



DULWICH PREP LONDON

Values & Academic Excellence since 1885



CLUBS and ACTIVITIES

Lower School

Autumn 2023

INTRODUCTION

Dear Parents,

I am pleased to be able to send you the clubs booklet for Autumn 2023. Whilst it is not possible to allocate a boy every club he wishes to attend, we will ensure he gets at least one of his choices each term. Clubs are allocated for one term only (except where requested otherwise by the outside coach) and each term we will ensure that clubs are rotated so that boys get a varied programme over the course of the year. Boys may be able to get a second turn at a club in subsequent terms if there is space.

Clubs will run before school, at break and lunch time and then after school.

Many of the clubs listed are offered by outside professionals or have associated costs and you will thus incur a charge should you wish your son to attend.

This booklet contains a comprehensive timetable of clubs and activities that will run over the course of the term.

In addition to all of the clubs in this booklet a Lower School Prep Club is also offered on a daily basis. This will be run by a Lower School member of staff and allow the boys some time to complete their nightly 20 minutes of reading as well as allow an extra playtime after the school day. This runs from 4 - 5pm.

Please read through the booklet to see what is on offer each day. There are write ups for the paid clubs as well as the charges for these.

Once you have gone through this booklet with your son, please follow the link below to complete the Google form to choose the clubs your son would like to try next term.

Click [HERE](#) to complete the club sign up.

CLUB START AND END DATES

Start Monday 11th September 2023

End Friday 8th December 2023

The closing date for club sign up will be **1st August 2023** and I will then e-mail you the final allocations prior to the start of the school term.

Mr Dennis Spammer
Head of Co-curricular

MONDAY

TIME	CLUB	TEACHER	ROOM / INFO
Break time 10.20 - 10.45	Light Sabre Club (Paid Club)	External Instructor	Lower School Hall
Lunch Time	Light Sabre Club (Paid Club)	External Instructor	Lower School Hall
After School 4.00 - 5.00	Climbing Club (Paid club)	External Instructor	Equipment provided. Dismissal from the Fort playground at 5pm
	Megabyte Club (Paid Club)	External Instructor	Lower School classroom. Boys will be dismissed from the Fort playground at 5pm.
	Mandarin Club (Paid Club)	External Instructor	Lower School classroom. Boys will be dismissed from the Fort playground at 5pm.
	Prep Class	School Staff	Dining Hall. Boys will be dismissed from the Fort playground at 5pm.

TUESDAY

TIME	CLUB	TEACHER	ROOM / INFO
7.00 - 8.00	Year 3 to 8 Running Club (paid club to cover breakfast cost)	Sports Department	Meet at Mary Datchelor Fields at 7am. Meet in PE kit. School clothes must be brought to change into before breakfast.
Before School 07.50 - 8.20	Lower School Voices - by invitation	Music Department	Boys enter through @38 black door and walk to Music School
Break time 10.20 - 10.45	Light Sabre Club (Paid Club)	External Instructor	Lower School Hall
Lunch Time	Light Sabre Club (Paid Club)	External Instructor	Lower School Hall
After School 4.00 - 5.00	Chess (Paid Club)	External Instructor	Boys will be dismissed main entrance at 5pm.
	Lower School Swim Squad (until 5.30 pm)	Mr. Bedford	Swimming Pool (Boys will be dismissed from the main entrance to school between 5.30pm and 5.40pm)
	Year 4 Sports Club	Mr. Murphy	Sports Hall. Boys will be dismissed from the Fort playground at 5pm.
	Prep Class	School Staff	Dining Hall. Boys will be dismissed from the Fort playground at 5pm.

WEDNESDAY

TIME	CLUB	TEACHER	ROOM / INFO
Break time 10.20 - 10.45	Lower School String Ensemble by invitation	Music Department	Bring instruments and meet in the music school.
Lunch Time 12.50 - 1.20	Lower School Brass Group by invitation	Music Department	Lower School Hall
After School 4.00 - 5.00	Yoga (Paid club)	External Instructor	Boys will be dismissed from the Fort playground at 5pm
	Year 3 & 4 Karate (Paid club)	External Instructor	Sports Hall Gallery. Boys will be dismissed from the Fort playground at 5pm
	Year 3 Sports Club	Mr. Lawrence	Boys will be dismissed from the Fort playground at 5pm
	Prep Class	School Staff	Dining Hall. Boys will be dismissed from the Fort playground at 5pm.

THURSDAY

TIME	CLUB	TEACHER	ROOM / INFO
07.50 - 8.20	Lower School Choir	Music Department	Boys enter through @38 black door and walk music school
Lunch Time	Light Sabre Club (Paid Club)	External Instructor	Lower School Hall
After School 4.00 - 5.00	Chess (Paid Club)	External Instructor	Boys will be dismissed main entrance at 5pm.
	Climbing Club (Paid club)	External Instructor	Equipment provided. Dismissal from the Fort playground at 5pm
	Gymnastics (Paid Club)	External Coach	Please bring PE kit for gymnastics. Boys will be dismissed from theFort playground at 5pm
	Judo (Paid Club)	External Coach	Boys will be dismissed from the Fort playground at 5pm.
	Development Swimming	Sports Department	Swimming pool. Boys will be dismissed from the Fortplayground at 5pm.
	Prep Class	School Staff	Dining Hall. Boys will be dismissed from the Fortplayground at 5pm.

FRIDAY

TIME	CLUB	TEACHER	ROOM / INFO
Lunch Time 10.20 - 10.50	Lower School Brass Band by invitation	Music Department	Bring instruments to music school
Lunch Time 12.20 - 12.50	Lower School Woodwind by invitation	Music Department	Bring instruments to music school
Lunch Time 12.50 - 1.20	Lower School String Orchestra by invitation	Music Department	Bring instruments to music school
After School 4.00 - 5.00	Chess (Paid Club)	External Instructor	Boys will be dismissed main entrance at 5pm.
	Year 4 Cookery (Paid Club)	Miss Doods	Cookery Suite. Boys will be dismissed from the Fort playground at 5pm.
	Megabyte Club (Paid Club)	External Instructor	Lower School classroom. Boys will be dismissed from the Fort playground at 5pm.
	Year 3 & 4 Cricket Club (Paid Club)	External Instructor	Sports Hall. Boys will be dismissed from the Fort playground at 5pm.
	Prep Class	School Staff	Dining Hall. Boys will be dismissed from the Fort playground at 5pm.

CLUB INFORMATION

Development Swimming (Years 3 - 6)

An opportunity for boys from Year 3 to 6 to develop their swimming. These sessions are aimed at boys who would like to improve their swimming to boys who would like to push for squad places. (24 Boys)

CLUB INFORMATION

Clubs with extra charges

Chess

Mr Ward offers various chess clubs over the course of the week.. Please sign up for at least two sessions so tat we can move your son around if sessions are over subscribed. (£130 per term) (20 Boys)

Climbing

Climbing will take place from 4.00 - 5.00pm. The session will be for beginners and teach boys how to tie knots, secure harnesses, belay partners and climbing techniques needed for climbing and bouldering. Boys will need PE kit and trainers to take part. (£120 per term) (9 Boys per session)

Cookery

Miss Doods will introduce the boys to some basic kitchen skill and teach them some basic recipes that they may like to try at home. (£120 per term) (10 Boys)

Cricket - Lower School Cricket Club (Friday 4.00 - 5.00)

Friday cricket is run by Mr James Clark (ECB level 3), coaching in conjunction with Mr Spammer. With 20 years of coaching experience at school, district and county level, he brings with him a wide range of experience. He played Kent U19 and then spent 7 years playing in the Kent Premier league winning 3 titles. He works as a cricket professional at DC since 2013 and has coached and managed all sides from Year 3 - 1st XI.

The programme will focus on improving the technical aspects of batting, bowling and fielding and prepare the boys for the start of the cricket season. The sessions are aimed at any boys interested in cricket. Boys allocated to this session can be taken home at 3.45 and returned to school and dropped off at the Street entrance by 5.15. Alternatively, they can be booked into prep class and they will be sent to cricket at the end of the prep. (£120 per term) (20 Boys)

Gymnastics

Gymnastics club has been running for five years and proved to be very successful. This club takes place on a Thursday from 4.00 - 5.00pm and is open to boys from Years 3 - 8. (£120 per term) (30 boys)

Judo

Judo is an active contact martial art, which helps develop both physical and mental skills as well as self-discipline. It is also a popular modern Olympic sport. Young Stars Judo Ltd is a mobile unit, which includes fully insured professional tuition, high impact safety mats and judo kits available to hire or buy. Your judo teacher will be Miss Josie Horton, a black belt (4th Dan) and an international Olympic semi-finalist; experienced and fully qualified in both teaching and competing at the highest levels. PLACES WILL ONLY BE ALLOCATED IF BOYS FROM THE PREVIOUS TERM NO LONGER WISH TO TAKE PART

(£120 per term) (20 Boys)

Karate - London Karate Academy

London Karate Academy is a Shotokan rooted club that prides itself on developing junior students with many successful schools in London. A combination of discipline, guidance, enjoyment, and remaining connected to its Japanese roots are what LKA makes for a successful karate club. Craig Johnston (Teacher) has 30 years experience and holds a black belt and coaching certificate with the Japan Karate Association - the world's largest and most prestigious karate organisation. Further class skills include Bo (staff) and advanced self defence skills. (<http://www.londonkarateacademy.com>) (£120 per term) (16 Boys)

LED Light-sabre Club

LED Light-sabre Club is an introduction to swordsmanship using the latest technology. It is based on an ancient Chinese martial art which has been passed from Master to student over the centuries.

(£125 per term) (10 Boys)

Mandarin Club

MANDO SCHOOL (www.mandoschool.com/school) teaches children Mandarin Chinese using multimedia through fun story-led adventures, role-play, games, songs, listening, speaking, reading and writing activities.

MANDO SCHOOL's programme is designed to enhance and develop children's critical thinking, problem solving, creativity, empathy, emotional and social well-being through their range of activities. This includes writing stroke orders, matching the pin yin to the correct character, karaoke, drawing what the teacher is describing in Mandarin, learning the history of China and Chinese culture, word search, cross words and so much more.

MANDO SCHOOL focuses on teaching Children:

- Listening and understanding everyday Mandarin words and phrases.
- Learning how to communicate thoughts and opinions, as well as asking and answering questions in Mandarin.
- Performing basic comprehension skills when reading texts and stories in Mandarin.
- Learning poems, songs, stories, rhymes and games in Mandarin to help with vocabulary and cultural awareness.
- Interpreting and describing people and places with basic Mandarin sentences.

Topics include greetings, numbers, colours, family members, friends, animals, nature, seasons, weather, transport, food, drinks, emotions, locations, jobs, body parts, school, recreational, leisure, restaurants and feelings. (£130 per term) (16 Boys)

Megabyte Club

At Megabyte club we will teach coding using Minecraft: Education Edition. The boys will be able to practice their problem solving skills whilst having fun and playing with their friends. (£120 per term) (20 Boys)

Running Club

An opportunity to increase personal fitness with Mr. Murphy taking the boys through a variety of running challenges on our Mary Datchelor Fields. £50 will be added to the school bill for breakfast which will be provided.

Yoga

Beam Academy's yoga and mindfulness classes are designed to stimulate and enhance children's sensory and mental aptitude and assist them in becoming more aware of their own physical development. We have a variety of programmes adapted to different age groups, from fun story led adventures specifically created for the younger ages to invigorating body flow themes designed for the older groups. For more information regarding this, please have a look at the website of the Beam Academy:

<https://www.beam.academy/education>

(£120 per term) (15 Boys)

