



## Swimming Action Plan (commencing 2023)

At Cranbourne South Primary School we understand how vital swimming and water safety skills are and we endeavor to provide high quality programs that allow for students to be competent and safe around all water settings. We ensure the programs we offer align with the curriculum standards of the Department of Education (DET).

The Health and Physical Education curriculum includes focus areas with specific reference to swimming and water safety which schools are required to provide:

- Fundamental movement skills (FMS) — develop foundation movement and skills to enable students to participate in a range of physical activities, eg. floating and moving the body through water
- Safety (S) — practise behaviours and skills to keep themselves and others safe in and around water, eg. sun safety, use of protective equipment and first aid
- Lifelong physical activities (LPA) — understand that swimming can enhance lifelong health-related fitness and wellbeing

### Swimming in Schools Funding

DET Swimming in Schools initiative provides some funding to support the delivery of swimming and water safety programs. The funding is designed to increase opportunities for students to learn how to swim competently a 50 metre distance and ensure they develop lifelong skills in swimming and water safety.

### Swimming Programs offered at CSPS

CSPS is committed to empower students in their water education with the provision of the following swimming programs for each year level (refer to the school events calendar for explicit dates):

- **Foundation - Year 4** - Five day intensive swimming program at a local indoor facility. *This program allows students to participate in essential water safety and survival skills education. They will develop physical skills, knowledge and understanding of a range of aquatic situations in a practical environment.*

**Note: Year 3 and 4 - traditionally the swimming program has been implemented F - Year 2.  
CSPS is extending into the Middle levels of school.**

- **Year 3 - Year 6** - opportunity to attend School Sport Victoria time trials for potential selection for District/Division carnivals. These trials will take place after school hours.
- **Year 5 - Year 6** - Open Water Learning Experience run by Life Saving Victoria. *This program creates 'Everyday Lifesavers' out of Victorian students, by teaching them practical and engaging water safety, lifesaving and emergency response skills. The OWLE program is designed to empower students to make safe aquatic related decisions while enjoying their local waterway.*

At Cranbourne South we are strongly committed to providing swimming programs that enable our students to develop competent and safe practices around different aquatic environments.

If you have any questions please contact me.

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