



**Extracurricular activities**

**2019-2020**

**2nd Trimester (January to March)**

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## INFORMATION

As every year, during the second trimester of the 2019/2020 school year we will be offering a wide variety of extracurricular activities.

All of the extracurricular activities are subject to the following operating rules, which are compulsory for all students that participate in the same:

- No student shall be deemed to have effectively registered for an activity, and may thus not attend any activity, until the corresponding online registration form has been submitted. The **registration may only be carried out using the online form**, which may be accessed through the links indicated in the Registration section of this document.
- The registration deadline for the 1<sup>st</sup> trimester will be **Thursday, December 19<sup>th</sup>**.
- There is a limited number of spaces for all of the activities and inscriptions will thus be accepted by order of receipt.
- The inscription for all activities is binding for the period of three months and commits the student to regular attendance. The fee is payable at the beginning of the trimester and may be effected by direct debit, along with the monthly school fees, by transfer or in person at the Secretary's Office.
- Once the student has registered for an activity, any changes must be previously approved by Administration.

## REGISTRATION

### INSCRIPTIONS:

To register your child for the extracurricular activities for the second trimester of school year 2019/2020, please fill out and send the online form by **Thursday, December 19<sup>th</sup>**. We would like to remind the parents that students may only participate in extracurricular activities if they are correctly registered.

### ONLINE REGISTRATION FORM:

The online registration form is very simple and may be completed by following these simple steps:

- Click on the link corresponding to your child's grade and the form will open.
- Fill in your child's name
- Click on the desired payment method.
- Click on the square indicating "I hereby accept..."
- Click on the chosen activity under Activity 1.
- Click on the chosen activity under Activity 2 or 3 (if applicable).
- Click on SEND (ENVIAR).

### LINKS TO REGISTRATION FORMS:

- Form for 5th year Preschool: <https://forms.gle/bAcVoarfjTejaU6G6>
- Form for 6th year Preschool: <https://forms.gle/AmVErz37922EkmWR9>
- Form for 1st year Primary: <https://forms.gle/NZaLSVCA4pMqMmaH8>
- Form for 2nd year Primary: <https://forms.gle/duTJ84Lg9xE4bAbR7>
- Form for 3rd year Primary: <https://forms.gle/EXBWVzCg25pPvKlt5>
- Form for 4th year Primary: <https://forms.gle/7B5Nz6U5hbZKdFxZ9>
- Form for 5<sup>th</sup> and 6th years Primary: <https://forms.gle/YLMdEMdkximrgT7v5>
- Form for Secondary and Bacc.: <https://forms.gle/uQaTQgFpnQFdEWRf6>

## SPORTS ACTIVITIES

## Football

**5<sup>TH</sup> YEAR OF PRESCHOOL TO 6<sup>TH</sup> YEAR OF PRIMARY**

Price: 150€/trimester + 40€ for uniform (2 days/week)



All groups from 16:00 to 17:00:

- 5<sup>th</sup> and 6<sup>th</sup> years of Preschool: Mondays and Wednesdays- 1<sup>st</sup> and 2<sup>nd</sup> years of Primary: Mondays and Wednesdays- 3<sup>rd</sup> and 4<sup>th</sup> years of Primary: Tuesdays and Thursdays- 5<sup>th</sup> and 6<sup>th</sup> years of Primary: Tuesdays and Thursdays

**Con C.D. Sportcab Marbella.** The **positive environment** in which we promote and work within makes the players feel comfortable. The players can express themselves on and off the field without fear. Our main objective is to **educate and develop** the players. Our training will ensure that each player knows how to behave in all situations. **RESPECT is one of our KEY VALUES.** We teach the players the most important values for daily life by **using Football as a tool.** We will challenge the players with exercises where **the ball will always be present.** We will develop their **abilities, resistance, strength, speed and mental strength.** These will be **developed** by hard work, **learning** and **having fun.** All sessions are structured and age appropriate. The coaches will coach at the correct **level in concepts and difficulty,** adapted and suitable to the **ages and abilities** of the player.

## Basketball

**1<sup>ST</sup> YEAR PRIMARY TO 4<sup>TH</sup> YEAR OF SECONDARY**

Price: 150€/trimester (3 days/week). The fee includes transportation for federated teams to games further than 50km away from the school.

- 1<sup>st</sup> to 6<sup>th</sup> years Primary – Mon., Wed. and Fri. 16:00 to 17:15- 1<sup>st</sup> ESO to 4<sup>th</sup> ESO - Boys: Mon., Wed. and Fri. 16:00 to 17:15

- Girls: Mon., Wed. and Thurs. 16:00 to 17:15



The training program for this activity is designed to develop well-rounded physical and personal skills, mutual respect, punctuality and teamwork. The students will enjoy themselves while learning the different skills needed for the game. Regular attendance and commitment is required.

## Karate




**FROM 5th YEAR OF PRESCHOOL ON**

Price: 140€/trimester (2 days/week)



Mondays and Wednesdays (16:00 to 17.00)



Karate is a Japanese martial art focused on the physical and mental perfection of the techniques required and on self-defence.

This discipline offers many benefits: improved psychomotor coordination, skill development, reflexes and reactions; development of manners, discipline and respect, as well as concentration.

## Multisports




**5<sup>TH</sup> AND 6<sup>TH</sup> YEARS OF PRESCHOOL**

Price: 120€/trimester (2 days/week)

70€/trimester (1 day/week)



Tuesday and Thursday (16:00 to 17.00)



The Multisports activity offers students a fun introduction to a wide variety of sports activities.

**ALL SECONDARY EDUCATION AND BACCALAUREATE**

Price: 120€/trimester (2 days/week)



Tuesday and Thursday (16:00 to 17:00)



**With our teacher Jan Gui.** We encourage all of our Secondary and Baccalaureate students to participate in this new activity. We will learn the basic technical and tactical skills of this fun sport, working as a team and having a great time.

**FROM 1<sup>ST</sup> YEAR SECONDARY EDUCATION**

Price: 120€/trimester (2 days/week)



Tuesdays and Thursdays (16:00 to 17:00)



**"Beginners yoga"** - With our teacher Ana Rivas.

Through the practice of yoga the students will improve their physical, mental and spiritual balance. They will do breathing and relaxation exercises that will enable them to better face stress, conflictive situations and will help them improve their concentration. They will improve muscle dexterity, flexibility, relaxation and develop their attention and concentration skills, thus promoting harmony and self esteem.

Yoga class for kids is conceived as a game, which is essential and natural for them. In a yoga session they will practice postures that help them learn to control their own body, imitating at times certain animals, etc. There are also songs (mantras) that transmit messages to the nervous system: relaxation, positive thinking, connection, calm, ...

We will be doing guided meditation and working on expressing emotions, as well as breathing exercises to improve body awareness, connecting with their hearts and appeasing their minds.

Maximum 12 students



**2<sup>ND</sup> PRIMARY TO BACCALAUREATE**

Price: Free



Fridays (16:00 to 17:00)



Sports Competitions is a varied and informal activity offered free of charge for students that are signed up for any other extracurricular activity during the week. Nonetheless, there is a limited number of spaces and parents must sign their children up. Children wishing to attend this activity that are not enrolled in other activities during the week may do so for a minimal fee (enquire at the office).



## ARTISTIC AND CULTURAL ACTIVITIES

### Piano



**FROM 1<sup>st</sup> to 6<sup>th</sup> YEARS PRIMARY**  
Price: 140€/trimester (2 days/week)



Monday and Wednesday (16:00 to 17.00)  
or  
Tuesday and Thursday (16:00 to 17.00)



This activity is aimed at having students develop their piano skills using specific musical language acquisition and piano technique methods at the same time. The sessions will be one hour long and all students will have their own individual piano, thus allowing us to work with different levels at the same time. Spaces are limited.

### Pottery



**2<sup>ND</sup> TO 6<sup>TH</sup> YEAR OF PRIMARY EDUCATION**  
Price: 140€/trimester (2 days/week)



Tuesdays and Thursdays (16:00 to 17:00)



Artistic ceramics offers children the opportunity to discover their creative side and to develop their imagination and artistic skills. Clay is malleable and three dimensional, which means it may be converted into anything a child can imagine. The creative possibilities are immense! We will explore multiple techniques, which will result in a wide variety of ceramic pieces, such as pictures, cups, mosaic lamps, etc. The classes will be given by a teacher qualified in Fine Arts and Ceramic Design.

## Cooking



**1ST YEAR OF PRIMARY EDUCATION TO 1<sup>ST</sup> YEAR BACCALAUREATE**

Price: 120€/trimester (1 day/week)



All groups from 16:00 to 17:15:

-1<sup>st</sup> and 2<sup>nd</sup> years Primary: Mondays

-3<sup>rd</sup> and 4<sup>th</sup> year Primary: Tuesdays

-5<sup>th</sup> and 6<sup>th</sup> years Primary: Wednesdays

-All years of Secondary and Baccalaureate: Thursdays



The Atalaya Cooking Club was created with the aim of teaching children to imagine cooking, because cooking is imagination! They will learn to cook a wide variety of nutritious recipes from different countries, as well as how to use different kitchen utensils and cooking techniques.

The children will prepare, cook and experiment with different foods, always fresh and healthy, and during the year the parents will be invited to try some of the dishes so that the students can show off what they have learned.

This year we will also have special guests and many more surprises.

## Flamenco Dance



**5TH YEAR OF PRESCHOOL TO 1ST YEAR OF PRIMARY**

Price: 130€/trimester (2 days/week)



Tuesdays and Thursdays (16:00 to 17:00)



In this activity the children will be developing many different physical and emotional skills, with a special emphasis on creativity and friendship.

While having fun, the children will acquire a series of values and skills offered by dance as a discipline:

- They develop lateral movement, coordination and breathing skills, among others.
- Through music, they develop a musical ear and rhythm.
- Creativity can help combat shyness and thus develop self-confidence, and other skills.

In short, Flamenco dance is a fundamental part of cognitive, physical and social development.

## Storytelling



**PRESCHOOL AND 1<sup>ST</sup> PRIMARY**

Price: Free



Fridays (16:00 to 17:15)



Storytelling is offered free of charge for students that are signed up for any other extracurricular activity during the week. Nonetheless, there is a limited number of spaces and parents must sign their children up. Children wishing to attend this activity that are not enrolled in other activities during the week may do so for a minimal fee (enquire at the office).

## Assisted Studies



**FROM 2<sup>ND</sup> YEAR PRIMARY TO BACCALAUREATE**

Price: 130€/trimester (2 days/week)

70€/trimester (1 day/week)



Monday to Thursday (16:00 to 17.00)



In this activity, which is guided and supervised by one of the teachers from the school, students can receive assistance with the school tasks they have been assigned.

### SCHEDULE – 5TH YEAR PRESCHOOL TO 4TH YEAR PRIMARY

5 <sup>th</sup> Preschool	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16:00-17:00		MULTISPORTS		MULTISPORTS	STORYTELLING
	FOOTBALL	FLAMENCO DANCE	FOOTBALL	FLAMENCO DANCE	
	KARATE		KARATE		
6 <sup>th</sup> Preschool	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16:00-17:00		MULTISPORTS		MULTISPORTS	STORYTELLING
	FOOTBALL	FLAMENCO DANCE	FOOTBALL	FLAMENCO DANCE	
	KARATE		KARATE		
1 <sup>st</sup> Primary	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16:00-17:00	FOOTBALL	PIANO (MJ)	FOOTBALL	PIANO (MJ)	STORYTELLING
	PIANO (LX)		BASKETBALL (until 17:15)		
	BASKETBALL (until 17:15)	FLAMENCO DANCE	KARATE	FLAMENCO DANCE	BASKETBALL (until 17:15)
	KARATE		PIANO (LX)		
	COOKING CLUB (until 17:15)				
2 <sup>nd</sup> Primary	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16:00-17:00	FOOTBALL	PIANO (MJ)	FOOTBALL	PIANO (MJ)	SPORTS COMPETITIONS
	KARATE		KARATE		
	BASKETBALL (until 17:15)	POTTERY	BASKETBALL (until 17:15)	POTTERY	
	PIANO (LX)		PIANO (LX)		
	ASSISTED STUDIES	ASSISTED STUDIES	ASSISTED STUDIES	ASSISTED STUDIES	BASKETBALL (until 17:15)
	COOKING CLUB (until 17:15)				
3 <sup>rd</sup> Primary	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16:00-17:00	KARATE	FOOTBALL	KARATE	FOOTBALL	SPORTS COMPETITIONS
	BASKETBALL (until 17:15)		BASKETBALL (until 17:15)		
	PIANO (LX)	PIANO (MJ)	PIANO (LX)	PIANO (MJ)	
	ASSISTED STUDIES	COOKING CLUB (until 17:15)			
	ASSISTED STUDIES	ASSISTED STUDIES	ASSISTED STUDIES	ASSISTED STUDIES	BASKETBALL (until 17:15)
	POTTERY				
4 <sup>th</sup> Primary	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16:00-17:00	BASKETBALL (until 17:15)	COOKING CLUB (until 17:15)	BASKETBALL (until 17:15)	FOOTBALL	SPORTS COMPETITIONS
	KARATE	FOOTBALL	KARATE	POTTERY	BASKETBALL (until 17:15)
	ASSISTED STUDIES	POTTERY		ASSISTED STUDIES	
	PIANO (LX)	PIANO (MJ)	PIANO (LX)	PIANO (MJ)	

**- 5th and 6th PRIMARY**

5th and 6th Primary	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>16:00-17:00</b>	BASKETBALL (until 17:15)	FOOTBALL	BASKETBALL (until 17:15)	FOOTBALL	BASKETBALL (until 17:15)
	KARATE	PIANO (MJ)	KARATE	PIANO (MJ)	SPORTS COMPETITIONS
		POTTERY	COOKING CLUB (until 17:15)	POTTERY	
	ASSISTED STUDIES	ASSISTED STUDIES	ASSISTED STUDIES	ASSISTED STUDIES	
PIANO (LX)		PIANO (LX)			

**- SECONDARY AND BACCALAUREATE**

1st ESO to 2nd Baccalaureate	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>16:00-17:00</b>	BASKETBALL MASC. & FEM. (until 17:15)	ASSISTED STUDIES	BASKETBALL MASC. & FEM. (until 17:15)	BASKETBALL FEM. (until 17:15)	BASKETBALL MASC. (until 17:15)
				COOKING CLUB (until 17:15)	
	ASSISTED STUDIES	VOLLEYBALL	ASSISTED STUDIES		
		YOGA		VOLLEYBALL	
			YOGA		