

# Case Studies

## Getting children more active – Year 7 Intensive Swimming lessons (Ferndale Community School)

Every year, the Council provide a comprehensive primary school swimming programme. Despite this, unfortunately, at the end of school swimming in Year 6, there are some children that fail to reach the required standard. Year 7 intensive swimming lessons give these children the opportunity to catch up, work towards (and hopefully reach) the required standard and most importantly feel safe in and around water.

In September 2023, 59 of the 139 young people moving into Year 7 in Ferndale Community School did not achieve the required standard for swimming (42.44%). 14 of these children were invited to participate in the Year 7 Intensive project, using Ferndale Swimming pool. The group received 8 swimming lessons as part of the project, and they were also invited to attend a crash course during half term. Instructors worked hard to build great relationships with every child, focussing every lesson on fun and confidence.

The staff at Ferndale Swimming Pool and Ferndale Community School were fully committed to the project and have worked hard to make it a success. They found that fun lessons were much more beneficial than structured lessons, as having fun in the water built the groups confidence so much. "Once they have confidence, teaching them to swim becomes so much easier as they're more confident to try things". By the end of the project, **8 out of 14** pupils passed the national curriculum standards.



“It was a pleasure to see all young people make excellent progress from the day they started with us. Every child has improved, whether it's passing the national curriculum, achieving their badges or just improving their confidence in the water.” Swimming Pool Manager

“One child couldn't stand in the pool when he first attended. He had never seen a pool before! But through these lessons, his confidence has grown so much. He's achieved his 5-metre badge and is working towards his 10-metre badge. He now happily plays in the pool with his friends. He hasn't passed the national framework, but the progress he's made is huge.” Swim teacher

 **14**  
participants

 **100%**  
feel more confident

 **8**  
achieved the required standards

 **100%**  
are now more active, more often

 **100%**  
enjoyed the swimming lessons

 **100%**  
intend to continue taking part

