

Message from the Director of Sport

Physical Education and Sport is very much part of the core that makes Dulwich College Seoul such a special place to be at school, and to work. It is easy to see that sport is an extremely important aspect of our school life.

Our extensive and integrated physical education and sporting extra-curricular activities (ECA) programme helps to provide all our students with the opportunity explore, develop and extend their abilities. Our aim is to foster a lifelong passion for sport that will help shape their life beyond school. From their first physical education lessons in DUCKS through to their last lessons before going to university, sport and healthy living is very much a part of the daily routines of our students here at Dulwich College Seoul.

Mission Statements

- To provide all students with high quality sports provision through an extensive physical education, sporting and extra-curricular activities programme.
- To prepare and support all students and teams who represent Dulwich College Seoul locally, nationally and internationally.
- To provide all students with the chance to play sport competitively whether it is in Physical Education lessons, House Competitions or whilst representing Dulwich College Seoul against outside opposition.

Facilities Used

- On-site: 25metre, 5 lane indoor swimming pool; half-pitch 5G astroturf pitch; full-court, wood-floored gymnasium with net partition; outside astroturf futsal court; outside low ropes challenge course; indoor padded activity room.
- 10 minutes walk off-site: 12 outdoor tennis courts; dedicated badminton centre; Han River for running and cycling;
- 20 minutes drive by coach: full-size 5G astroturf soccer pitch and athletics centre; climbing centre.

Physical Education Curriculum

The Physical Education curriculum at Dulwich College Seoul is tailored specifically to each individual year group. This ensures that our students have the greatest opportunity to develop physically, socially and emotionally relative to their age. As our PE curriculum has been designed by us we can ensure that it is progressive and developmental as our students move vertically through the College.

Primary School Units of Work	Senior School Units of Work
<ul style="list-style-type: none">• Central net games• Invasion games (football)• Invasion games (general)• Health related fitness• Body movement (gymnastics)• Athletics• Striking and fielding• Swimming (one lesson per week)• Life-long physical activity	<ul style="list-style-type: none">• Football• Badminton• Volleyball• Gym-fit• Invasion games• Striking and fielding• Swimming• Athletics

Competitive Sports Teams

As students progress into Year 4 and above, there is the chance for competitive sport. We arrange and play many fixtures both locally, nationally and internationally across all age categories (U9/U11/U13/Middle School/Junior Varsity/High School). These competitive sports teams are selective and selection is based entirely on merit. Due to the nature of the limited numbers in these teams, there will always be those who are disappointed. However, we are fully committed to continually developing skills and participation for all students through inclusive sport. Basketball, football and swimming continue to be fully inclusive to all who wish to participate and we welcome all students, boys and girls, regardless of ability.

We hold trials in advance of competitive national and international competitions (eg FOBISIA Games, Dulwich Games). A child's effort and ability throughout the physical education curriculum, and previous involvement in sport at school is also taken into consideration when making selections.

Swimming Squads

Dulwich College Seoul Leopard Seals is the school swim squad that caters for various levels of ability and commitment.

- **Senior Development Squad:** Year 7+, promotion of skill development and recreational swimming, no timing expectations.
- **Seal Pups:** development training group for primary students with a focus on stroke correction, starts and diving. Some competitive experience available.
- **White Seals:** semi-competitive training group that focuses on stroke correction, aerobic development, legal starts/finishes/turns, under water kick introduction and timing. Four competitive events in a year.
- **Red Seals:** competitive training group that focuses on stroke development, aerobic development, legal starts/finishes/turns, goal setting and race preparation. Four to six competitive events in a year plus an invite to the annual FOBISIA Swimming event.
- **Performance Squad:** our highest level training group with specific entry requirements. This competitive training group focuses on stroke development, aerobic development, legal starts/finishes/turns, goal setting and race preparation. Four to six competitive events in a year plus an invite to the annual FOBISIA Swimming event.

Extra-curricular Activity (ECA) Programme

Our extensive ECA programme offers students the opportunity to participate in various sports where they can develop and enhance their abilities. These are non-selective and a fantastic environment to learn and collaborate with others in preparation for future competitive fixtures. Examples beyond competitive and development squads in the major sports include: tennis, table tennis, climbing, cross-country, rugby, cricket,

Pre-school Sports Training

There is weekly pre-school voluntary skills training available to all Senior School students from 7.15am in volleyball, basketball and football goalkeeping. Swimsquads start at 6.30am daily.

Seasonal Sporting Calendar

	<u>TERM 1</u>					<u>TERM 2</u>			<u>TERM 3</u>		
<u>Team, Sport & Age</u>	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Swimming (U4-U18)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Football (U7)	✓	✓	✓	✓							
Football (U9)	✓	✓	✓	✓							
Football (U11)	✓	✓	✓	✓							
Football (U13)	✓	✓	✓	✓							
Football - U14 (MS)	✓	✓	✓	✓							
Football - U18 (HS)							✓	✓	✓	✓	
FOBISIA - U10/11								✓	✓	✓	
FOBISIA - U13						✓	✓	✓			
Basketball - U11 (ES)						✓	✓	✓			
Basketball - U14 (MS)									✓	✓	✓
Basketball - U18 (HS)				✓	✓	✓	✓				
Volleyball - U14 (MS)						✓	✓	✓			
Volleyball - U18 (HS)	✓	✓	✓								

Affiliated Sports Federations

Dulwich College Seoul is a member of KISAC, KAIAC and FOBISIA. These memberships provide opportunities to play competitive sport against other schools both within South Korea and internationally.

KAIAC

KAIAC (Korean-American Interscholastic Activities Conference) offers competition in Volleyball, Basketball, Football, Swimming and Badminton against other schools in and around Seoul. The level of competition is excellent and it provides our students with an ideal competitive platform. The provision is largely for High School age students (Year 10 - 13), however, there are also some fixtures and jamborees for our Middle School (Year 7-9) and Elementary (Primary) students.

KISAC

Dulwich College Seoul is a founding member of KISAC (Korean International School Activities Conference). It provides many fixtures and tournaments within and beyond Seoul for all of our competitive age categories.

FOBISIA & Dulwich Games

At the FOBISIA (Federation of British International Schools in Asia) Games, teams of up to 40 students at U11 and 28 students at U13 compete internationally against other British international schools from within Asia in four sports; Athletics, Swimming, Basketball (U13), T-ball (U11) and Football. This intense three day sporting event occurs annually in Phuket, Thailand.

The FOBISIA Games is one of the major events of the school year and we place a strong emphasis on the preparation of teams and athletes for these games. There will be trials roughly 10 weeks prior to the event when a team will be selected. These decisions will be made strictly on merit and to fulfil the requirements for the competition.

FOBISIA Games Selection Policy -

- Any eligible DCSL student may trial for the Games.
- DCSL will select the strongest team possible - this requires the ability to play in at least three of the four sports.
- If selected it is expected a student will attend all scheduled training sessions and matches prior to the competition.

The Dulwich Games is also a multi-sport competition. It is only for the U11 age category and is held in Term 2. The event is exclusive to Dulwich International Colleges from Asia.

Sports Trips and Approximate Costs

Month	Age/Sport	Destination	Approx. cost**
Oct	U11/Football	Dulwich College Suzhou, China.	700,000 KRW
Oct	U18/Volleyball	Korea International School, Jeju	400,000 KRW
Nov	U13/U15/Football	British International School, Phuket, Thailand.	1,300,000 KRW
Feb	U13/FOBISIA Games	Phuket, Thailand.	1,300,000 KRW
Mar	U11/Dulwich Games	Dulwich College, Beijing, China.	1,200,000 KRW
Mar	U15/Olympiad	Dulwich College, London	3,500,000 KRW
May	U10/U11 FOBISIA Games	Phuket, Thailand.	1,300,000 KRW

**Costs shown are estimates

Sports Days

All students participate in an annual House sports day. The Senior and Primary Schools travel to an athletics stadium 20 minutes drive away by coach. Early Years students have their day on the field and in the gymnasium.

Additional Paid Weekend Sport Provision

Football - Dulwich Earthquakes, Basketball – Project Ball

The Dulwich College Seoul Earthquakes football programme runs alongside our Project Ball basketball programme. The Dulwich Earthquakes currently also operates at Dulwich College Shanghai and Dulwich College Suzhou. Coaching for students aged from Year 1 to Year 11 operates over the course of a Saturday with parents paying for each hour-long session. A Weekend Sports Manager oversees these programmes.

Sportsmanship

Coaches lead by example by treating all opposition teams and officials with respect and courtesy. We, as a school, expect all students, parents and supporters will support and embody this philosophy. We teach our students to play competitively to win, but also to remember the importance to practice and show the highest standards of conduct and behaviour. It is part of a young athlete's development to win and lose with humility.

Sports Kit

All students are required to purchase Dulwich College Seoul PE and House Kit from the Uniform Shop. Those students who are selected to represent the school competitively against other schools will play in official team kit. This is purchased from the PE department.

Communication

It is our aim to make communication as effective as possible with regards to PE, ECAs and fixtures. All relevant information will be sent via email and key dates can be found on our online calendar.

Air Quality & Sport

The Dulwich College Seoul Air Quality Policy is followed for all activity within PE lessons, ECAs and Sport. This includes activity being held at other schools.

Spectators and Supporters

We appreciate and value parental and student attendance and support at sports fixtures to help foster community spirit, camaraderie and success.

Department Staff

Mr. Lorne Barnard, Director of Sport,

Mr. Peter Dawson, Head of Football and PE Curriculum

Mr. Matthew Barry, Head of Basketball and Volleyball

Ms. Jun Huang, Head of Swimming

Ms. Danielle Anthony, PE Teacher

Ms Lucia Cho, Swimming Teaching Assistant

Mr Youngjin Kim, PE Teaching Assistant

Mr Taeum Sun, Pool Manager and Lifeguard