

# Your Recipe for Success

## Contact Details

**School Name: Park House school**

**Partnership Name: Berkshire school Sport Partnership (East and West)**

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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

Top-Up Swimming – Intensive Courses

## The Challenge

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

Targeted approach across the two school sports partnerships within West Berkshire to provide pupils with an opportunity to reach their key stage 2 target. Aimed at poor swimmers, schools that have low achievement in swimming and limited opportunity for participation.

## Meeting the Challenge

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

Created a programme designed as a targeted intervention, rather than a substitute for general school swimming. Learning directed at those already making efforts to achieve KS2 targets. Delivery of the learning took place on an intensive basis to enhance learning and to achieve a successful outcome. Approximately groups of 10 learners as some pupils have found it difficult to learn in normal class situation so, therefore, anything that exacerbates their fears was avoided. Lessons lasted for 30 minutes of although opportunity was made available to deliver the session at a more leisurely pace to meet individual needs.

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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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Following recent discussion with teachers whose pupils have taken part, the following feedback was obtained:

**Attitude:** According to Beedon School, as a result of taking part, pupils were notably more confident, motivated and pleased with their achievements. Pupils expressed their enjoyment in taking part and displayed happiness about gaining their certificate. One girl (who is still to complete the full program), initially terrified of water, is now showing signs of improved confidence. She is able to swim half a width and put her head underwater. Another two swimmers who took part attended an outdoor activities week following the course which included swimming activities. According to the teacher at the school, the Top Up swimming program definitely contributed to the pupils having the confidence to take part in the activities and children appeared less intimidated by stronger swimmers.

**Behaviour:** Staff at Beedon School also stated that parents had noted a change in behaviour of some of the children, putting the improvement down to the child having a sense of achievement and, therefore, feeling happier. Parents also pointed out that children were now keen to take part in swimming in their leisure time.

**Achievement:** To date 14 pupils have completed their course. 100% of participants have successfully met the 25m target. A further 29 are currently taking part in courses running in Newbury, Berkshire.

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**Why did it work?** (What were the critical factors which made this work for you?)

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**Location:** The swimming pools used were chosen according to availability and convenience to the schools due to take part. The pools were either within walking distance or a short distance by car.

**Funding:** For many primary schools funding is an issue. What appeared to work for most parties was that availability of funding for transportation and additional supervision. For some schools, without this option, simply would not have taken part.

**Transport:** The decision was made that the primary schools would sort out their own transport. This usually resulted in the use of volunteers or learning assistants. On occasion taxis were used. The volunteers were familiar to the children and CRB checks were carried out in advance of the lessons.

**Supervision.** The pupils were usually supervised by classroom assistants. For the majority of the time, depending on who was taking part, one male and one female would be present. This was essential for changing room supervision and walking across car parks.

**Facilities:** The facilities were provided by local schools, which proved advantageous for a number of reasons, such as, health and safety measure being in place and a reduced hire rate.

**Coach:** The coach held both NPLQ and ASA teacher awards, this reduced expenditure as it omitted the necessity of employing two individuals to carry out the teaching and life guarding. The coach was experienced and very enthusiastic about her subject, which was evident during lesson observation. Delivery was fun and focused.

**Co-ordination:** The co-ordination of the courses mainly took place at Park House School, which is the hub site for the West Partnership. The bulk of the co-ordination was carried out by the sports administrator who has experience at running community sports courses. Quality Assurance involved monitoring of health and safety, collation of records of assessments, checking the suitability of the coaching staff and lesson observation.

**Environment:** For many children, confidence is an issue, so it was imperative that we provided a non competitive, non –threatening environment for all swimmers. What appeared to encourage and motivate the learners is that groups consisted of all weak swimmers and small numbers, which was less intimidating than normal class situations.

**Timing:** The courses were run on an intensive basis usually three half hour sessions, three times per week, over a three week period.

Courses are planned subject to demand, which is largely based on the findings from the PESSCL survey, however, for many schools, at the time the survey was completed they had not carried out their own swimming lessons, therefore, results were inaccurate by the time co-ordination took place. For this reason, a number of Primary Link Teachers (PLT's suggested that the funding also be targeted at Yr 7 pupils).

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**Please complete and send to your Regional Top Up Coordinator**

