



Physical Education  
Physical Activity  
School Sport

PEPASS  
together inspiring success

## PEPASS PRIMARY SWIM PROGRAMME 2023 / 2024

Glasgow City Council continues to provide swimming to all primary schools delivering lessons to approximately 6000 young people per year in Primaries 5, 6, or 7 to develop Health and Wellbeing through swimming. Our in-depth Physical Education swimming course provides an invaluable experience and gives young people the opportunity to develop their:



**WATER CONFIDENCE**  
DEVELOPING  
CONFIDENCE AND SELF  
ESTEEM



**STROKE TECHNIQUE**  
DEVELOPING MOTOR-  
SKILLS, CO-ORDINATION  
AND FLUENCY



**PHYSICAL FITNESS**  
DEVELOPING STAMINA,  
CORE STABILITY, AND  
STRENGTH



**WATER SAFETY**  
DEVELOPING THE  
UNDERSTANDING THAT  
SWIMMING IS A LIFE-  
LONG SKILL

### Week 1



2767 (50%)  
Non-Swimmers



2783 (50%)  
Swimmers

### Week 10



794 (14%)  
Non-Swimmers



4756 (86%)  
Swimmers

All pupils improving their  
water confidence



3M Swim  
1139 (21%)



10M Swim  
1237 (22%)



25M Swim  
2353 (42%)

@PEPASSswimteam