



Scoil Chroí Ró - Naofa Beannchor Iorrais



Scoil Chroí Ró-Naofa
Beannchor Iorrais
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Registered Charity Number : 20129651

Physical Education - Swimming

Swimming is a mandatory part of the Physical Education curriculum and is an invaluable life skill especially in our area where we are surrounded by water namely the Atlantic ocean, Carrowmore lake and the Owenmore river.

Swimming will take place over a 6 week period in early Spring every year.

We ask parents of **Junior and Senior infants** to bring their child/ren to the swimming pool weekly if possible during this **two year period** so that they will be comfortable in the water by the time **school lessons begin in 1st class**.

Children begin lessons in the Spring of 1st class.

For swimming, children will require a swim suit / swimming togs, swim hat and goggles.

They will need to have practiced changing, drying themselves and organising their belongings prior to the lessons.

Parents will be informed at least 2 weeks in advance of the commencement of swimming lessons each year.

JUST KEEP SWIMMING !



School Swimming and Aquatics Policy

The strand units of the Aquatics curriculum include:

Junior and Senior Infant classes

- Hygiene
- Water safety

1st , 2nd and 3rd classes

- Entry to and exit from the water
- Buoyancy and propulsion
- Stroke development 1

4th , 5th and 6th classes

- Stroke development 2
- Water-based ball games
- Understanding and appreciation of aquatics

The aquatics curriculum recognises that there is more to swimming than learning to swim strokes and competing in swimming competitions.

The emphasis is on **acquiring a set of fundamental skills, attitudes and understanding before** becoming competent in traditional strokes. This is carried out through **Junior and Senior infants**.

Play in the water assists the child in learning and is the preferred path for helping the child experience the beneficial aspects of water. Many of the strand units in the curriculum contain sample games which can be used to introduce, reinforce or develop the skills to be taught. Games can augment learning by serving as a means of practice, feedback and reinforcement.

The aquatics strand is not divided into class levels but is presented as one complete unit, allowing implementation **progressively** at whatever stage the child has an opportunity to begin water-based activities. We begin the water based activities of our school aquatics programme in **First class** and allow pupils to experience **6 swimming lessons** ,every year, for six years while in Bangor Erris NS .

Planning an aquatics programme for most teachers will differ from planning for other strands of the curriculum, as it involves liaison with other personnel who deliver the programme. Time for travelling to and from the pool also needs to be taken into account.

Máire Bn. Uí Dhomhnaill
Príomhoide

Nár Laga Dia do Lámh

1989

1989

