

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/>



Lewis Hamilton wins Formula 1 Abu Dhabi Grand Prix

The Briton had already claimed his sixth career title but demonstrated one last time how dominant both he and Mercedes have been this year.

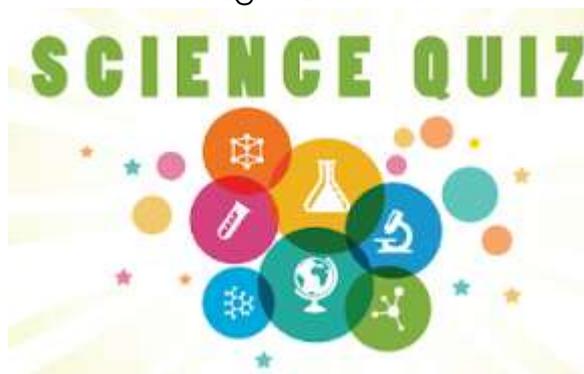
Hamilton led from the start and was comfortable throughout the race with Red Bull's Max Verstappen coming a distant second, 17 seconds behind.



Do you have a personal record?

Science Quiz

1. What is the collective noun for a group of chickens?
2. What is the normal lifespan of an African Bush Elephant?
3. What is the most populous Dolphin? a) Bottlenose b) Common c) Orca
4. What are the clawed feet of an eagle known as?



1. Clutch 2. 60-70 yrs 3. Bottlenose 4. Talons

DKH Football Team.

During November the school football competed in two league fixtures at Bacons College.

The results were as followed:

DKH 8-3 Grange

DKH 8-0 Rotherhithe

Mr. Lay said 'All the players showed real professionalism in both games and thoroughly deserved the wins, they were a credit to our school'.

Well done to- Ola, Micah, Brandon, Dickson, Mamadu, Samuel, Lukas, Abraham and David.

Autumn Term

PE

Throughout this term each year group have been learning about the fundamental movements of dance and then given the opportunity to create their own dance routines. The pupils have, discussed, planned and implemented these in small groups focusing on the following elements:

- Dance Formations.
- Timing.
- Transitioning from formation to movement.

Physical Education Quiz

1. Which one of the following was never a modern Olympic discipline?
 - a. tumbling
 - b. running deer shooting
 - c. horseshoes (throwing)
 - d. club swinging
 - e. tug of war
 - f. under water swimming
 - g. 200m obstacle swimming
2. Gold, silver and bronze. What do participants who achieve 4th to 8th place receive?
3. Which was the only country to host the summer Olympics and not win a single gold medal?
4. In which discipline did the father of the modern Olympics, Pierre de Coubertin, win an Olympic gold medal?



1. c. horseshoes 2. A diploma 3. Canada 4. Literature,
for his song 'Ode to sport'

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 or email the course manager Stefan Gibberd on 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

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.