



THE WAY





YEAR 7 AQUATIC SURVIVAL SWIMMING CHALLENGE

Last year tragically 248 people drowned across Australia from July 2019-June 2020 (National Drowning Report 2020).

In order to help reduce this statistic, Year 7 Students recently participated in Aquatic Survival Swimming Challenge.

Aquatic Survival Swimming Challenge program provides students with the opportunity to test their aquatic proficiencies in a structured, supervised environment. It develops a student's individual understanding of what they are capable of performing in an aquatic environment so that when they are faced with future aquatic activities, they are prepared and are able to determine their personal physical limitations prior to commencing the aquatic activity.

Students had a great time and it proved to be a wonderful learning experience. The College also very appreciative and thankful to Fairfield Leisure Centre for providing this opportunity and the expert Surf Lifesaving Instructions they provided. It was certainly great to run an event like this given the year that 2020 has been. It is also hoped that next year the College Aquatic program

can also be extended to other year groups so that students can have similar learning experiences and exposure to aquatic environments such as this.

Student Reflections:

"I had a great day and it was great to learn new skills that could potentially help save someone's life in future. "- Christian A

" I am not the greatest swimmer but it was really fun learning new skills and spending time with my friends"- Keana Y



Mr Kent Weir
PDHPE Coordinator