



CTP/2020/PE/002

7 January 2020

Through the Principal

Dear Parents / Guardians

## **P3 SWMSAFER PROGRAMME AND CCA EXPERIENCE/ ATHLETICS ENRICHMENT PROGRAMME 2020**

The school has arranged for the Swimsafer Programme and CCA Experience/ Athletics Enrichment Programme for all P3 Clementians to be conducted on Tuesdays from 7.45 am to 9.15 am in Semester One of 2020. There will be eight sessions for each programme, commencing on 14 Jan 2020. The Swimsafer Programme will be conducted at Clementi Swimming Complex.

At the end of the eight-week Swimsafer Programme, your child will:

- Develop basic skills to swim and be safe in water and
- Acquire basic life-saving skills.

At the end of the eight-week CCA Experience Programme, your child will be able to:

- Have hands-on experiences at the different CCAs offered by the school;
- Make an informed decision to select his/her CCA and
- Discover his/her talent or interest.

At the end of the eight-week Athletics Enrichment Programme, your child will be able to:

- Develop fundamental movement skills for health and fitness and
- Learn the basic components of athletic skills.

A detailed briefing for both programmes has been conducted for the P3 pupils in Term 1 Week 1. The schedule is as follows:

<b>Classes</b>	<b>First 8 sessions</b>	<b>Next 8 sessions</b>
3 Initiative 3 Responsibility 3 Empathy	Swimsafer Programme @ Clementi Swimming Complex	CCA Experience/ Athletics Enrichment
3 Perseverance 3 Confidence 3 Teamwork	CCA Experience/ Athletics Enrichment	Swimsafer Programme @ Clementi Swimming Complex
Dates	14/1, 21/1 4/2, 11/2, 18/2, 25/2, 3/3, 10/3	24/3, 31/3, 7/4, 14/4, 21/4, 28/4, 5/5, 12/5



## **SWIMSAFER PROGRAMME**

The SwimSafer programme aims to equip children with basic swimming proficiency and water survival skills in a fun manner and to minimize drowning incidences. The six-stage programme includes survival and activity skills taught at each stage of the programme, and works progressively towards the next stage.

Stage 1: Introduction to Water Skills

Stage 2: Fundamental Water Skills

Stage 3: Personal & Stroke Development Skills

Bronze: Personal Survival & Stroke Improvement Skills

Silver: Intermediate Personal Survival & Stroke Refinement Skills

Gold: Advance Personal Survival & Swimming Skill Proficiency

Your child/ward will be grouped according to his/her swimming ability during the first lesson. Towards the end of the programme, there will be a proficiency test and online theory quiz. Upon passing the proficiency test and the online theory quiz, your child/ward will be awarded their respective stage completion e-certificates. The course fee is fully sponsored by MOE and SportSG. Training sessions are conducted by licensed Singapore Sports Council swimming coaches.

Your child/ward will be brought to the Swimming Complex by their respective group teachers. After each session, they will be brought back to school. The children can wear their swimsuits / trunks under their school PE attire to school on the swimming days. They have to change into slippers before going to the pool. Please note that swimming caps will be provided by the coaches. Due to the short turnaround time, your child/ward will only be able to take a quick rinse, without the use of shampoo or bath soap before coming back to school.

Things to bring for swimming:

1. A bag to contain the items listed below
2. Swimming costume/ trunks
3. Goggles
4. Towel
5. Plastic bag to put in the wet items
6. Slippers

Please email or write a letter or message via ClassDojo to the swimming teacher-in-charge/ form teacher if your child/ward cannot swim for that session. All children are required to go to the Clementi Swimming Complex even if they are not swimming that day. If your child/ward cannot participate in the swimming programme for any reason, we would appreciate it if you can let us know early.



**Clementi Primary School**

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### **CCA EXPERIENCE/ ATHLETICS ENRICHMENT PROGRAMME**

Your child/ward will be grouped and scheduled to experience either CCAs or undergo athletics enrichment for each session. By the end of Semester One, he/she will have the opportunity to experience all CCAs offered by the school.

Should you need further clarifications, please contact us at 67797449 (Office) or email us.

Swimming Teacher-in-charge: Mrs Tan Sau Hoi ([lee\\_sau\\_hoi@moe.edu.sg](mailto:lee_sau_hoi@moe.edu.sg))

Mr Tan Lin How ([tan\\_lin\\_how@moe.edu.sg](mailto:tan_lin_how@moe.edu.sg))

CCA Experience: Mdm Afidah Binti Kamari ([afidah\\_kamari@moe.edu.sg](mailto:afidah_kamari@moe.edu.sg))

Athletics Teacher-in-charge : Ms Neo Swee Hong ([neo\\_swee\\_hong@moe.edu.sg](mailto:neo_swee_hong@moe.edu.sg))

Thank you.

Yours sincerely,  
Mr Liau Chie Teng  
HOD/ PE&CCA

