

# Your Recipe for Success

## Contact Details

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The National  
Top Up  
Swimming  
Scheme

Case Studies

Please tick the relevant box to indicate which challenge you are sharing

- How you are using the specialist status to improve learning and raise standards in your Sports College
- How you are using the specialism of PE and sport in the development of your School Sport Partnership

## Your Example of Practice title

Sedgefield Top Up Swimming Programme 2007

## The Challenge

**What did you want to do?** (What problem did you want to address?)

- Identify all yr 6 pupils who could not swim 25m
- Invite all yr 6 pupils who could not swim 25m to the Top Up Swimming programme to try and achieve 25m
- Build confidence
- Raise water safety knowledge
- Provide an intensive 5 day course for the children

## Meeting the Challenge

### What did you do? (How did you do it? What strategies have you used?)

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- Schools nominated all children who could not attain 25m
  - Invited all yr 6 pupils who could not swim 25m to attend top up swimming course
  - Provided transport to and from schools
  - Gained access to shallow and deep water pools at a local leisure centre
  - 2 weeks were allocated immediately following the yr 6 SATS to run the 2 weeks of courses
  - Each child got 45 minutes pool time for 5 days on consecutive days
  - 2 instructors were present and class sizes were maximum 24
  - session included relaxation, floating, gliding, legs only, arm stroke, confidence building games and water safety/awareness tasks – each session followed a similar routine to help with confidence and familiarity
  - children were tested on various occasions for distance they could achieve
  - lowest 10% were identified for follow up free of charge Sunday sessions
  - secondary school details were collected for follow up Aquatic and water safety festival next school year
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## Impact

### What difference has this made? (What differences are you seeing in young people e.g. attitude, behaviour, achievement and attainment? What evidence do you have?)

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- 39% of the pupils achieved 25m or more
  - 94% said the course increased their confidence
  - 97% increased their knowledge and now say they know the dangers of swimming and water
  - increased awareness of community facilities and activities
  - teachers saw pupils in a different light
  - relaxed teaching style had an excellent effect on the pupils willingness to learn
  - gave an opportunity for the children to meet new friends
  - children were very supportive with one another, encouraging each other to achieve
  - every child was proud of themselves and felt they had achieved even if they did not make 25m, the 25m length became less important
  - children were setting personal targets to achieve
  - children's attitude to learning improved
  - view on swimming change and many children enthusiastic about coming
  - there was an increase in pupils self-esteem
  - many children overcame their fears
  - all the pupils ability increased
  - technique and knowledge of technique improved
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### Why did it work? (What were the critical factors which made this work for you?)

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- multi organisation planning and delivery
  - content of programme; relaxation, floating skills, technique and water safety
  - relaxed teaching style of the instructors made a calming environment
  - relaxation techniques got rid of children's fears and increased their confidence
  - 45 min sessions were a good length to maintain concentration
  - intensive course meant the children could see a day to day improvement
  - watching peers achieve made everyone eager to learn and encourage one another
  - instructors rapport with the children created a friendly atmosphere they wanted to learn in
  - children had decision of what activities they wanted to participate in, no child was 'made' to do anything
  - the quality facilities made it different to school swimming and gave access to shallow and deep water pools
  - having teachers present made the link with the school and could share the successes with the children outside the sessions
  - length achieved was measured on several occasions to reduce the stress the children felt
  - none-swimmers/low achievers were picked up and given extra free swimming sessions on Sundays
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**Please complete and send to your Regional Top Up Coordinator.**