

# Maple Pupil Swimming Survey

## Spring 2023

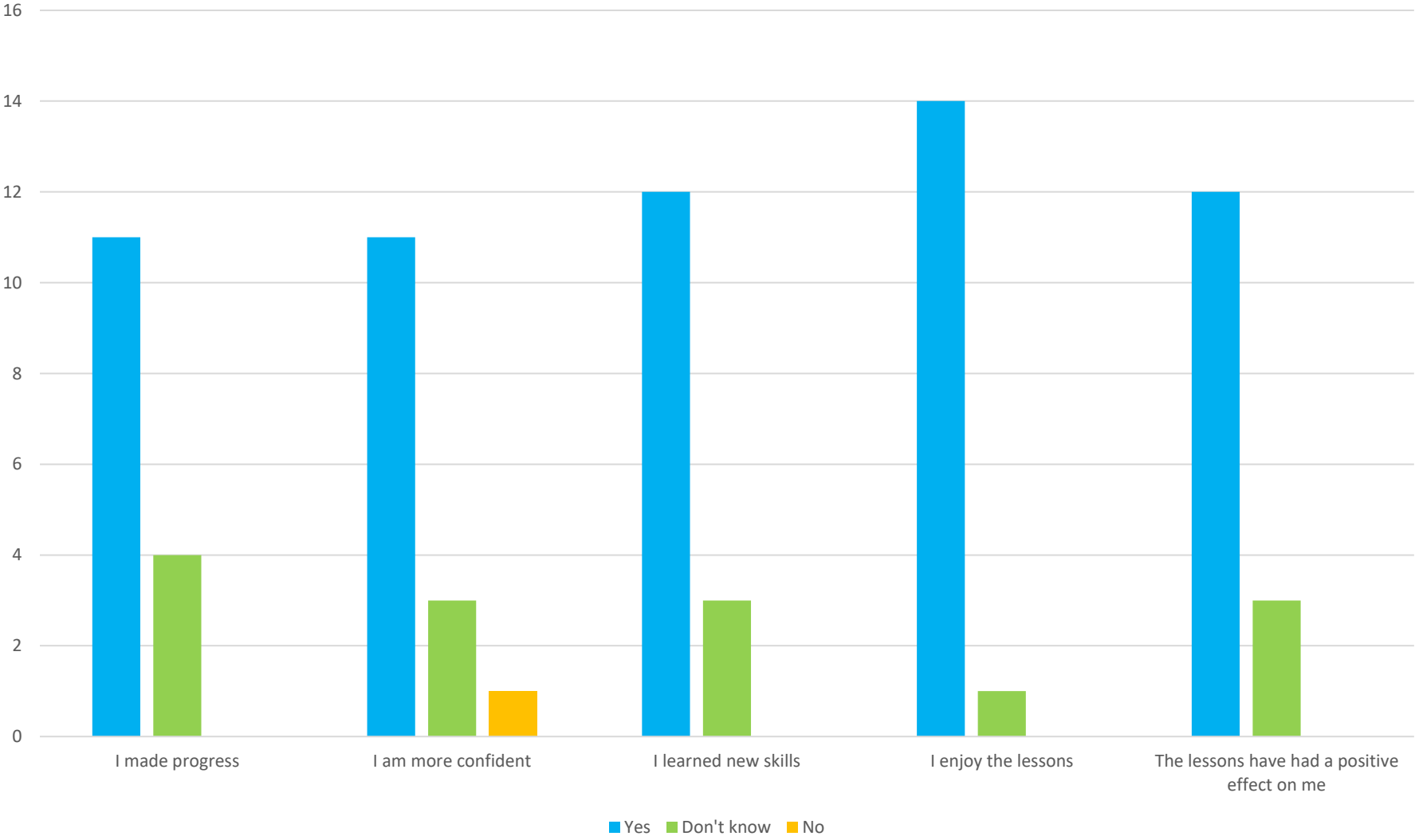


We have recently taken a number of pupils swimming each week for a term. They were mostly from Mulberry and KS3. There were two exceptions and we took 2 year 10 pupils in addition for physiotherapy and mental health benefits. We used the sports premium grant to fund it.

15 pupils took part in these sessions and they all completed a survey to look at the benefits of these sessions. The results are below.

Overall it has been an extremely positive experience both physically and mentally for all our pupils. We will now look in to timetabling swimming next year to include all age groups.

Survey on the swimming lessons Maple pupils received Spring 2023



## Pupil comments

Pupils were asked to comment on the main benefits of introducing swimming into the curriculum. The following were some of the responses;

*'My blood sugars have been a bit better'*

*'I feel more relaxed. It's nice when friends come with me so we can talk'*

*'I feel happy at swimming. I swim very hard'*

*'I like being under water. I feel happy when I have been'*

*'I can just swim. It makes me feel good'*

*'I am more confident in the water, swimming makes me feel happy'*

*'I have learnt how to back stroke, swimming makes me feel good and it's like a giant bath'*

*'It's helped me to become stronger. I really enjoy swimming at school, it makes me feel happy and it's fun'*

*'I like being in the big pool'*

*'I like going to different places, I get energised, it's good for my health, I get tired and happy and I look forward to it. I only said no to not feeling more confident because I was already confident''*

*'It's helped with my mental health'*

*'Swimming can be fun, afterwards I feel tired and happy'*