

## SWIMMING UNIT STARTS in JANUARY

Dear Parents

Swimming lessons will begin on **January 8<sup>th</sup> until March 3<sup>rd</sup> 2018**  
for the following classes:

Grade 3	Grade 4	Grade 5
Dunevant	Benson	Jordan
Breault	Martens	Miller

The swimming lessons are an important part of our **PYP (Primary Years Programme) PE** curriculum throughout your child's school career. Swimming is an element of "Individual Pursuits" in which students develop basic motor and movement skills, the techniques, rules and purpose of a range of athletic activities (for example, track and field, swimming, skating, skiing), as well as understanding what consists of a high level of achievement and how to improve a performance.

In our Individual Pursuits units of inquiry, the central ideas include:

- **In grade three**, students explore how accuracy, balance and coordination transcend all basic movement skills and allow individuals to become physically literate.
- **In grade four**, students explore how physical literacy is the ability, confidence, and desire to be physically active for life.
- **In grade five**, students explore how understanding of the rules, tactics and skills of athletic activities allow us to set goals, share our knowledge, and help officiate and organize competitions.

These big ideas will frame the specific swimming skills your child will learn and practice. All of this together will help develop a sense of accomplishment and build self-confidence. During the unit all students will strive to embody the ten attributes represented by the IB learner profile.

Also, please be aware that the ASW swimming pool is constantly monitored and kept at a very comfortable swimming temperature. The pool maintenance staff understands that young children become chilled very easily, so the water temperature is increased when elementary students are scheduled to swim. The shower/locker rooms are also very warm to prevent children from becoming chilled. Teachers and their assistants make every attempt to dry children's hair and make sure they dress quickly with appropriate clothing.

Please make every attempt to have your child participate and come prepared for swimming classes. Maintaining a positive attitude about swimming will help your child enjoy it more and become more successful. We need your help to encourage your child's participation in this important part of our PYP Physical Education curriculum.

Sportingly yours,

ES Physical Education Teachers  
Mr. Kienhuis, Mr. Beni, Mr. Szuter

**\* Please find the swimming guidelines on the other side of this letter.**

***The following items are needed:***

***Swim wear***

Girls are required to wear one-piece swimsuits.

Boys are required to wear Spandex/Lycra swimsuits.  
(baggy shorts are not allowed)



***Silicone Swimming Cap***

Anyone with hair that is long enough to cover the eyes will be asked to wear a swimming cap. However, silicone swim caps are strongly recommended for all students as they worn appropriately keep the hair relatively dry which will allow the students to save time on drying after a lesson.



***Goggles***

Eye goggles are required.

Masks are not permitted (nose cannot be covered).



***Flip-flops***

Flip-flops are recommended for student safety.

***Towels and accessories***

Students must provide their own towel. Children will be required to shower before entering the pool. The school provides soap in a dispenser in the showers. Students will also have time to shower after swimming lesson.