

# Year 1 Room 9, 12, 13 & 15

## Swimming Lessons



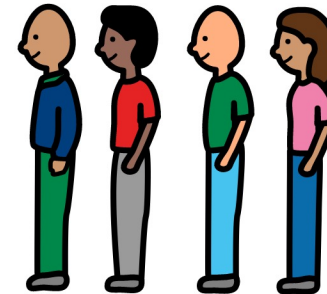
In Week 7 and 8 I will be going to swimming lessons with my class and teacher. We will go on the bus. On the bus, there will be other classes who are also going to swimming lessons.



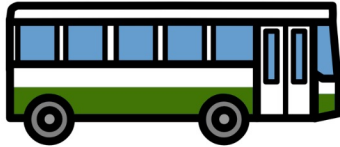
The swimming lessons will take place at State Swim in Canning Vale.



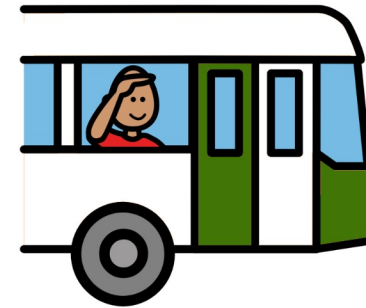
My teacher will tell me when our class will go swimming. I can come to school in my swimming clothes or I can get changed at school. I will wear my school uniform on top or it will be packed in my swimming bag.



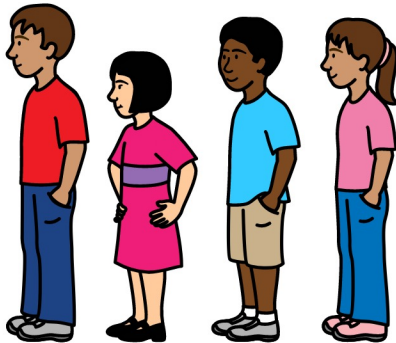
My teacher will tell me when it is time to leave the classroom. I will take my towel, goggles and shoes and line up outside my classroom. I might also choose to take a dressing gown.



With my teachers and class, we will walk quietly to the bus. The bus will be waiting for us outside the school. We will go through the gate near Room 50. We will line up next to the bus. As we get on the bus, a teacher will count how many students get on.



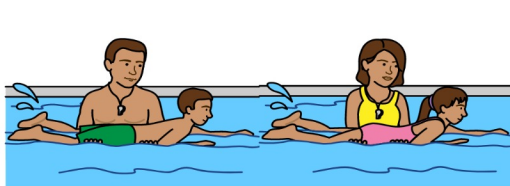
The bus might be noisy. If it's bothering me, I can talk to my teacher. My teacher might let me sit at the front. I can also sit next to a friend or I can look out the window. I can bring some fidgets or headphones with me if I feel I could use them to help.



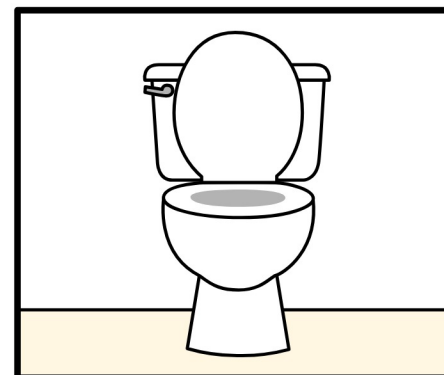
When the bus arrives at State Swim, we will walk quietly off the bus. I will line up with my class and we will walk in a line from the carpark to the door at State Swim.



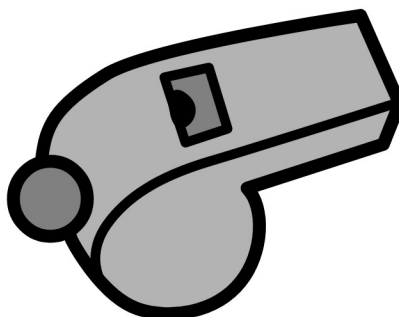
When I get inside my teacher will tell me where to put my towel and shoes. We will sit on the bench and wait. I will meet my swimming teacher here.



When I get in the water, I might get splashed and might be asked to put my head under the water. If I feel uncomfortable or need help I can let the swimming teacher know by putting my hand up and verbally telling them.



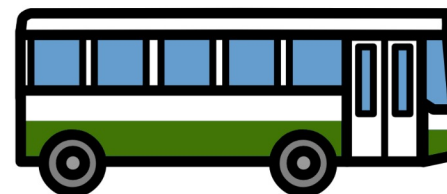
If I need to go to the toilet at the pool, I can ask my teacher and they will take me. I must not go on my own. We will go to the toilets next to the pool.



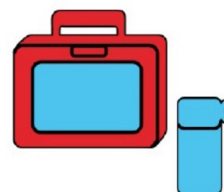
At the end of the swimming lesson, the whistle will blow 3 times. I need stay calm, follow my swim teachers instructions and get out of the water.



When I am out of the water, I will walk to my towel and shoes. My towel will keep me warm and dry. If I have a dressing gown or shirt, I will put that on.



When the swimming lessons are over, I will quietly walk to the bus with my teacher and classmates. The bus will be waiting outside of the pool. We will line up next to the bus. While we are walking onto the bus the teacher will count how many students get on.



When I get back to school, I will get changed out of my swimming clothes and into my uniform. My swimsuit, towel, goggles and shoes will need to go in a bag ready for me to take home at the end of the day. When I am ready, we will be able to have something to eat and drink. We might even have a quick play. My teachers will tell me if we have a different recess or lunch break.