

Years 2, 3, 4 Swimming Lessons - Session 1

Room 50, 35 28



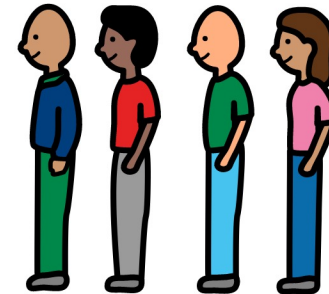
On Monday I will be going to swimming lessons with my class and teacher. The swimming lessons go for two weeks. We will go on the bus.



The swimming lessons will take place at Cockburn Arc.



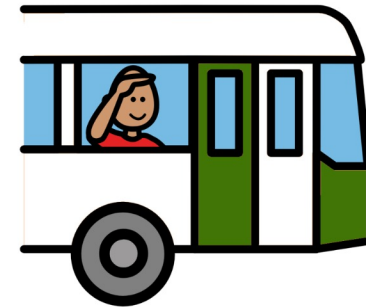
My teacher will tell me when our class will go swimming. I can wear my bathers to school underneath my uniform or I can bring my bathers to school in my swimming bag. When it is time to get changed into my bathers for swimming lessons, my teacher will tell me.



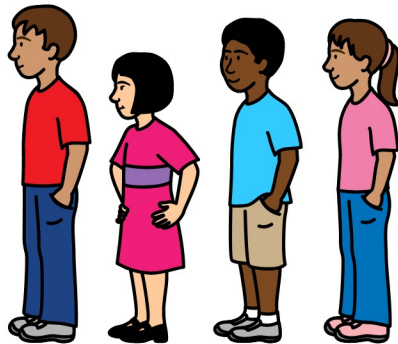
My teacher will tell me when it is time to leave the classroom. I will take my towel, goggles and shoes and line up outside my classroom. I might also choose to take a dressing gown.



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.



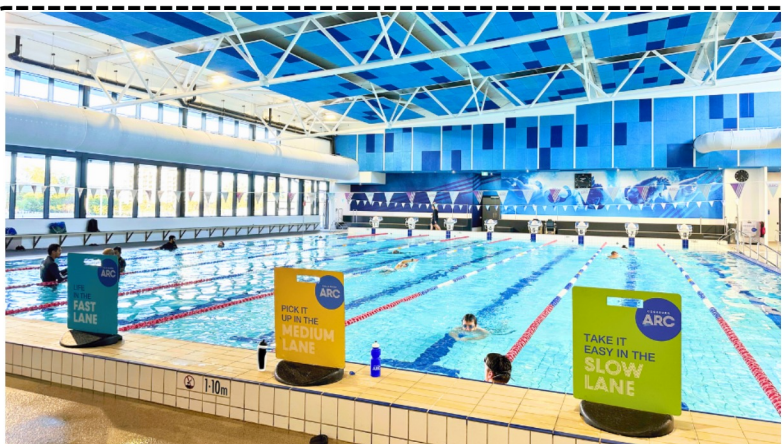
The bus might be noisy. If it's bothering me, I can talk to my teacher. My teacher might let me sit at the front. I can pack some regulation tools like headphones or small fidgets to help me. I can also sit next to a friend or I can look out the window.



When the bus arrives at the pool, 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.



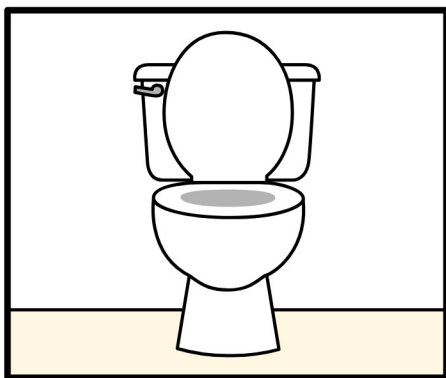
My teacher will tell me where to put my towel and shoes.



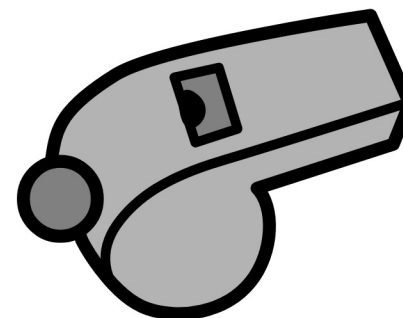
We will sit on the bench and wait. I will meet my swimming teacher here.



When I get in the water, I might get splashed and I might be asked to put my head under the water. The swimming teacher will look after me while I am in the pool. I need to be calm and listen.



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 to 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 swimming lessons are over, we will walk quietly to the bus. The bus will be waiting for us outside the pool. We will line up next to the bus. As we get on the bus, a teacher will count how many students get on. When we return to school we will go through the gate near Room 50, then return to class.



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, my teacher will tell me when it is time to have something to eat and a drink. We might even have a quick play.