



Dulwich Wood

My world, your world, our world

PE at Dulwich Wood Primary

All children are taught a minimum of two hours physical education per week. This includes two timetabled PE sessions (indoor or outdoor) where children are taught the fundamental movement skills; agility, balance and coordination.

The aim of these sessions is to help all children become physically literate by developing the building blocks that underpin the ability to play and be involved in many different sports. The fundamentals learnt and practised in these lessons are then applied to a variety of games and sports played outside in our playgrounds. Children are encouraged to develop broader holistic skills through what they have learnt and then apply them in inclusive competitions. We take part in Southwark Schools' competitions including cross country, netball, bench ball and athletics.

We follow the "Real PE" scheme of work for Physical Education. For more information please visit:

<http://www.createdevelopment.co.uk/what-is-real-pe/>

And we employ a PE specialist who works across the school covering both KS1 and KS2 classes.

PE overview

Gymnastics - pupils learn to control their bodies through planning, performing, and refining different means of turning, balancing and travelling on hands and feet using both floor and apparatus.

Games - pupils learn to understand and play ball games and develop and refine skills of sending, receiving, striking and travelling with a ball. During school time pupils play small team games and team sports are also available as an extra-curricular activity.

Swimming - pupils attend swimming lessons in Year 5. Swimming is a compulsory part of the national curriculum for PE. Crystal Palace Swimming Pool is nearby and we recommend that children are introduced to swimming before Year 5.

To encourage all pupils to be active every day, we actively promote walking, scooting and cycling to school. We are also looking at introducing 10 minute shake up activities which we will run throughout the day. We offer after-school clubs including football, taekwondo and gymnastics. Furthermore our 'Emu Club' After School Provision makes good use of our extensive school grounds playing games like hide and seek, tracking as well as hockey, cricket, football, table tennis, basketball, volley ball and climbing activities. All of which are also available for children to play at playtimes.