

Swimming in Physical Education

Term 2 - Water Safety



Swimming is an integral life skill which allows individuals to participate in water activities for the duration of their lifespan. As we return from our holidays and reflect on the activities we participated in, I am sure many of you experienced some kind of activity which involved water. During Term 2, all students from F3 – Year 6 will develop their skills and knowledge about water safety to support their participation in a range of water activities as global citizens.

Swimming is the only sport our students will learn which will provide them with the skills to keep themselves alive. With knowledge about water safety and the ability to swim, an individual can do many activities such as; surfing, water polo, body surfing, canoeing, diving, snorkelling, swimming for recreation, competitive swimming, water skiing, wakeboarding, underwater hockey and many more! It is an important skill, which we at BIS feel will enrich all the lives of our students and families.

Swimming also has many health benefits such as increased cardiovascular fitness, muscular strength, bone density, coordination and flexibility. Most importantly it positively impacts an individual's well-being by providing a fun environment to enjoy with friends and family.

Whilst water activities are a great way to have fun, they can also pose a significant risk for those who do not understand the hazards and safety precautions in and around water. In Vietnam, the Ministry of Health reports that 16 people drown every day in Vietnam. The leading cause of death of children in Vietnam is drowning. Vietnam is a country with many waterways and coastal regions. It is imperative we educate our children on how to access our surrounding environment safely.

During the weekly swimming lessons, students will explore water safety with a global mindset. As Global Citizens we will explore the different rules, signs and water ways which our students may experience in their lifetime. They will develop skills and knowledge to support their own safety and a greater awareness of safety for others. It is our ambition for our students to share their learning throughout their lifetime to help combat drowning in Vietnam and throughout the world.

As a Physical Education Department, we are excited to share this knowledge and provide skills which will support our students throughout their lifetime. As a parent, there are a few things you can do to ensure you and your child is safe when taking part in water activities;

1. **Learn CPR**
2. **Always actively supervise your child when they are playing in water**
3. **Develop your own swimming ability (Paul Sadler Swimland offers adult swimming lessons)**
4. **When swimming at a beach or open water ways, read signs carefully**
5. **Never swim alone**

We look forward to an exciting swimming program in Term 2 to equip our students and greater community with the lifelong skill of swimming and water safety. If you have any questions about the swimming

curriculum, or would like more information to support your family's water safety, please feel free to contact me via email (emily.mcclelland@bisvietnam.com)

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