happily accepted! (Ask your child about the *chicken arm drill*.)

Another fun addition has been group kicking at the side of the pool. The determination and competitiveness are fantastic, and while no one wants to be the first to give in, rest assured these exercises are done in short, manageable bursts.



Inclusive Swimming Sessions

The children attending our small-group sessions continue to amaze us. Their enthusiasm, joy, and eagerness to learn new skills make these sessions a highlight of the week.

These smaller groups allow for more individualised support, helping children build confidence, develop water-safety awareness, and strengthen muscle groups while forming positive relationships with peers. As their confidence grows, their swimming ability goes from strength to strength!!

Swimming Discos!

A new favourite this term has been our swimming discos! The younger swimmers especially love dancing their way through the water to KPOP's *Demon Hunters*, while the Year 6 group recently enjoyed a country music compilation—complete with some impressive freestyle dance moves!

These sessions are filled with energy, determination, and big smiles. We're so proud of every swimmer and the effort they bring each week.

Huge shout out to some of our star swimmers over this last few weeks!!!

Year 3 Oakley, Roman, Olivia, Aubrey, Giovanna

Year 5 Felix, Leon, Pratharna, Sophia

Year 6 Finley, Daisy, Ashton

Swimming Days for your children



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|---------------------|------------------------------------|----------------------------------|----------------------------|
| Monday afternoons | Year 6 Axe/Otter Class | Mrs Dyer/Mr Delfosse | |
| Wednesday morning | Home Edders | | |
| | Year 6 inclusive session | Invited children only | |
| Wednesday afternoon | Year 4&5 inclusive sessions | Invited children only | |
| | Year 3 inclusive Sessions | Invited children only | |
| | Year 1&2 inclusive | Invited children only | |
| Thursday afternoon | Year 5 Yarty/Tale Class | Ms Bennett/Mrs Royle | |
| Friday afternoon | Year 3 | Culm Class Miss Mellor | 24/10 and then fortnightly |
| | Year 3 | Sid Class Mrs Clancy | 17/10 and then fortnightly |

The following kit is required on swimming days: Swimming costume, shorts and towel. Goggles are optional but most of our children do prefer to wear them and whilst I do have a few sets of goggles I can lend, it is always easier if your child wishes to wear them, to bring in their own.

Please check out the school website for further information regarding swimming here at Seaton Primary School.

Thank you for your ongoing support. We look forward to celebrating even more progress and successes as the term continues!

Best Wishes,

Kelly Lawrence
Swimming Teacher

