

# Science and Physical Education

## Free swim and gym

Southwark residents can use swimming and gym facilities for free in all of the council leisure centres.

Free access is available at the following times:

- All day Fridays (check with your local leisure centre for any exceptions)
- Saturday and Sunday (from 2pm to closing)

All you have to do is register online:

<https://www.everyoneactive.com/southwarkfreeswimandgym/>



## Climate change: Last decade confirmed as warmest on record!

The 10 years to the end of 2019 have been confirmed as the warmest decade on record by three global agencies.

According to Nasa, NOAA and the UK Met Office, last year was the second warmest in a record dating back to 1850.

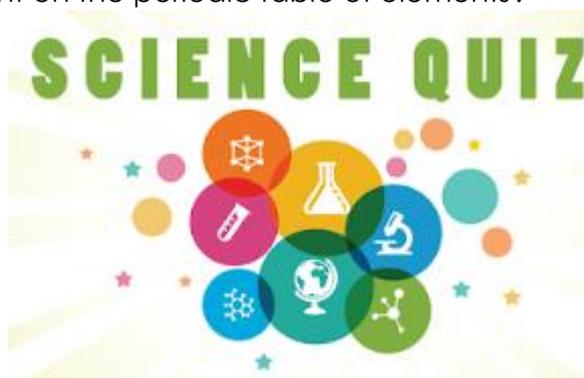
The past five years were the hottest in the 170-year series, with the average of each one more than 1C warmer than pre-industrial.

The Met Office says that 2020 is likely to continue this warming trend.



## Science Quiz

1. What is the biggest planet in our solar system?
2. What is the chemical symbol for the element oxygen?
3. Another name for a tidal wave is a?
4. True or false? Dogs are herbivores.
5. What is the 7th element on the periodic table of elements?



1. Jupiter 2. O 3. Tsunami 4. False - They are omnivores 5. Nitrogen

## Year 3/4 Athletics

On Thursday 16<sup>th</sup> January, a select number of children participated in an athletics competition.

The Indoor Athletics competition in which young people to help develop their skills ahead of the track and field season.

They took part in a range of activities:

- Lap Relay
- Individual Races
- Lap Paarlaf
- Standing Push
- Speech Bounce
- Standing Long Jump
- Vertical Jump

**Well done Iris, WJood, Paul, Gabriel, Tobi, Maddix, Anaya, Maia, Josh, Herbie and Bola!**

## Spring Term

### PE

Throughout this term each year will be participating in Gymnastics.

Children will be taught to:

- Perform basic skills in travelling, being still, finding space and using it safely, both on the floor and using apparatus.
- Develop the range of their skills and actions .
- Choose and link skills and actions in short movement phrases.

## Upcoming Sporting Events

**21st Feb – 8th Mar:** Cricket - Women's T20 World Cup in Australia.

**22nd Feb:** Boxing - Tyson Fury challenges Deontay Wilder for the WBC heavyweight title in Las Vegas.

**14th Mar:** Rugby union - final round of the men's Six Nations.

## Physical Education Quiz

1. Which three sides have won the UEFA European Championship on home soil?
2. The great Danes of Euro '92 were not initially set to play in the competition. Which team did Denmark replace shortly before the competition?
3. Which two teams lost out in the Semi-final stages at the 1996 tournament?
4. Which French former footballer, referee and administrator lends his name to the trophy?



1. Spain (1964), Italy (1968) and France (1984) 2. Yugoslavia, and I won't go into the politics 3. England and France 4. Henri Delaunay

## February Half Term Activities @ Alleyn's

### Swim School at Alleyn's

Following a successful 2019, Alleyn's are delighted to offer another series of intensive swimming courses running during the February half-term 2020.

Courses will take place over 5 days starting on Monday 17 February until Friday 21 February 2020, costing £45 for a daily lesson. Places are available to book online now. Lessons take place between 8.15am to 12.00pm and are suitable for children ages 5 years and above. Separate adult and baby & toddler classes will also run during these times.

Our courses are delivered by specialist instructors in the School's 25-metre pool. Lessons are 30 minutes and class sizes are kept small (between 6 to 8 pupils per teacher) to ensure plenty of individual tuition for each swimmer. Teachers will accompany non-swimmers in the water and provide a friendly environment, which is fun, warm, and enjoyable for all. Parents are welcome to watch their children swim from our first-class spectator area, which overlooks the pool.

Courses are open to all and places are allocated on a first come, first served basis.

For further information visit [www.alleyns.org.uk/swimschool](http://www.alleyns.org.uk/swimschool) or email the course manager Stefan Gibberd on [swim@alleyns.org.uk](mailto:swim@alleyns.org.uk)

### Football at Alleyn's

February Half term - 3 day professional football development course at Alleyn's School with the Campioni Soccer Academy.

Book & complete payment before 2nd February 2020 to receive a 15% early bird booking discount

17th, 18th & 19th February 2020

Age 6+

09:30-15:30

£110.00 (or £40.00 per day) - Early bird £93.50 /£34.00

<https://campioni.co>

[info@campioni.co](mailto:info@campioni.co)

07976 740 860 - Hayley

Location:

Alleyn's School, Townley Road, Dulwich SE22 85U.

(Please note change of venue from October half term camp) we are now located at the main school.

Campioni - Delivering top quality football training with some of the biggest names in football in the UK & at luxury family holiday resorts.