

Swimming

Swimming at Hazel Leys Academy.

Children in Key Stage 2 attend swimming throughout the academic year. In these lessons children are taught in small groups by both academy staff and swimming instructors from the Corby East Midlands International Pool. Children initially work on their Fish levels where they work mainly, on water confidence and building up good stroke technique. They then move on to star levels, where they build on their technique, develop stamina to swim further distances and work on other areas such as treading water, different ways of entering the water, picking bricks up at different depths and forward/backwards rolls. Children also receive lessons in water safety and rescue techniques.

