



Ark John Archer Primary Academy

Principal: Moira Cruddas

Plough Road
Battersea
London
SW11 2AA

Tel 020 72281710

admin@arkjohnarcher.org

www.arkjohnarcherprimary.org

Friday 18th March 2022

Year 3 & 6 Swimming

Dear Parents, Carers & AJA Families

Many thanks to you all for supporting the children and swimming this academic year. As we are aware, swimming is such a key skill for children as well as being a statutory part of the national curriculum. By the time the children finish primary school they are expected to perform safe self-rescue in different water-based situations, swim competently, confidently and proficiently over a distance of at least 25 metres as well as use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

As well as being fun, swimming has many other benefits including:

- being a relaxing and peaceful form of exercise
- alleviating [stress](#)
- improving coordination, balance and [posture](#)
- improving flexibility
- providing good low-impact therapy for some injuries and conditions
- providing a pleasant way to cool down on a hot day
- being available in many places – you can swim in swimming pools, beaches, lakes, dams and rivers. [Make sure that the environment you choose to swim in is safe.](#)

Once the swim is over... the not so fun part is getting dried and for some children this can be a cause of anxiety and worry. They want to get dried then dressed quickly and they forget to dry parts of their bodies. This can lead to soreness between toes (which can then turn into athletes' foot), chaffing between the legs and if they don't do it properly at all, clothes become wet and then damp which is really uncomfortable.

I am going to ensure that we give some little lessons and guidance in class about how to dry carefully and I was wondering if you could also give your child some reminders about it too.

As always, thank you for your continued support.

Best Wishes

Moira Cruddas
Principal