



**International
School**
El Castillo · Madrid

EXTRACURRICULAR ACTIVITIES 2020-2021

ARTS
SCHOOLS

SPORTS
ACADEMIES

ROBOTICS
CLUB

LANGUAGE
SCHOOL

STUDY CLUB AND
ACADEMIC SUPPORT

Extracurricular activities today play an important role in students' all-round development. They improve school performance, promote relationships, boost motivation and self-esteem and foster habits that revert in a better management and organisation of leisure time.

The School has designed, in accordance with established protocols to ensure the health and safety of students in this 20-21 school year, a wide range of extracurricular activities that provide students with the opportunity to enrich their training from an academic, cultural, artistic and sporting perspective.

The activities will begin in the month of October. As you will see, some are offered face-to-face, and others within the framework of our digital ecosystem, offering meaningful and personalised learning experiences.

To keep you up-to-date on the health and safety protocols put in place by our medical services, and cleaning and maintenance staff, we suggest that you check MySEK and our website periodically.

Extracurricular activities represent an ideal complement to children's education and a real stimulus for students, providing them with a vehicle to enhance their personal skills, and to develop their interests and motivations. Your child's tutor is at your disposal to advise you on which are the activities best suited to your child.

Throughout the school year there will be ongoing assessment of the work involved in these activities, which is further analysed and assessed in meetings with the tutor.

We wish you a happy 2020/21 school year.

Arts Schools 6

- 6** Master Minds
Ingenious Club
- 7** Educachef Cooking Club
Creative sewing
- 8** SEK-EI Castillo Music School
- 10** Circus Club
Chiqui-Circo
- 11** Circus and Movement
Parkour
- 12** Dance
- 14** Emotional Education, Yoga and Mindfulness
Funky
Show Talent

Digital Technology Master's School 15

- 15** Programming and Robotics Club
Electronics, Programming, Robotics
and 3D printing

Sports Academies 16

- 16** SEK-EI Castillo Volleyball Club
Chess School
- 17** Rhythmic Gymnastics Academy
SEK Taekwondo Club
- 18** Female self-defence
Skating Academy
Skating
- 19** Athletics
Rugby
Golf Academy (Golf Santander)
- 20** E-sports
Ski School
- 21** Ski-Snowboard Freestyle Academy

UCJC Sports Club 22

- 22** SEK-EI Castillo–UCJC Swimming Academy
- 23** Swimming
Swimming tuition (pre-competition)
Swim Team
- 24** Tennis Club
Mini Tennis
- 25** Padel Tennis Academy
- 26** SEK-EI Castillo - UCJC Football Academy
- 27** Atl. de Madrid – SEK-EI Castillo Football Academy
Personal training
- 28** Zumba School
Equestrian Club

Language School 29

- 29** Mandarin Chinese

Study Club and Academic Support 30

- 30** Speech Therapy
Stellar Programme
Pre-School Club
- 31** Stress Management

Classes

Extracurricular activities tend to be scheduled during school hours, in free time such as lunch time or breaks. If this is not possible, the school day will be extended within reason.

Activities begin on 01 October 2020 and end on 18 June 2021, except those programmed during the PE sports timetable, which will begin on 16 September.

The classes aim to be practical and fun, and in small groups of children to ensure one-to-one learning of each participant.

Activities need a minimum number of students go ahead each term.

Assessment

Teachers and instructors for each activity will give a progress report on students every term. Parents will receive a progress report.

Competitions, exhibitions and performances

Our students take part in internal tournaments, organised over the school year, and in different municipal and federation competitions.

Facilities

Activities take place both on school grounds and at the UCJC SPORTS CLUB.

SEK Professionals

We have a great and distinguished professional team, they are qualified specialists in their fields, with extensive teaching experience, and ensure personal attention to each student.

Those in charge of running each activity, and the coordinator of each area, are there to advise you and answer your queries you may have on our range of extracurricular activities. In addition, School Secretary, **Cristina Muñoz** is available to parents and students during the school day, from 09:00 to 18:00 (**cristina.munoz@sek.es**).
Tel.: 91 815 08 92.

Enrolment form and complementary information

In order to ensure the extracurricular activities are organised properly, students must be enrolled in the different schools and academies before Thursday 24 September 2020. To enrol students, please hand in a filled in enrolment form or enrol students via the website. Places are limited and will be assigned on a strict first-come-first-serve basis.

Students must remain in the extracurricular activity until the end of the corresponding term.

We organise a wide range of activities and workshops that promote Arts and its different forms of expression aimed at developing and consolidating students' skills and talents. Furthermore, personal individual traits and characteristics are stimulated, developing emotions and a balanced personality.

Master Minds

Students will discover a world full of opportunities and boost their skills through fun games.

More than 30 themes in games that help students discover what they like and what they stand out in: Architecture (Skyscrapers to Sky), Aeronautics (Moon Rocket), Acting (Hollywood stars), Health Sciences (Super Diagnostics), Business (Bright Entrepreneurs), etc.

The Master Minds programme effectively helps each student to discover their interests and abilities in order to concentrate on them.

Who: Primary School

When: Tuesdays and Fridays, from 12:30 to 13:30

Instructor/Teacher: Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Fee: €64 a month, two days a week

*A minimum of 8 participants are necessary to form a group. **

* This activity could be carried out online if necessary due to the health situation.

Ingenious Club

Ingenious Club is an activity aimed at the cognitive development of students. Group cohesion will be worked on, thus strengthening social skills.

In order to do this, we will set attractive and fun challenges and activities such as escape rooms, riddles, Sudokus, memory exercises, lateral thinking exercises and many more.

The activities will be adapted to the age and the education stage of students.

Who: Primary and Secondary

When: ▶ Primary: Mondays, from 12:30 to 13:30.

▶ Secondary: Mondays, from 11:10 to 12:10

Instructor/Teacher: Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Fee: €20 / student. School price: €40

A minimum of 8 participants are necessary to form a group.

* This activity could be carried out online if necessary due to the health situation.

Educachef Cooking Club

Students explore the world of cooking and have fun cooking fantastic dishes under the instruction of Antonio Merino's team, National Award for Gastronomy.

The main objective is for students to **learn**, using an exclusive teaching method, to create and prepare dishes, and that **they gain knowledge of nutrition and good eating habits**.

Recipes will be adapted to the ages of each group.

In order to meet all health and safety regulations established as a result of COVID-19, for the academic year 2020 to 2021, students must:

- Keep a safe social distance.
- Use a mask and gloves when not in bubble groups.
- Use sanitizer gel before and after classes.
- Disinfect kitchen utensils and surfaces prior to classes.
- Cover food with lids or foil.
- Wash utensils and cutlery at a temperature above 80°C.

Who: Early Childhood to Bacculaureate

When: ▶ **Babychef** (Early Childhood 3 to 5 years old): Tuesdays from 17:30 to 18:30

▶ **Diverchef** (Year 1, 2 and 3 Primary School): Thursdays from 12:30 to 13:30

▶ **Pequechef** (Year 4, 5 and 6 Primary School): Thursdays from 12:30 to 13:30

▶ **Superchef** (SS and Bacculaureate): Thursday from 11:10 to 12:10 h.

Instructors / Teachers: Team of Antonio Merino chefs, National Award of Gastronomy.

Director and Coordinator of Educachef: Mar Delgado.

Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Fee: €57 a month

Necessary material: Jacket, hat and apron, provided by Educachef teachers.

Fee: €40

Creative sewing

Activity aimed at the development and improvement of fine motor skills, concentration, creativity and imagination. We will make different arts and crafts using different types of materials, combining colours, learning different types of embroidery and even making some items of clothing. Students will also learn about the different fabrics, where they come from or how they are manufactured.

We will work both individually and in groups, since it is also intended to promote cohesion and group work.

Who: Primary

When: Fridays, from 12:30 to 13:30

Instructor/Teacher: Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Fee: €40 a month

A minimum of 8 participants are necessary to form a group.

* This activity could be carried out online if necessary due to the health situation.

SEK-EI Castillo Music School

This new school, born with the intention of improving musical learning, is managed from the school itself and integrated into the academic curriculum. The benefits of a musical education are known: the development of abstract and creative thinking, the development of concentration, discipline and self-esteem. The project offers the opportunity to learn to play an instrument through workshops, groups and more individualized classes.

The School of Music will have instruments in the areas of: Piano, string (violin, viola, classical and electric guitar), wind (transverse flute, clarinet, saxophone and saxonette) and percussion (orchestral drums and percussion).

Who: From Early Childhood 2 to Baccalaureate

When: ▶ **Workshops and option A:** Musical Expression integrated into the academic curriculum from Early Childhood 2 to Y2 SS (Module)

▶ **Option B: High Achievement Arts Centre** The possibility of integrating into the academic curriculum will be studied depending on the interested students. The activities not integrated in the academic curriculum are taught in breaks and lunch-times and classroom study sessions

Activity: The School of Music counts towards credits for both the Duke of Edinburgh's Award and the CAS Diploma course

EARLY CHILDHOOD EDUCATION (Integrated in the academic curriculum)

Music and Movement Workshop

Who: Early Childhood 2 and 3, from 6 to 8 students

Duration: On school session

OPTION A: MUSICAL EXPRESSION

Primary Education (Integrated in the academic curriculum)

Musical Expression 01

Who: Primary School Years 1 and 2, from 6 to 8 students

Duration: On school session

Musical Expression 02

Who: Year 3 to 6 Primary, from 4 to 5 students

Duration: On school session

Instruments: Piano, percussion, violin, wind and guitar

SECONDARY SCHOOL AND BACCALAUREATE

First Secondary Cycle (Integrated in the academic curriculum)

Musical Expression 02

Who: SS1 and 2, group classes from 4 to 5 students

Duration: On school session

Musical Expression 03

Who: SS Year 1 and 2 Group classes of 8 to 12 students Percussion Band

Duration: On school session

Individual classes

Who: Groups of 1 or 2 students

Duration: On school session

Second Cycle and Baccalaureate / Diploma (out of school hours or Classroom Work)

Musical Expression 02

Who: From Year 3 Secondary School to Year 1 Baccalaureate Groups of from 4 to 5 students

Duration: On school session

Musical Expression 03

Who: Year 3 Secondary School to Baccalaureate Group classes of 8 to 12 students Percussion Band

Duration: On school session

Chamber ensembles

Who: Year 3 Secondary School to Baccalaureate Groups of 5 to 8 students

Duration: One out of school hours session

Individual classes

Who: Groups of 1 or 2 students

Duration: One period to half a period of the school timetable

OPTION B: HIGH PERFORMANCE ART SCHOOL

Designed for those students who are already musical and are looking to specialise. The teaching is one-on-one, respecting and stimulating students' natural learning process. The methodology and certification is through Royal School of Music with a practical and international teaching. Students, optionally, may opt for exams and certifications. Each student will have a timetable tailored to their needs and level. Students' families will be informed once the timetable has been set up

Type of course: Preliminary, Elementary and Grade 1

Who: From Year 3 Primary to Baccalaureate

Duration: 90 minutes -distributed in 3 periods- individualised classes of groups 2 to 3 students, musical language and chamber ensemble

Type of course: Grade 2+

Who: Year 6 Primary to Baccalaureate

Duration: 120 minutes -distributed in 3 periods- individualised classes, musical language and chamber ensemble

Royal School of Music -Grades 6 to 8- accredits points for UCAS Form in the United Kingdom. Royal School of Music exams of any grade are highly valued in presentation and motivation letters (personal statements) in applications to universities both in Spain (private) and internationally. Students of Secondary and Baccalaureate are also offered the possibility of obtaining certifications in the Rock / Pop mode by the Trinity College London Examination Board

Instructor/Teacher: Marta Landazabal, coordinator of the Arts Department (marta.lverde@sek.es)

Fee: Check with the Secretary from September

The second enrolled sibling will have a 5% discount on the price of the activity.

Students will have a 10% discount on the price of the second instrument.

Circus Club*

Over the course of the year, boys and girls will come in contact with the main circus arts in different blocks: equilibrium, acrobatics and juggling. Equilibrium, acrobatics and juggling, and to these three major groups we add a clown section, corporal expression and comic performance.

Through this original activity children develop different physical skills and psychomotor skills. Juggling develops eye-hand coordination, rhythm, acrosport and gymnastic exercises develop strength, elasticity, balance and self-control.

Who: Primary School

When: ▶ Year 1 to 3 Primary School: Mondays and Wednesdays, from 12:30 to 13:30

▶ Year 4 to 6 Primary School: Tuesdays and Thursdays, from 12:30 to 13:30

Instructor/Teacher: Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Fee: €60 a month, two days a week (includes the activity t-shirt)

A minimum of 8 participants are necessary to form a group.

Chiqui-Circo*

CHIQUI-CIRCO school aims to stimulate imagination, creativity and enable students to express themselves. Circus is a fun and enriching activity that develops psychomotor skills, fitness, reflexes, companionship and self-confidence, as well as coordination and concentration.

This activity is a good opportunity to have a first contact with Circus activities and its wonderful techniques, such as tightrope, acrosport, trapeze, juggling, aerial fabrics, etc. All this, of course, adapted to their levels of understanding, perception, execution and strength.

Who: Early Childhood 2 and 3

When: Fridays from 12:30 to 13:30

Instructor/Teacher: Cecilio Pérez, extracurricular activities Coordinator (cecilio.perez@sek.es)

Fee: €40 /mes, one day a week

The activity needs a minimum number of 6 students go ahead each term

* As exceptional and preventive measures during this school year we will work with small groups that always respect the official and school guidelines. These groups will have an activity supervisor. Students will only have direct contact with this person. Regarding the materials used for the activity, each group will be assigned a complete set with everything necessary so that said material will not be exposed to third parties, the group materials such as mats will be properly disinfected at the end of each session. During the weeks in which we enjoy mild temperatures, we will do the sessions in the grassy areas that children like so much. We will prioritise activities in which safe distances can be maintained and that can be carried out individually. Wearing of face masks is mandatory.

Circus and Movement*

This club is one of the most appropriate and recommended activities for Secondary and Baccalaureate students. Circus is a powerful sociocultural tool capable of influencing the learning and development of adolescents. It includes physical, relational and psychological skills. Through the different disciplines students not only bolster their physical condition and motor skills, they also foster creativity and various social skills such as communication or cooperation. On the other hand, the participants discover what they are capable of and increase their self-confidence, working on self-esteem.

In this activity we will give more importance to the aerial block (trapeze, hoop and acrobatic fabrics), as well as the stunt block (Sports Gymnastics) focused on the practice of gymnastic elements in airtrack -air pads- and minitramp or trampoline.

Who: Secondary School and Baccalaureate:

When: Tuesdays and Fridays, from 11:10 to 12:10

Instructor/Teacher: Cecilio Pérez, extracurricular activities Coordinator (cecilio.perez@sek.es)

Fee: €60 / month, two days a week (includes the activity t-shirt)

A minimum of 6 students is required

Parkour

Parkour is a sporting discipline in which any element of urban architecture is used to follow its own path, overcoming the obstacles that stand in the way and reaching a destination. It is not competitive, which makes it very interesting for its introduction in the educational field, specifically in Physical Education.

Techniques and specific moves in Parkour are carried out with the help of mats and modules, which ensure maximum safety. Mind and body are prepared for the correct development of the activity, with phases of pure physical preparation or phases of practice and polishing of the techniques and characteristic Parkour movements.

Who: Primary School and Secondary School

When: ▶ Primary School: Fridays from 12:30 to 13:30

▶ Secondary School: Fridays from 11:10 to 12:10

Instructor/Teacher: Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Fee: €40 a month

* As exceptional and preventive measures during this school year we will work with small groups that always respect the official and school guidelines. These groups will have an activity supervisor. Students will only have direct contact with this person. Regarding the materials used for the activity, each group will be assigned a complete set with everything necessary so that said material will not be exposed to third parties, the group materials such as mats will be properly disinfected at the end of each session. During the weeks in which we enjoy mild temperatures, we will do the sessions in the grassy areas that children like so much. We will prioritise activities in which safe distances can be maintained and that can be carried out individually. Wearing of face masks is mandatory.

Dance School -Royal Academy of Dance-

The Dance School offers two disciplines: Classical Ballet and Spanish Dance, which are taught to both girls and students.

Dancing brings many benefits: it develops physical, intellectual, artistic skills and also new communication and teamwork skills when performing choreographies with classmates. The student trains strength and elasticity, and acquires plasticity in their movements, which provide elegance and more self-confidence. Dance fosters awareness and control of space and the coordination of movements. It can be therapeutic, correcting incorrect posture and helping to grow better. In addition, it provides an attitude based on discipline, a very valuable quality that the student can apply in other aspects of their life.

Classical Ballet

Ballet is the artistic discipline that provides greatest harmony and elegance of movements.

Ballet teaching methods and certification is through *Royal Academy of Dance of London (RAD)*.

Benesh Movement Notation

Students will be able to enjoy this complementary activity for the first time this year.

What is it?

This is the international system using symbols to record movement, which is also used to document dance. This type of notation is currently used to document the choreography of great ballets and new works.

It is required knowledge for the dance professionals and experts of the future.

This system is also being used in medicine to record and study movement behaviour. At a more advanced level, Benesh editing computer software is used.

Why study it in ballet classes?

Primary level students will learn this language of symbols and how to record their movements and complete dances with the rhythm of the music in notation scores. They will do so as they learn to dance, as part of a natural process. They will remember their dances as they can look at the steps in this permanent record whenever they need.

Who: From Nursery 3 to Primary Year 6

Where: School Dance Studio

- When:**
- ▶ Nursery 3 and Early Years 1: Wednesday from 12:30 to 1:30 p.m.
 - ▶ Early Years 2-3: Tuesday from 12:30 to 1:30 p.m.
 - ▶ Primary Years 1-3: Thursday from 5:30 to 6:30 p.m. + Benesh Movement Notation from 6:35 to 6:50 p.m. (optional activity to the dance session)
 - ▶ Primary Years 4-6: Tuesday from 5:30 to 6:30 p.m. + Benesh Movement Notation from 6:35 to 6:50 p.m. (optional activity to the dance session)

Necessary material: Uniform of the RAD, provided by teachers (colours vary by year)

- ▶ Students: Ballet shoes, leotard, chiffon skirt and socks up to 8 years / Ballet tights from 8 years. Fee: €68
- ▶ Boys: Ballet shoes, tight T-shirt, lycra leggings and socks. Fee: €62

Instructors/Teachers: Technical and artistic direction, Rosa María González Vivas, qualified teacher in Classical Ballet by the London RAD and Higher Degree in Spanish Dance Cecilio Pérez, extracurricular activities Coordinator (cecilio.perez@sek.es)

- Fee:**
- ▶ Nursery 3 and Early Years: €56, one day per week
 - ▶ Primary Years: Ballet €56 + Benesh Movement Notation (optional): €12
 - ▶ €100/month, two days per week (Ballet + Spanish Dance)

A minimum of 6 students is required for the activity to take place.

Official exams and other Ballet evaluations

The *Royal Academy of Dance of London* (RAD) -Grades 6 to 8- accredit points for UCAS Form in the United Kingdom. RAD of any grade is valued very positively in letters of introduction and motivation to universities both in Spain (private) and internationally.

Classical Ballet students who have the level required to attend the RAD tests can enrol in each academic year. Registration will take place during the month of December. From January they will receive special extra classes for the exams that will take place between May and June. The exams are voluntary and entail an economic cost that is not included in the price of the classes.

Costumes for end-of-year festivals will be provided to students at no rental cost.

A minimum number of 8 students will be necessary to form a group.

Spanish Dance

Spanish Dance is one of the most practised and popular types of dance, even beyond our borders due to its great technical strength and expressiveness. Students taking Spanish Dance will learn the most popular dances of Spanish culture that, often, are also danced in social events: Sevillanas, rumbas, tanguillos, pasodobles, alegrías, etc. They will also learn to play a musical instrument: castanets.

Of the four types of Spanish Dance (stylised dance, boleros, regional dances and flamenco) only flamenco does not require previous experience in Classical Dance, so if students want to learn Spanish Dance it is advisable, although not mandatory, also sign up for the Ballet class.

Who: Primary School

Where: Dance hall

When: Mondays from 12:30 to 13:30

Necessary material: Professional castanets and fan (students) / cane (students) provided by teachers: €25
The clothing and footwear in the Spanish Dance class, since it has elements of free choice, will not be provided by the teachers

- ▶ Students: black practice skirt with long mid-calf flounce; leotard of any model and colour and black flamenco shoes. They must wear stockings or skin-coloured socks
- ▶ Boys: long black elastic pants, elastic t-shirt of any colour, socks and black flamenco boots

Instructors/Teachers: Technical and artistic direction, Rosa María González Vivas, qualified teacher in Classical Ballet by the London RAD and Higher Degree in Spanish Dance
Cecilio Pérez, extracurricular activities Coordinator (cecilio.perez@sek.es)

Fee: ▶ €56 a month, one day a week

▶ €100 a month, two days a week (Ballet + Spanish Dance)

A minimum of 6 students is required.

Costumes for end-of-year festivals will be provided to students at no rental cost.

A minimum number of 8 students will be necessary to form a group.

Emotional Education, Yoga and Mindfulness

The objective of this activity is to help students to introduce attention, concentration, relaxation and meditation techniques into their educational system and to teach them to cope with stress and adapt better to certain situations.

Some of the numerous benefits of this school are: it improves concentration, memory and attention in the classroom; it helps to recognise emotions, observe them, be aware of them and know how to work them; reduces stress and anxiety; develops multiple intelligences in depth; Increased empathy, improves relationships with others and the atmosphere in the classroom; favours the child's posture and sensations during the study, etc.

Who: Primary School

When: Tuesdays and Thursdays, from 12:30 to 13:30

Instructor/Teacher: Cecilio Pérez, extracurricular activities Coordinator (cecilio.perez@sek.es)

Fee: ▶ €46 a month, one day a week

▶ €66 a month, two days a week

A minimum of 5 participants are necessary to form a group.

Wearing of face masks is mandatory.

Funky

Funky is a type of modern dance that brings multiple physical and psychological benefits. It is the perfect discipline to improve the motor system, as well as to fully develop the sense of hearing.

With this dance activity we want students, in addition to learning to dance, to have fun, work as a team, increase their psychomotor skills by controlling movements and their own body, and improving their physical fitness.

Who: Primary School

When: Tuesdays and Thursdays, from 12:30 to 13:30

Instructor/Teacher: Cecilio Pérez, extracurricular activities Coordinator (cecilio.perez@sek.es)

Fee: €63 a month, two days a week

A minimum of 8 participants are necessary to form a group.

Wearing of face masks is mandatory.

Show Talent

It is an innovative extracurricular activity that has different artistic disciplines for the development of talent: singing, dancing, choreography, set design, musical theatre and many more. Each student can develop their creativity and potential, as well as their individual and group skills in the most fun way.

Who: Primary School

When: Wednesdays and Fridays, from 12:30 to 13:30

Instructor/Teacher: Cecilio Pérez, extracurricular activities Coordinator (cecilio.perez@sek.es)

Fee: €63 a month, two days a week

A minimum of 8 participants are necessary to form a group.

Wearing of face masks is mandatory.

Programming and Robotics Club

The aim of this activity is to initiate students in programming languages. In order to do this we introduce them to educational robotics, which consists of designing, building and programming robots. Learning to program fosters the development of mathematical reasoning and encourages constructivist learning, where students direct their own learning and learn by doing. Programming robots is the linchpin of design. Students develop logical and mathematical intelligence and team work.

Who: Primary School

When: ▶ PS Year 1 to 3: Mondays and Wednesdays, from 12:30 to 13:30

▶ PS Year 4 to 6: Tuesdays and Thursdays, from 12:30 to 13:30

Instructor/Teacher: Gonzalo Pascual, Infant and Primary School ICT

Fee: €64 a month, two days a week

A minimum of 10 participants are necessary to form a group.

Electronics, Programming, Robotics and 3D printing

This activity is centred around engineering, technology and creativity. We will learn electronics, programming languages, how to create video games, how to design, build and program robots and mobile apps. Learning to program fosters the development of mathematical reasoning, children's innovative, creative and entrepreneurial spirit.

For the first time this year we will be able to build a drone from scratch with a 3D printer and electronic components, we will learn to fly our drone using our mobile phones, take photographs and videos and finding other creative uses for it.

It is possible to take each module separately.

▶ **Module 1: Electronics and Programming** - Electronics 101

- Logic and algorithms 101

- Programming languages

▶ **Module 2: Robotics:**- Building robots

- Programming robots

▶ **Module 3: 3D printing**- 3D design and modelling

- Printing 3D objects

Who: Secondary School and Baccalaureate

When: Mondays and Wednesdays, from 17:30 to 18:30

Instructor/Teacher: Gonzalo Pascual, Infant and Primary School ICT

Fee: €64 a month, two days a week

Practising sport stimulates personal development and fosters socialisation, a sense of camaraderie and develops physical and mental strength and endurance. Students also learn techniques, tactics and rules of their chosen sport.

SEK-El Castillo Volleyball Club

Students drill serves, blocks, receiving and passing the ball, attack plays and spikes. The aim of the Volleyball Academy is to initiate and train students in this sport with a play-focussed methodology.

Who: Primary School Year 3 to Baccalaureate Year 1

When: ▶ Year 3 Primary School. Benjamín: Tuesdays and Thursdays, from 12:30 to 13:30
 ▶ Year 4 Primary School. Benjamín: Mondays and Wednesdays, from 12:30 to 13:30
 ▶ Years 5 and 6 of Primary. Alevín: Mondays and Wednesdays, from 12:30 to 13:30
 ▶ Year 1 and 2 Secondary School. Infantil: Mondays and Wednesdays, from 11:10 to 12:10
 ▶ Year 3 and 4 Secondary School. Cadete: Tuesdays and Thursdays, from 11:10 to 11:10
 ▶ Baccalaureate. Juveniles (under 18s): To be decided.

All students registering for teams will also have a federation file.

Instructor/Teacher: Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Fee: €59 a month (includes referees, insurance, enrolment fees, team insurance).

Registration of new students: €116 in material costs for each player, to be paid in September. Includes tracksuit, backpack, trousers, match shirt and training shirt.

Renewing students: Enrolment fee of €55 (includes two match shirts, shorts and federation fees).

A minimum of 8 participants are necessary to form a group.

Where necessary, and in order to meet the health and safety regulations established as a result of COVID-19, more activities focusing on individual technique may be carried out in the first term, leaving teamwork for the remainder of the year if the situation allows.

Following the health and safety protocol of the Madrid Federation of Volleyball, the use of a face mask will be mandatory.

Chess School

The obvious educational value of this activity brings clear benefits to the student in the educational process, encouraging studying and reading habits, concentration, mental agility, imagination or creativity, as well as memory development and many other skills. The primary objective is to get your children to enjoy playing chess, which is more than just a game.

In accordance with the social distancing regulations suggested by the WHO, students will use the laptop or tablet they already have at school to play together online.

Who: Primary School

When: ▶ PS Year 1 to 3: Thursdays, from 12:30 to 13:30
 ▶ PS Year 4 to 6: Mondays from 12:30 to 13:30

Instructor/Teacher: Álvaro Novoa Díaz, Spanish Chess Instructor from the Spanish Chess Federation. Certified teacher in Educational and Social Chess by the Kasparov Foundation.

Fee: €59 a month

A minimum of 6 participants are necessary to form a group.

Rhythmic Gymnastics Academy

This activity's main aim is for participants to enjoy themselves on the mat. This sport combines rhythm, musical coordination, elegance and poise, and in particular, the ability to perform exercises on the mat that require precision and constant training.

Who: Primary School

When: ▶ Year 1 to 3 Primary School: Mondays and Wednesdays, from 12:30 to 13:30
▶ Year 4 to 6 Primary School: Wednesdays and Fridays, from 12:30 to 13:30

Instructor/Teacher: Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Fee: €64 a month, two days a week

A minimum of 8 participants are necessary to form a group.

Following the health and safety protocol of the Madrid Federation of Rhythmic Gymnastics, the use of a face mask will be mandatory.

SEK Taekwondo Club

Taekwondo is the most popular Korean martial art around the world. This activity is focussed on the spirit by working on self-control and arm and leg techniques, throws, blocks, defence, positions and self-defence techniques.

In order to ensure the safety and wellbeing of all our students and teachers, the following measures have been adopted for the 2020 to 2021 school year:

- Students must attend with a clean (dobok) uniform every day.
- Pool shoes must be worn when walking from the changing rooms to the tatami. Students may not go barefoot.
- Individual materials will be made available for each student during the sessions so there is no need to share.
- Each student must acquire helmets, bibs, protections, etc. if needed.
- The tatami and the materials used will be disinfected each day after the class.

Who: From Infant School 2 to Year 1 Baccalaureate

When: ▶ IS 2 and 3: Mondays, from 12:30 to 13:30
▶ PS Year 1 to 3: Mondays and Wednesdays, from 12:30 to 13:30
▶ PS Year 4 to 6: Tuesdays and Fridays, from 12:30 to 13:30
▶ Secondary School: Mondays and Wednesdays, from 11:10 to 12:10

Instructors/Teachers: Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)
Team: Coral Bistuer Ruiz, 7th DAN Taekwondo and member of the Madrid Taekwondo and Hapkido Federation coaching team.

Necessary material: Taekwondo suit – DOBOK (€45)

At advanced levels protective padding is required

Fee: ▶ €55 a month, 1 weekly session (Infant Education Year 2 and 3)
▶ €96 a month, 2 weekly sessions

As of yellow belt, students require a federation license and will receive a diploma and the right to take the exams for the corresponding belt, and the federation qualification card.

€85 students under 14.

€90 students over 14.

The second enrolled sibling will have a 30% discount on the price of the activity.

Following the health and safety protocol of the Madrid Federation of Taekwondo, the use of a face mask will be mandatory.

Female self-defence

Activity aimed at teaching actions and measures to prevent and control possible personal risk situations, both physical and mental.

Who: From Year 1 to 4 Secondary School

When: Thursdays, from 14:20 to 15:20

Instructors/Teachers: Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)
Team: Coral Bistuer Ruiz, 7th DAN Taekwondo and member of the Madrid Taekwondo and Hapkido Federation coaching team.

Necessary material: School tracksuit

Fee: €55 a month, 1 weekly session

Wearing of face masks is mandatory.

Skating Academy

Skating is a very all-round and fun sport for children. It will work both balance and coordination. The main objective of this activity is to teach all students the basic techniques of skating in a safe and fun way.

Who: Early Childhood

When: Mondays, from 12:30 to 13:30

Instructor/Teacher: Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Necessary material: Skates, elbow pads, knee pads and helmet

Fee: €41 a month, one day a week

Wearing of face masks is mandatory.

Skating

Skating is a very all-round and fun sport for children. It will work both balance and coordination. The main objective of this activity is to teach all students the basic techniques of skating in a safe and fun way.

Who: Primary School

When: Tuesdays and Thursdays, from 12:30 to 13:30

Instructor/Teacher: Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Necessary material: Skates, elbow pads, knee pads and helmet

Fee: €56 a month, two days a week

A minimum of 8 participants are necessary to form a group.

Wearing of face masks is mandatory.

Athletics

It is very important to instil physical exercise in children and athletics is one of the best activities to start them off in a healthy and natural way. Athletics helps improve lung capacity; it improves the development of muscles and joints and increases endurance, agility and speed. This sport allows students to channel energy, have fun, socialise and, of course, adopt good sports habits.

Who: Primary School and Secondary School

When: Tuesdays and Thursdays, from 17:30 to 18:30

Instructor/Teacher: Cecilio Pérez, extracurricular activities Coordinator (cecilio.perez@sek.es)

Fee: €55 a month, two days a week

A minimum of 8 participants are necessary to form a group.

Wearing of face masks is mandatory.

Rugby

Rugby is the sport that transmits values par excellence. As an extracurricular activity, we want to train athletes and educate our students following the philosophy of a sport based on respect, education, companionship and teamwork.

Who: Primary School

When: Tuesdays and Thursdays, from 17:30 to 18:30

Where: SEK-EL Castillo school grounds

Instructor/Teacher: Cecilio Pérez, extracurricular activities Coordinator (cecilio.perez@sek.es)

Fee: €58 a month, two days a week

Wearing of face masks is mandatory.

NEW

Golf Academy (Golf Santander)

This activity aims to initiate students in the world of golf. One hour per week will be held through the Santander Golf School where the basic principles for the practice of this sport will be taught.

Activity that promotes concentration, accuracy, global perception and physical balance. It is not included on the SEK International Sports Academy programme, but it is a preliminary phase to enter this programme through the help and supervision of the instructors and coaches from the prestigious Santander Golf School and on a course that is considered one of the best of our country.

Who: From Year 3 Early Childhood to Baccalaureate

When: From October to December and from April to June.

During school on Thursdays, from 15.00 to 17.00 at in the Ciudad Financiera del Santander

Instructor/Teacher: Rubén Darío González Hernández, head of UCJC Sports Club (rghernandez@ucjc.edu)

Necessary material: School uniform and sneakers. The specific golf material will be provided at the school, although each student can bring their own

Fee: 330 / term.

A minimum of 15 participants are necessary to form a group.

Wearing of face masks is mandatory.

NEW

E-sports

Our students will develop fundamental skills for their all-round development such as: teamwork, communication or frustration management and cognitive skills (problem solving, calculation, reading comprehension or memory). Through practising with competitive video games, such as Fortnite, FIFA, Brawl Stars or Clash Royale, with professional players and coaches, together with school teachers, creating a safe environment for the student.

Who: From Primary School Year 5 to Secondary School Year 4

When: ▶ Primary School: Tuesday and Friday from 12:30 to 13:30
▶ SS: Thursdays, from 15:15 to 17:15

Instructors / Teachers: Jonathan Tolosa Arroyo, ex-coach of 'Clash Royale' at MAD Lions E.C. (jonathan.tolosa@sek.es) and Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Fee: €55 a month, two days a week
A minimum of 8 participants are necessary to form a group.

NEW

Ski School

The activity consists of ski lessons, every second Thursday of the second term, at the SnowZone of Xanadu shopping centre, one of the best Indoor Ski centre in Europe. The objective of this activity is to offer students the possibility of starting to ski, or improving their level, since the groups will be organised from beginners to advanced levels. It will not be necessary to bring skiing equipment, since it will be provided at the SnowZone.

Who: Primary

When: The activity will take place during the second term, from January to March. Thursdays during school hours, from 13:15 to 17:00

Where: XANADU SnowZone

Instructor/Teacher: Rubén Darío González Hernández, head of UCJC Sports Club (rghernandez@ucjc.edu)

Necessary material: School uniform and sneakers. The specific skiing equipment will be provided at Xanadu, although students can bring their own

Fee: €385 / term.

NEW

Ski-Snowboard Freestyle Academy

ESO and Bachillerato students can start, or improve their level, in Freestyle Skiing-Snowboarding with this extracurricular activity. Students will be able to perform tricks both on snow and on a trampoline and mats. Students must have a minimum mastery of skiing and an intermediate level of snowboarding. The activity will take place on Thursdays, during the second term, and will take place at the SNOW ZONE in XANADÚ shopping centre, for 1 hour and 45 minutes. In addition, students will enjoy 3 training sessions at the Madrid Freexki Center, where they will be able to perform training on a trampoline and perform tricks with inline skates. The necessary equipment for the Freestyle Ski-Snowboard sessions is included in the price.

Who: Secondary and Bacalaureate

When: Thursdays, during the second term

Where: Xanadu SnowZone

Instructor/Teacher: Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Fee: €603

SEK-El Castillo extracurricular activities are complemented by the UCJC SPORTS CLUB sports academies that are available to all its students. The Swimming, Tennis, Padel Tennis, Golf, Equestrian and Fitness academies offer classes adapted to all ages, levels and timetables and are staffed by specialised and qualified instructors.

UCJC SPORTS CLUB is located adjacent to the school and features top-class sporting and leisure facilities (tennis, padel tennis, horse-riding, swimming, golf, a gym and restaurant...) for students and their families, teaching staff and alumni.

Students can enrol at any time over the school year, but must continue with their chosen activity until the end of the term. Activities need a minimum number of 3 students go ahead each term.

For further information please contact Pedro Gavín head of the UCJC SPORTS CLUB (pgavin@ucjc.edu).

SEK-EL CASTILLO–UCJC SWIMMING ACADEMY

With the Swimming Academy's new structure, students can feel totally at home in the water, beginning with entry level swimmers to high-level competitions, all within the same organisation and having fun from the get-go.

Entry level

Who: Nursery and Childhood students 1, 2 and 3

When: ▶ Mondays and/or Wednesdays from 17:30 to 18:00
or 18:00 to 18:30 (30 minute sessions)

▶ Tuesdays and/or Thursdays from 17:30 to 18:00 or 18:00 to 18:30 (30 minute sessions)

Instructor/Teacher: Cecilio Pérez, National Swimming Coach with a degree in PE (cecilio.perez@sek.es)

Fee: ▶ One weekly session, €25

▶ Two weekly sessions, €35 a month

A minimum of 3 participants are necessary to form a group. Maximum of 6 students per group.

Beginner

Who: Childhood students Years 1, 2 and 3

When: ▶ Mondays and/or Wednesdays from 17:30 to 18:00 or 18:00 to 18:30 (30 minute sessions)
▶ Tuesdays and/or Thursdays from 17:30 to 18:00 or 18:00 to 18:30 (30 minute sessions)

Instructor/Teacher: Cecilio Pérez, National Swimming Coach with a degree in PE (cecilio.perez@sek.es)

Fee: ▶ One weekly session, €25

▶ Two weekly sessions, €35 a month

A minimum of 4 participants are necessary to form a group.

Maximum of 10 students per group.

Learning

Who: Primary School

When: ▶ Primary School Year 1 and 2 Mondays and/or Wednesdays or Tuesdays,
from 17:30 to 18:30

▶ From Primary School Year 3 to 6), two or three days a week from 17:30 to 18:30

Instructor/Teacher: Cecilio Pérez, National Swimming Coach with a degree in PE (cecilio.perez@sek.es)

Fee: ▶ One weekly session, €25

▶ Two weekly sessions, €35 a month

▶ Three weekly sessions, €45 a month

Swimming

Who: Primary School to Secondary School

When: ▶ Primary School: Tuesdays and/or Wednesdays, from 12:30 to 13:30

▶ SS: One to three days a week, during sports timetable and from 17:30 to 18:30

Instructor/Teacher: Cecilio Pérez, National Swimming Coach with a degree in PE (cecilio.perez@sek.es)

Fee: ▶ One weekly session, €25

▶ Two weekly sessions, €35 a month

▶ Three weekly sessions, €45 a month

Swimming tuition (pre-competition)

Who: From 9 to 15 years of age.

When: ▶ Prebenjamins and benjamins: three days a week, from 17:30 to 19:00

▶ Alevines and infantiles: five days a week, from 17:30 to 19:00

Instructors/Teachers: Cecilio Pérez, National Swimming Coach with a degree in PE (cecilio.perez@sek.es) and Juan Camus, National Swimming Coach

Fee: €55 a month

NB: Students may only take this activity with authorisation from coaches.

Swim Team

Who: Swimmers on the swim team

When: Every day

Instructors/Teachers: Cecilio Pérez, National Swimming Coach with a degree in PE (cecilio.perez@sek.es) and Juan Camus, National Swimming Coach

Fee: €55 a month

NB: Students may only take this activity with authorisation from coaches.

Tennis Club

SEK-El Castillo offers its students the chance to take up or continue to practice tennis at the UCJC SPORTS CLUB, part of the school's sport campus. Tennis has a great track record at UCJC SPORTS CLUB and SEK students can use any of its 10 tennis courts (7 acrylic resin courts, 4 hard courts and 1 clay court) to play, take up tennis or continue to perfect their game. A minimum number of 3 children must enrol for classes to go ahead.

Classes during school hours

Year 3 to 6 of Primary

When: 1 class a week

Number of students: Maximum of 8 students per group.

Fee: €38 a month

Enrolment fee: €30 (Includes gift UCJC SPORTS CLUB.)

Intensive Tennis

When: 3 classes a week

Number of students: Maximum of 4 students per group.

Fee: €107 a month

Enrolment fee: €30 (Includes gift UCJC SPORTS CLUB.)

Secondary School and Year 1 Baccaulaureate

Training

When: 2 classes a week

Number of students: Maximum of 4 students per group.

Fee: €96 a month

Enrolment fee: €30 (Includes gift UCJC SPORTS CLUB.)

Necessary material: Tennis racket and school sports kit

Pre-competition groups

Aimed at Secondary level and 1st Year Baccaulaureate students. Specific training sessions and classes are carried out with small groups.

When: 3 classes per week

No. of students: Maximum of 4 students per group

Fee: €145/month

Registration: € 30 (includes a gift from UCJC SPORTS CLUB)

All students interested in obtaining a federation licence should pay part of the costs.

Classes outside school hours: Contact Rubén González, UCJC SPORTS CLUB (rghernandez@ucjc.edu).

Wearing of face masks is mandatory.

Mini Tennis

Entry level tennis course for Infant School to PS Year 2 students. Students will learn, in an easy and fun way, body coordination, enriching their skills and abilities with balls and rackets, improve social relations and team work, learn to listen and share and improve their self-confidence and self-esteem. Activity taught by specialised instructors.

Who: From Early Childhood Year 2 to Year 2 Primary School

When: ▶ Early Childhood 2 and 3: Mondays, from 12:30 to 13:30

▶ Primary School Years 1 and 2: In sports timetable

Instructors/Teachers: Rubén González, head of UCJC Sports Club (rghernandez@ucjc.edu) and Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Wearing of face masks is mandatory.

Necessary material: Mini-tennis racket and Velcro trainers

Fee: €38 a month

Padel Tennis Academy

This activity trains students in all basic padel tennis movements progressively, from the most basic and educational moves to the most advanced, until they reach a level of play to be able to play against instructors or classmates. Internal tournaments are also held.

The UCJC Sports Club has 4 walled courts and one glass-enclosed court where children can enjoy this exciting sport. Students, as of Year 1 of Primary School, can play padel during school hours as part of the sports timetable or outside school hours. At the start of the course students will be given more information by the head of the academy, Adrián Moncaut. Those students showing particular talent in this activity can join the intensive training team, before going on to the High Performance Academy.

Who: Primary School Year 1 to Baccalaureate

When: ▶ During school hours in the sports timetable
▶ Out of school hours: contact Rubén González, head of UCJC Sports Club (rghernandez@ucjc.edu) or Cecilio Pérez, Degree in Physical Activity and Sports (cecilio.perez@sek.es)

Instructors/Teachers: Rubén González, head of UCJC Sports Club (rghernandez@ucjc.edu) and Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Necessary material: Padel tennis racket

Fee: Enrolment fee: €30 (Includes gift UCJC SPORTS CLUB).
Except pre-competition and Competition Academy

▶ Inside school hours:

- 1 day a week: €38 a month (from Year 3 to 6 Primary School)
- 2 days a week: €69 / month (from Secondary School and Y1 Bacc.)

Intensive training group: Year 3 Primary School to Year 1 Secondary School students train 3 hours a week, inside school hours. The activity starts in October. Fee: €105 a month

Pre-competition group: Aimed at Secondary School and Year 1 Baccalaureate students. Specific training and classes are given to small groups of students.

Fee: €137 a month, three days a week
Wearing of face masks is mandatory.

SEK-EI Castillo - UCJC Football Academy

In this activity children learn individual and team tactics and techniques. Children will practice passes, receiving the ball, shooting, dribbling, throws and corners and ball control. Players will receive a sports report at the end of each term.

Classes will be taught by qualified coaches from the Spanish Football Federation.

Where necessary, and in order to meet the health and safety regulations established as a result of COVID-19, more activities focusing on individual technique may be carried out in the first term, leaving teamwork for the remainder of the year if the situation allows.

Who: From Early Childhood Education 2 to Year 1 Baccalaureate

When: Students will be assigned a category depending on their year of birth

- ▶ **Beginners** (born between January 1, 2015 and December 31, 2016): Wednesday and Friday, from 12:30 to 13:30.
- ▶ **Prebenjamin F-7** (born between January 1, 2013 and December 31, 2014): Monday and Wednesday, from 12:30 to 13:30.
- ▶ **Benjamin F-7** (born between January 1, 2011 and December 31, 2012): Tuesday and Thursday, from 12:30 to 13:30.
- ▶ **Alevín F-11** (born between January 1, 2009 and December 31, 2010): Monday and Wednesday, from 17:30 to 19:00, and Friday from 12:30 to 13:30.
- ▶ **Infantil F-11** (born between January 1, 2007 and December 31, 2008): Tuesday and Thursday from 17.30 to 19:00 and Friday from 11:10 to 12:10.
- ▶ **Cadete** (born between January 1, 2005 and December 31, 2006): Monday and Wednesday from 11:10 to 12:10.

All students registering for teams will also have a federation file. Matches will be played on Saturdays except for Beginners and Prebenjamins who play on Friday afternoons. 11-aside Infantil and Cadete may play matches on Saturdays or Sundays.

Instructor/Teacher: José Luis Lesma López, UCJC Sports Director (jillesma@ucjc.edu)

- Fee:**
- ▶ **Option 1:** €45 enrolment fee (includes 2 match shirts and federation costs).
 - ▶ **Option 2:** €60 enrolment fee (includes full football strip and federation costs).
NB: Full football strip = two match shirts, shorts and socks.
 - ▶ **Option 3:** Enrolment fee of €200 (includes full football strip and federation costs).
Match kit (two match shirts, shorts and socks) + Full kit (tracksuit jacket, sweatpants, coat, polo shirt, training shirt and shorts and backpack). THIS OPTION IS OBLIGATORY FOR NEW STUDENTS.
 - ▶ **Monthly fee:** The yearly payment will be made in 9 instalments of €55 each, except for the Juvenil 11-aside, Infantil 11-aside and Alevín 11-aside, which will be €60 each. The activity will begin in October 2020 and will end when the school year ends in June 2021.

Following the health and safety protocol of the Madrid Federation of Football, the use of a face mask will be mandatory.

Atlético de Madrid - SEK-El Castillo Football Academy

New football coaching service. Taking training and improvement in student's skills further at the Football Academy. In this case with the Atlético de Madrid Foundation.

Due to the situation resulting from the COVID-19 pandemic and for the common good of all our players, we will temporarily change the way we organise training sessions. Paying more attention to individual technique than other aspects that could lead to more contact between our players. As the situation gets back to normal, and always with the approval of the health authorities, we will start to go back to our normal training sessions.

Who: Year 1 Primary School to Year 2 Baccalaureate

When: Friday, from 17:30 to 19:00 (in case of demand, another group would be opened on Thursdays in the same time slot)

Instructor/Teacher: José Luis Lesma López, UCJC Sports Director (jillesma@ucjc.edu) (jillesma@ucjc.edu).
For information and registration, contact Susana Ares, head of the Club Atlético de Madrid Foundation Sports Area (sares@atleticodemadrid.com)

Fee: €40 /month SEK students

Enrolment fee of €60 (includes Club Atlético de Madrid kit)

Following the health and safety protocol of the Madrid Federation of Football, the use of a face mask will be mandatory.

Personal training

It is aimed at Y1 Baccalaureate students, being the best and most all-round alternative to promote a healthy lifestyle through the maintenance of an optimal physical state, all this in the company of trained and experienced instructors. Students learn and have fun in a safe and friendly atmosphere, challenging their limits with joy and energy.

Who: Baccalaureate Year 1

When: During school hours in sports timetable

Instructors/Teachers: Rubén González, head of UCJC Sports Club (rghernandez@ucjc.edu) and Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Fee: Enrolment €30 (Includes gift UCJC Sports Club)

Two weekly classes: €74 a month

Wearing of face masks is mandatory.

Zumba School

Zumba is a dance style for both boys and girls. Originating in Colombia, it is focused on improving and maintaining fitness levels and cardiovascular health in a fun and healthy way. It helps to improve self-esteem and reduce stress and helps improve coordination, flexibility and cardiovascular endurance.

Who: From Year 1 of Secondary School to Baccaureate (minimum of 5 participants)

When: During school hours in sports timetable

Instructors/Teachers: Rubén González, head of UCJC Sports Club (rghernandez@ucjc.edu) and Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Necessary material: PE kit

Fee: €64 a month, two weekly classes

Wearing of face masks is mandatory.

Equestrian Club

The aims of this academy are to improve physical fitness, teach students how to use horse riding material, as well as how to maintain it, and teach the basic guidelines for correct grooming and care. Horse riding develops muscles, coordination and a sense of balance. It also helps students to acquire self-confidence. The horse is not a mere instrument, but a living being, this encourages a sense of responsibility and respect. Therefore, it has been demonstrated to be beneficial, amongst other things, for impulsive children with difficulties in concentrating.

Social competitions are held at weekends for the more advanced students.

They also take part in Madrid regional tournaments. Students may train with the Club's own horses and ponies or with their own.

Who: Primary School Year 1 to Baccaureate

When: ▶ During school hours in the sports timetable

▶ Extracurricular timetable: please contact Rubén González, head of the UCJC SPORTS CLUB (rghernandez@ucjc.edu)

Instructors Teachers: Rubén González, head of UCJC Sports Club (rghernandez@ucjc.edu) and Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Necessary material: Helmet, jodhpurs and riding boots.

Fee: Enrolment fee: €30 (Includes gift UCJC SPORTS CLUB.)

▶ Inside school hours:

- Year 1 to 6 Primary, 1 day a week: €63 a month

- Secondary School and year 1 Baccaureate, two days a week: €115 a month

- Intensive refinement group (three days a week as part of the sports timetable):

From Primary School Year 3 to Secondary School Year 2. Minimum number of 3 students. In case of not reaching the minimum number of students the activity will be offered during the school day. €185 a month

▶ Extracurricular activities timetable

- 1 day a week: €108 a month

- 2 days a week: €200 a month

Wearing of face masks is mandatory.

Mandarin Chinese

Knowing different languages is necessary in today's world and Chinese is one of the languages with the greatest future potential. Provide students with the knowledge necessary to learn Chinese characters and pronunciation in a fun and practical way.

Who: Primary School to Baccaureate

When: ▶ PS: Tuesdays and Thursdays, from 12:30 to 13:30 (three different levels)

▶ Secondary School and Baccaureate: Tuesdays and Thursdays, from 11:10 to 12:10

Instructor/Teacher: Cecilio Pérez, extracurricular activities Coordinator (cecilio.perez@sek.es)

Fee: €96 a month, two days a week

Books: €42

Speech Therapy

This activity is aimed at students with speech and language difficulties. The speech therapist will determine the number of sessions students need and when the treatment is completed.

- Who:** Early Childhood and Primary School
When: Depends on the needs of the student
Instructor/Teacher: Elena Maldonado, Speech Therapist
Fee: ▶ Four weekly sessions, €85 a month
 ▶ Eight weekly sessions, €169 a month

Stellar Programme

University Camilo José Cela and SEK Schools organise a psychological and educational enrichment programme to provide extracurricular support for gifted children.

- When:** Saturdays, from 10:00 to 13:00
Instructor/Teacher: Encarnación Ricote, Psychologist
Where: The programme is held at SEK-Santa Isabel, SEK-Ciudalcampo and SEK-EI Castillo
Fee: ▶ SEK students, €204 a month
 ▶ Non-SEK students, €274 a month

Pre-School Club

The schools offers those families that require it an extended timetable. Children do fun activities under the supervision of members of our teaching staff.

- Who:** From Early Childhood to Year 2 Primary School
When: ▶ Early Childhood: - Mornings, from 8.15 to 9.00
 - Afternoons, from 17.00 to 18.30
 ▶ Primary School: - Mornings, from 8.15 to 9.30
 - Afternoons, from 17.30 to 18.30
Instructor/Teacher: Rosa M^a Campos, coordinator Nursery and Early Childhood (rosamaria.campos@sek.es)
Fee: (Mornings or afternoons)
 ▶ 1 hour: €74 a month
 ▶ 2 hours €84 a month

Stress Management

Fostering perseverance and self-motivation in the attainment of academic, sporting and personal objectives and goals.

Teaching techniques based on mindfulness with which to improve their attention, concentration and capacity to focus on what they want to achieve at all times.

Giving them the tools to regulate stress and anxiety in their daily tasks.

This is a fully practical activity. We seek to make students aware of the way their minds work using group dynamics, sensory practices and attention games. Practising visualisation and relaxation techniques, sharing experiences and analysing different attitudes.

We set goals and seek the necessary resources to meet them.

Who: Primary and Secondary

When: ▶ Primary: Tuesdays and/or Thursdays, from 12:30 to 13:30

▶ Secondary: Tuesdays and/or Thursdays, from 11:10 to 12:10

Instructor/Teacher: Cecilio Pérez, degree in Sport and Physical Activity (cecilio.perez@sek.es)

Fee: ▶ €46, one day a week

▶ €66, two days a week

A minimum of 5 participants are necessary to form a group.



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