

## BIS-After School Activities

| SEASON 3 - 2023-24      | START: Monday 08 April 2024                | Ends: Friday 21 June 2024 |              |  |
|-------------------------|--|---------------------------|--------------|--|
| Day                     | Activity Name                              | Location                  | Grade levels | ASA Description  |
| <b>MON 15:30-16:30</b>  | <b>Swimming (Competitive, not lessons)</b> | <b>Swimming Pool</b>      | Gr 3-5       | This ASA is a Competitive swimming ASA. Since it is not a "learn to swim" ASA, the first two sessions will be a try out period. Students are expected to swim 50 metres without stopping again, in at least 2 recognised strokes. Swimmers will be challenged and are expected to follow instructions and fully complete the lesson plan during the sessions. Good respectful behaviour is a requirement as water safety is very important around a pool environment. Students will travel to the pool shortly after 15:00 and we will aim to return to BIS shortly around 17:30<br>Appropriate swimming gear, a swimming hat and goggles are expected along with a water bottle, a light snack and rainjacket. €30/season |
|                         | <b>Basketball Grades 4-5</b>               | <b>Sports Hall</b>        | Gr 4-5       | Gr 4-5: Students will develop basic and complex gymnastics skills. They will work towards creating a routine as a group or as an individual. €30/season (Space on request)   |
|                         | <b>Mini Soccer/Football (External)</b>     | <b>EC PE Room</b>         | EC2-Gr1      | EC2-Gr1: Fun mini football/soccer skills & games with an experienced coach. This class is for the younger students only. This class takes place in German & English language. €10/class. Payment direct to coach.  |
|                         | <b>Lego and Storytelling</b>               | IMG - Room 116            | Gr 1-2       | This ASA aims to develop student's social, creative and emotional skills while building and having fun with Lego €30 / season.   |
|                         | <b>Crochet</b>                             | German Room 217           | Gr 2-5       | This ASA is for students who would like to learn how to crochet or to develop their crocheting skills. €30/season  |
|                         | <b>Tiny Dancers</b>                        | Library                   | EC2-Gr2      | Move your body, dance and have fun learning simple routines. Comfortable clothing/PE kit required, no specialist dance clothing needed. €30/season   |
| <b>TUES 15:30-16:30</b> | <b>Basketball - Grade 1-3</b>              | <b>Sports Hall</b>        | Gr 1-3       | Gr 1-3: Developing team work and basketball skills within a positive and supportive environment. €30/season (Space on request)   |
|                         | <b>Irish Dance (External)</b>              | <b>EC PE Room</b>         | Gr 1-4       | Filled with lively steps and lovely rhythms, this class introduces children to the captivating world of traditional Irish dance. Led by a certified teacher, students will learn foundational steps and movements discovering the vibrant heritage of Ireland through fun and interactive sessions. €13/class. Payment direct to coach.  |
|                         | <b>Coding - Bring Coding to Life</b>       | <b>Makerspace</b>         | Gr 2-3       | Your child will bring coding to life. The students can watch their virtual coding turn into tangible learning experiences in real time using Dash robots, with performance and multiple sensors interacting with and responding to the surroundings. €30/season. <a href="http://www.makewonder.com">www.makewonder.com</a>  |
|                         | <b>Art - Little Picassos</b>               | EAL room 304              | EC2-Gr2      | Little Picassos presents "Famous Art from the Great Art periods". This series of art classes are designed to teach different techniques while complimenting each session with interesting art history snippets. Experimentation and self expression are encouraged. Each project is designed to give the student a sense of confidence and success, while having lots of fun! Materials used include oil pastels, pencils, chalk, gouache, water colors and acrylic paint on block paper, water color parchment and canvas. €15/class. Payment direct to teacher.  |
|                         | <b>Eco club</b>                            | IMG - Room 116            | Gr 2-5       | Students will lead various eco projects around school that will help our school to become an Eco-school.   |
|                         | <b>iMovie</b>                              | Room 217                  | Gr 1-5       | Students will learn to make a movie using the iMovie app. €30/season.  |
| <b>WED 15:30-16:30</b>  | <b>Soccer / Football (External)</b>        | <b>Sports Hall</b>        | Gr 2-3       | Fun football/soccer skills & games with an experienced coach. TThis class takes place in German & English language. €10/class. Payment direct to coach.  |
|                         | <b>Skating Skills (External)</b>           | Outside classroom 3FA     | Gr 1-5       | Do you want to learn inline skating professionally or improve your skills? You will learn how to drive forwards, backwards, curves, slalom, obstacles, how to use your brakes properly and much more. This is a skill learning lesson, not a speed skating lesson. All students must have their own Inline/Roller skates. They must have their own Protective Gear (wrist guards, elbow guards and knee guards. Helmets are strongly recommended. No participation without their own equipment/protective gear. €15/class. Payment directly to coach.  |
|                         | <b>Kidding Around Yoga (External)</b>      | <b>EC PE Room</b>         | EC2-Gr2      | We will be practising yoga and mindfulness in a playful and fun way through games, crafts, dance, movement, breathing and relaxation. €15/class. Payment direct to coach.  |
| <b>THUR 15:30-16:30</b> | <b>Basketball- Grade 4-5</b>               | <b>Sports Hall</b>        | Gr 4-5       | Gr 4-5: Developing team work and basketball skills within a positive and supportive environment. €30/season (Space on request)   |
|                         | <b>Friendship Bracelet Making</b>          | 2JB - Room 111            | Gr2-5        | Learn different bracelet making patterns and styles. Make bracelets for yourself, your friends or family while being creative and having fun. There will be a €5 fee for supplies to be paid to Mr Bender at the beginning of the season. €30/season   |
|                         | <b>Karate (External)</b>                   | <b>EC PE Room</b>         | Gr 2-5       | Tang Soo Do is a classical martial art and its purpose is to develop every aspect of the 'self ' in order to produce a mature person who can totally integrate his intellect, emotions, body and spirit. €7/class. Payment direct to Coach.  |

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| FRI 13:50-14:50    | <b>Karate (External)</b>                  | <b>Sports Hall</b>          | Gr 2-5                    | Tang Soo Do is a classical martial art and its purpose is to develop every aspect of the 'self' in order to produce a mature person who can totally integrate his intellect, emotions, body and spirit. €7/class. Payment direct to Coach.   |  |
|                    | <b>Skating Skills (External)</b>          | Outside classroom 3FA       | Gr 1-5                    | Do you want to learn inline skating professionally or improve your skills? You will learn how to drive forwards, backwards, curves, slalom, obstacles, how to use your brakes properly and much more. This is a skill learning lesson, not a speed skating lesson. All students must have their own Inline/Roller skates. They must have their own Protective Gear (wrist guards, elbow guards and knee guards). Helmets are strongly recommended. No participation without their own equipment/protective gear. €15/class. Payment directly to coach. |  |
|                    | <b>Cricket and Fitness fun (External)</b> | <b>EC PE Room</b>           | EC2 - Gr5                 | Enjoy some personal fitness fun and develop cricket skills before the weekend! A perfect sport for fitness and physical development. We work on hand-eye coordination, ball-skills, teamwork and personal fitness. <a href="#">What is Cricket</a> €15/class. Payment direct to Coach.   |  |
|                    | <b>Creative Crafts (External)</b>         | EAL room 304                | EC2 - Gr 3                | Give your child an opportunity to unleash their creativity and imagination with our exciting Arts and Crafts activity. The program is designed to provide a fun and engaging environment where children will have the chance to express themselves, boost their self-confidence and discover the joy of creating something unique. €10/class. Payment direct to Coach.   |  |

| ADDITIONAL ASA'S OFFERED AT BIS OR BY BIS STAFF ON AN EXTERNAL BASIS  | These ASA's are not available for signup on on SchoolsBuddy. Please contact Coach directly as listed below. |   |  |  |
|---|---|---|--|--|
| <b>Troop 21 Boy Scouts and Cubs</b>   | Location: Haimhausen Campus   | Ages: 6 -10,5 years for Cub pack. 10,5-18 years for Scout troop | BSA Troop 21, an American scouting group, is focused on outdoor activities, survival skills, adventure, camping, and much more. This is NOT a regular after school activity, but rather meets one Friday a month at Haimhausen campus, as well as weekend campouts and special events. Boys and girls aged 10,5 years old and up are eligible for the Troop. We are in the process of starting a Cub Scout Pack for younger boys and girls as well. Girls and boys from all nations are welcome to join! Fees set by Boy Scouts of America. Payment direct to Boy Scouts of America. Please contact Troop 21 organiser for further information. <a href="mailto:helenhandley@gmail.com">helenhandley@gmail.com</a> - Helen Handley |  |
| <b>PADI Scuba Diving</b>  | Location: Local Swimming pool   | Gr 3 - adults   | Have fun under the water (children and adults). Ranging from scuba in a pool to official PADI certification when old enough. Payment direct to coach. Please contact Mr. Thompson for further details. <a href="mailto:m.thompson@bis-school.com">m.thompson@bis-school.com</a>  |  |
| <b>Music lessons with Private Tutors:<br/>Various lessons - Piano, Drum, Guitar, Singing/voice, Guitar (Bass and classic) and Ukulele</b> | Location: BIS City Campus   | EC2 - Gr5   | A variety of Music Lessons are offered by Private Music Tutors on our campus. Fees set by Tutor. Payment is direct to the Tutor for the full season. Please contact ASA Coordinator for more info. <a href="mailto:asa-cc@bis-school.com">asa-cc@bis-school.com</a>  |  |