

## After-School Activities Description

### **Fun, Games, Dance and more...(Gr.PK2 -KG)**

Fun, Games and Dance is designed for young children, relaxed play and activities. Stories, dance, songs and so on.

### **Gymnastics (Gr. Pk1-PK2-KG; Gr.1-2)**

Come and learn or improve your gymnastics skills! This class will include warm-up, stretching and conditioning, as well as work on a variety of skills including: bridge, tuck jump, pike jump, straddle jump, forward and backward roll, tri-pod, headstand, handstand and cartwheel. Gymnasts should wear comfortable, yet not loose clothing.

### **Minisports (KG-2)**

This activity is open to students from grades 1 to 2 and offers a variety of sports, activities and games with an emphasis on fair and cooperative play and sportsmanship.

### **Outdoor Fun Games (KG-2; KG-3)**

Let's get moving! You will be learning some new exciting games and have fun playing together. Always when the weather is nice we will play outside. We hope to see you there!

### **Ballet (Gr.1-2)**

This is the way to learn how to enjoy dance and music. Classical Ballet improves coordination and balance. This class will show your child the importance of self discipline and good posture not just for dancing but also for everyday life.

### **Original Pictures (Gr.1-2)**

Join Ms. Vika in learning how to make original pictures like printmaking, pictures on cloth, and pictures from plasticine. Make your own stories and create them on different materials.

### **Toy Making (Gr.1-2)**

Students will learn how to make toys from different kinds of materials, such as cloth and beads. You are going to create your own toys.

### **Clay Club/Ceramics/Pottery (Gr.1-2; 3-5)**

Discover your artistic potential when working with clay. Come along and enjoy modeling with clay!

### **Chess (Gr.1-2)**

The Chess Club provides instructions and practice in the art of playing chess for beginners and intermediate players. We will look at different topics in chess and different strategies to improve your game, and practice the strategies by playing games against others.

### **Soccer (Gr.1-2; 3-5)**

During this activity, players will explore different ways of passing, kicking and ball controlling skills. This will provide an opportunity for the players to learn to follow team's goal as well as learning how to play in a team.

### **Elementary Student Council (Gr.2-5)**

Elected student representatives and active volunteers meet to organize activities for the elementary school. If a student is elected by his/her classmates to this position they will be required to attend this after school club. **Non-elected members are also welcome to join student council and actively participate in all activities.**

### **Tae Kwon Do (Gr.2-4)**

Taekwondo is offered to Gr.2-4 students to foster self-esteem, confidence, humbleness, discipline, and

knowledge. The spirit of this class is not to attack but to defend your self and to have a good time. So, if you are in the aggressive and attacking mood, this class is not for you!

### **Drama (Gr.3-5)**

Our goal is to create a balanced ensemble to perform impromptu and pre-scripted work. The class ethos is to have fun and work with drama in different ways, to build on individual's confidence and creativity.

### **Badminton (Gr.3-5)**

This workshop will focus on correct striking techniques in attack & defense. The participants will understand the importance of positioning on the court and play games against students of varying abilities.

### **Woodworkers Club (Gr.3-5)**

Make your own wooden works by using a fretsaw!

This course offers children the possibility to acquire by handling a fretsaw in order to produce self made wooden items for decorative or as gifts. It will begin with simple sawing and the level of difficulty may increase as soon as each child shows he/she can handle the fretsaw cautiously.

### **Art and Crafts Fun (Gr.3-5)**

Come and have fun creating works of art after school. We will experiment with paint, collage, mosaics, drawing, etc.

### **Learn English while Playing (Gr.2-3)**

This activity is for students in grades 2-3. Children will play outdoor and indoor games, board games, learn chants, tongue twisters, and rhymes.

### **Readers Theatre (Gr. 4-5)**

Readers Theatre is a way to practice and perfect students' fluency and speaking skills. They will practice reading their parts in easy scripts and perform. They will also learn to write their own scripts.

### **English Club (Gr. 3-5)**

This activity will provide an extra support for ELL students. The participants will improve their vocabulary through different games, by reading texts, making presentations and working in groups.

### **Baseball (Gr. 3-5)**

Crack! It's going, going...GONE, a home run, the crowd goes wild. A game of strategy and skill. Come along and throw some fast balls, curves and change-ups. Hit a few homers and make some outs. This activity is available to students from grades 3, 4 and 5.

Please ensure that your child has a bottle of water.

### **Roller Skating (Gr. 2-5)**

The best time of year to learn how to roller blade or skate! If you already know how to you can practice with us and learn more tricks. Bring your equipment with you.

### **Floor Hockey (Gr.3-5)**

The best variation we can come up with without ice... FLOOR HOCKEY! We are looking for committed players who will have fun during the ASA. Bring good running shoes!

### **Basketball skills (Gr.3-5)**

Join Mrs. DiMatteo and you will have the opportunity to improve dribbling, passing, shooting and game play.

**Rugby (Gr.3-5)**

If you like fast and furious action then rugby is the game for you! Individuals will be introduced to the rules of rugby through playing ripper rugby. Individuals will learn the basic skills necessary to play a non-contact version of the game.

**Kites, Planes and things that fly...(Gr.2-4)**

Students will design and make their own kites and then test them in the school grounds. Later they will make a selection of planes for different purposes - to fly further or higher or even do stunts!

**Axes Percussion Group (Gr.1-5)**

Develop your sense of rhythm, ensemble skills and the teamwork habits! Challenge you're your talents and learn how to play percussion music from all over the world: from Africa to Latin America!

**Book Making Club (Gr.3-5)**

Students will construct their own books using paper, card board, needles, thread, tape and glue. It will involve measuring, cutting and gluing. The ability to work cooperatively is essential.

**Russian for Beginners (Gr.3-5)**

This club is for those students who are advised to take part in it by their Russian teacher only.

**Russian Folk Art (Gr.3-4)**

This activity is for those who would like to learn more about Russian folk art. We will paint cutting boards, make some decorations using beads and so on.