



2023/24

# VivaHUB

By Nobel Algarve



Nobel Algarve  
BRITISH INTERNATIONAL SCHOOL  
ALMANCIL



# VivaHUB

## Concept

Nobel Algarve British International School Almancil, is proud to announce its annual extracurricular programme, VivaHUB, designed to empower our students to discover their passion.

**At VivaHUB, we believe in unleashing the potential within every child!**

It's a place where **creativity** isn't confined, where the beauty of different **cultures** is celebrated, where **innovation** is encouraged, where **self-expression** is valued, and where **well-being** takes centre stage.



#### **SCENARIO A**

Student wants  
to explore



#### **SCENARIO B**

Student is already  
enjoying activities, but  
wants to explore further



#### **SCENARIO C**

Student is focused and  
enjoying one activity.

VivaHUB invites each student on a journey of self-discovery, tap into their full potential, and seize opportunities. Through an environment that encourages each student to break free from limitations, explore new horizons and connections, and discover their unique strengths.



## ArtisticHUB

For performer potential



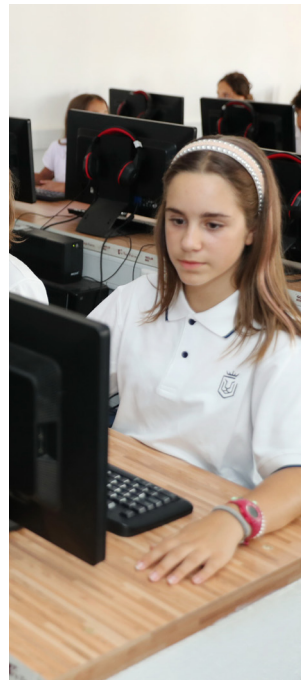
## CreativeHUB

For creative potential



## CulturalHUB

For cultural potential



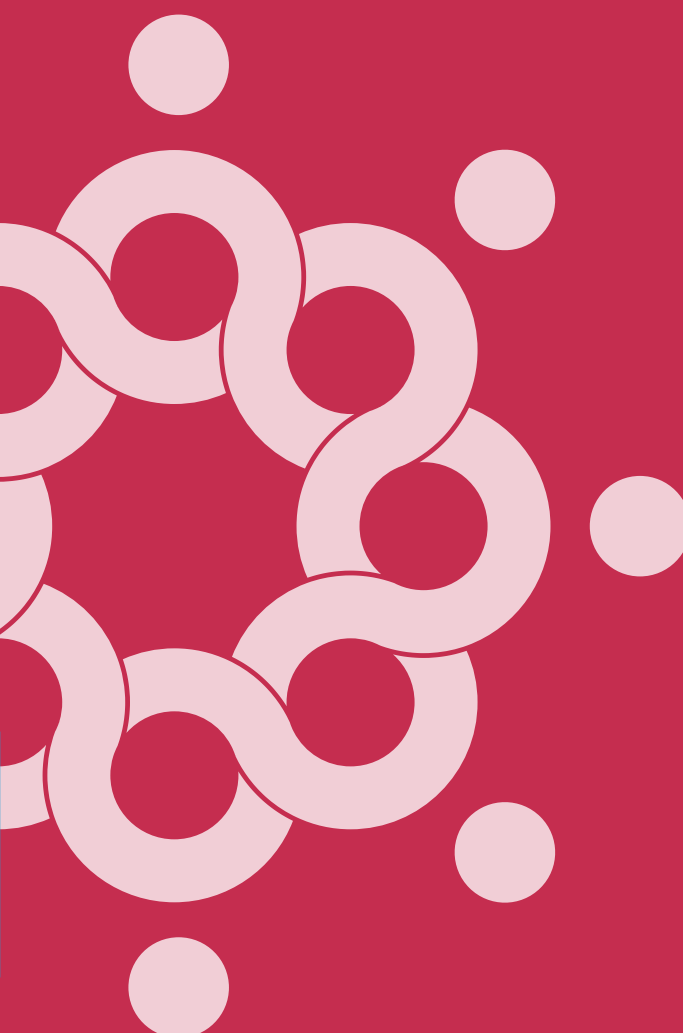
## InnovationHUB

For innovative potential



## WellbeingHUB

For athletic potential



# **ArtisticHub**

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For a performer potential

**Express yourself fearlessly as you dance, sing, and create, discovering the power of our unique voice and finding joy in artistic self-expression.**



## Ballet

Apart from teaching physical skills, ballet also teaches smooth coordination, micro-abilities, and balance. It also promotes excellent posture, which can help children in many other areas of their life, even when it comes to alertness in school.

At Nobel International School, the children are taught the Royal Academy of Dance's ballet syllabus. RAD teachers follow a carefully chosen syllabus that is aimed at being fun and safe, allowing students to make progress through various stages. There are also exams and assessments at intervals that look at areas such as creativity and musicality.



Paula Cabral



Thursdays 3.30 pm – 4.30 pm



Year 3 - Year 7



Maillot with short sleeves  
skirt  
Pointed shoes  
Socket



## Creative Dance

Creative dance helps children develop an increased ability to be in the body in the present moment, feeling all its sensations, both emotional and physical. It can help children's social and emotional development, and this can, in turn, be of benefit in other spheres of life.



Paula Cabral



Tuesday 3.30 pm – 4.30 pm



Nursery to Year 2



Maillot with short sleeves  
skirt  
Pointed shoes  
Socket



## **Dance Choreography**

In this activity we will dance to songs that suit the time of year. We will dance to different types of music with different rhythms, and in different languages. With this activity, children will gain more control over their own bodies, which helps with gross motor coordination.

Children will also have the opportunity to show their talent and creativity in creating dance steps. Dancing also helps with memorization, because doing a choreography creates the ability to memorize the step that comes next.



Leonor Mineiro



Wednesday 3.30 pm – 4.30 pm



Nursery and Reception



# **CreativeHUB**

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For creative potential

Unleash your imagination and let your creativity soar as you bring your ideas to life, express yourself freely, and discover the artist within.





## Art Club

The Art Afterschool Activity provides a creative haven for students to explore various artistic mediums. Guided by experienced instructors, participants will unleash their imagination, honing creative skills and fostering a love for artistic expression and self-discovery.



Sophie Renouard



Monday 3.30 pm – 4.30 pm



Year 1 to Year 10



## Culinary Club

In the cooking club, children will have fun experimenting with new recipes. In a structured group, children will learn culinary and social skills while enjoying delicious snacks.



Madalena Borba



Tuesday 3.30 pm – 4.30 pm  
Friday 3.30 pm – 4.30 pm



Reception, Year 1 and Year 2



## Eco-Schools Club

The Eco-Schools Club will engage students in various activities and projects focused on topics such as recycling, energy conservation, biodiversity, reducing waste, and also social awareness. Students will work together to implement eco-friendly practices within the school, organize environmental events, and collaborate with local communities to address environmental issues. Through hands-on experiences and education, the Eco-Schools Club will empower students to become eco-warriors and make positive contributions to the school and the broader environment.



Ana Ribeiro & Ana Margarida Pires



Tuesday 3.30 pm – 4.30 pm



Year 5 to Year 9



## Gardening

In Gardening Club we raise awareness about protecting nature. Our gardeners take part in planting seeds and watering them. They will build a bug school and create a sensory garden, among other fun activities both outdoors and indoors.



Lynsey Gauld



Monday 3.30 pm – 4.30 pm



Year 3, year 4 and year 5



## Watercolor

Watercolour activities gives students the opportunity to learn the skills required for the delicate art of watercolor painting whilst appreciating the meditative qualities of this form of expression.



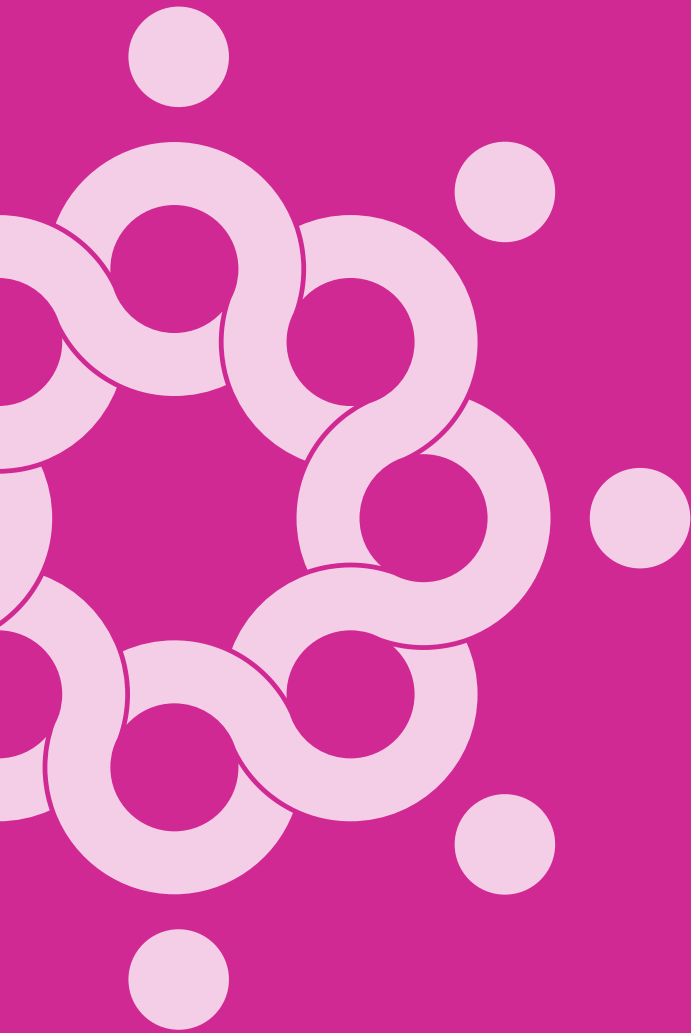
Judith Stonehouse



Monday 3.30 pm – 4.30 pm



Nursery, Reception, Year 1 and 2



# **CulturalHUB**

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For cultural potential

Embark on a journey of cultural exploration where you'll embrace diverse cultures, languages, and stories, gaining a deeper understanding of the world around you.



## Creative Writing

Besides the need for young learners to know the phonemes, it is also important for them to develop their creative thinking and problem-solving competences. Moreover, children of these age groups present a need for developing their spelling skills which can be achieved through motivating activities that involve writing and storytelling. The stories will be regarding tolerance and other socioemotional competences, allowing children to better empathize and relate to others. I will leave a class planification as an example of what one class would look like.



Matilde Lazarim



Tuesday 3.30 pm – 4.30 pm



Year 2 to Year 4



## English for Beginners

Learning English as an Additional Language involves the acquisition of listening, speaking, reading, and writing skills. The process may vary depending on the learner's age, previous language exposure, and individual learning styles.

Games and practical activities to promote English speaking and listening skills.



Judith Stonehouse



Thursday 3.30 pm – 4.30 pm



Nursery, Reception, Year 1 and Year 2



## French Club

Reading / Writing / Listening and Speaking in French

Overall, this club is meant to be fun and relaxing and gather everyone with a common goal: exploring the rich and beautiful French culture.



Elisabete Ribeiro



Monday 3.30 pm – 4.30 pm



Year 1 to Year 3



A5 Lined notebook, pencil, coloured



## Phonics Intervention (Phase 2)

Phase 2 phonics club would be great for children needing any additional support with their phonics and reading. The phonics intervention would have a maximum of 12 children to allow TA to support and meet children's individual needs.

This club has the potential to progress to phase 3 at the children's pace ensuring phase 2 goals have been met first.



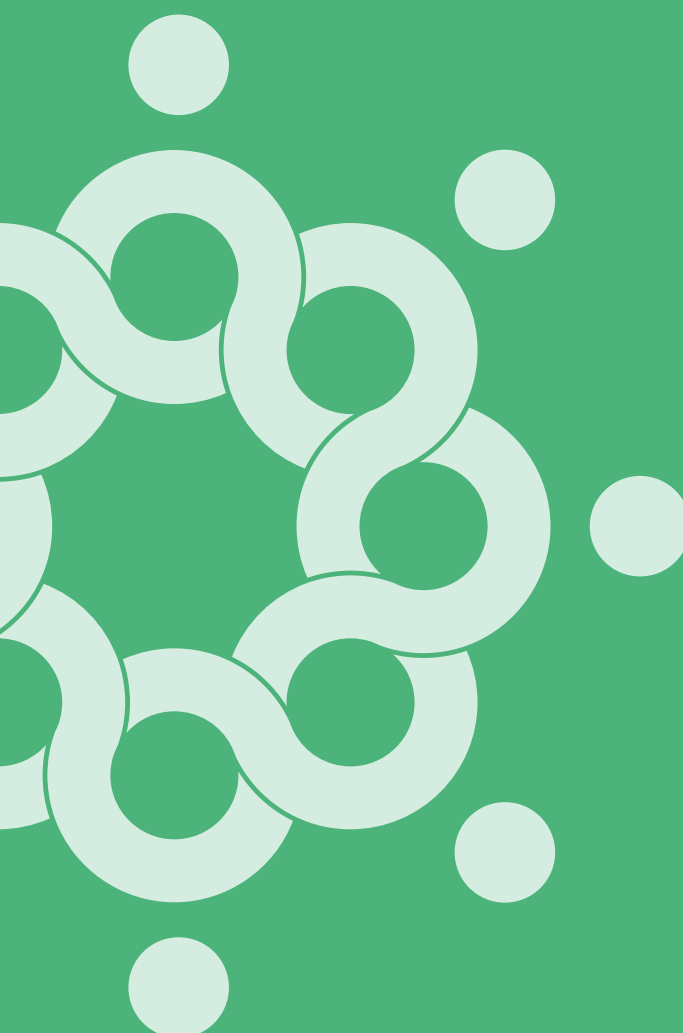
Matilde Lazarim



Wednesday 3.30 pm – 4.30 pm



Year 1 to Year 2

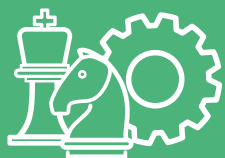


# **InnovationHUB**

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For innovative potential

Embark on an exciting quest of discovery as you delve into new subjects, uncover fascinating knowledge, and ignite your curiosity to unlock a world of possibilities.



## Chess Club

A friendly environment for students to play chess against each other in a non-competitive and stress-free setting. Students are encouraged to play against different players each week and to support those who are weaker than themselves.

The activity is suitable for all abilities as the teacher, and some of the stronger players, will be available to assist those who are new to the game or want some extra tips. What a nice and relaxing way to end the week



Chris Grainger



Friday 3.30 pm – 4.30 pm

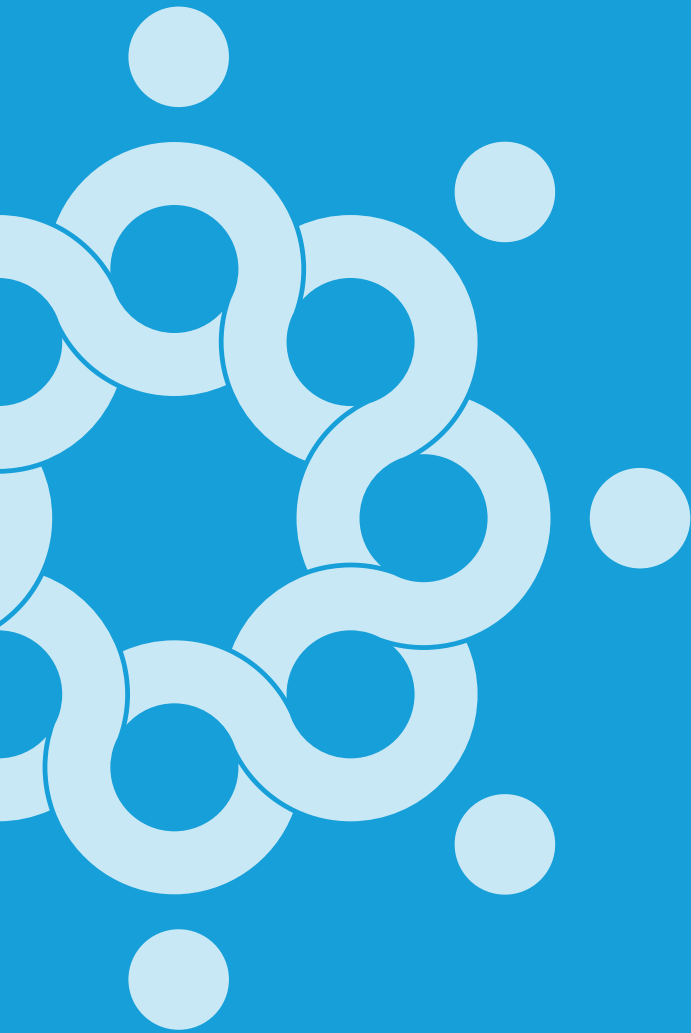


Year 7 to Year 10



Chess boards are provided although students are welcome to bring their own chess boards if they want to.





# **WellbeingHUB**

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For athletic potential

**Fuel your passion for sports as you build strength, develop new skills, and experience the thrill of friendly competition, all while fostering teamwork and sportsmanship.**



## Football

Football is a fast and active sport played between two teams, it involves a lot of body contact between the teams as the players try to pass, carry, and score in their opponent's goal.

In this activity, students will learn coordination and techniques to evolve their football skills, as well as learn how to play in a team.



Fábio Martins



Wednesday 3.30 pm – 4.30 pm



Year 1 to year 6



Sports equipment



## Girls Football

Learn the basics of football, and grow in confidence when dribbling, receiving, shooting, and passing the ball through a variety of fun drills and games. Whatever your level you will build confidence in these different skills and learn to read the game.

This club hopes to get more girls involved from a young age to play football.



Lynsey Gauld



Tuesday 3.30 pm – 4.30 pm



Year 4 to Year 7



water bottle, PE or sports kit



## HandPadel

Mr. Grainger played a game called Hand Tennis for many years with students in his previous school.

This time, it will be played on a Padel court and will be called Hand Padel. Hand Padel is actually a team game, played with a volleyball.

Teams of 4 or 5 students are on either side of the court and use their hands to hit a volleyball to the other side. Each team is allowed two bounces and 3 touches/passes before returning the ball. The game promotes hand-eye coordination, team-work, agility and is a lot of fun!



Chris Grainger



Thursday 3.30 pm – 4.30 pm



Year 7 to Year 10



Normal sports clothing or PE kit



## Hockey

Learn the basics of field hockey, and grow in confidence when dribbling, receiving and passing the ball through a variety of fun drills and games. Whatever your level you will build confidence in these different skills and learn to use the stick to control the ball.



Chelsea Gray



Monday 3.30 pm – 4.30 pm



Year 5 to Year 10



Shin pads, water bottle, PE or Sports kit



## Little Lifesavers Club

This is a club where young heroes learn essential first aid skills and emergency response techniques in a fun and supportive environment. This club is dedicated to empowering children with the knowledge and confidence to act swiftly and effectively in times of need.

The goal is to instill a sense of responsibility and readiness in our young members, equipping them with invaluable skills that can make a difference in the lives of others.



Nurse Vera Azevedo



Thursday, 3.30 pm– 4.30 pm



Year 2–year 6



Water bottle, PE or Sports kit



## Martial Arts

When it comes to martial arts, one of the greatest benefits is that it helps develop self-control and defence, always in a fun and healthy way, as well as concentration, agility and reflexes.

Martial arts instil a sense of discipline that is very beneficial for children. Our teachers are trained in mixed martial arts. Our classes vary between boxing, muay thai and Brazilian Jiu Jitsu training.

We start the classes with a brief warm-up and some games, followed by thirty minutes of technical instruction in the various martial arts and ending with stretching.



In partnership with Associação de artes marciais mistas do Algarve- AMMALG



Thursday, 3.30 pm– 4.30 pm



Reception (5 y.o.) Year 1 to Year 6 (Thursday)



Water bottle, PE or Sports kit



## Padel

Padel Club introduces students to the exciting and rapidly growing sport of padel. Padel Club will focus on developing hand-eye coordination, fostering teamwork skills, and promoting an active and sporty lifestyle in a fun and engaging environment.



Daniel Vicente



Monday and Friday (year 3 to year 6)  
Tuesday (Reception to year 2)  
3.30 pm – 4.30 pm



Reception to Year 2  
Year 3 to year 6



PE kit and trainers



## Tennis

Tennis is not only a sport of skill and athleticism but also one of sportsmanship and endurance. It's a sport that brings people together.

The coach will instruct the pupils on the fundamentals of tennis and focus on skill development.



In partnership with Vale do Lobo



Wednesday 3.30 pm – 4.30 pm



Year 1 to Year 3



Water bottle, PE or Sports kit



# Prices per activity

Description

Classes	Price per school term
1	115 €
2	207 €
3	293 €
4	368 €
5	460 €

\* This price includes one VivaHUB merchandising kit per student



<b>Nursery</b>	Creative Dance Dance Choreography	Watercolor	English for Beginners		
<b>Reception</b>	Dance Choreography Creative Dance	Culinary Club Watercolor	English for Beginners		Martial Arts (older than 5 y.o.) Padel
<b>Year 1</b>	Creative Dance	Art Club Culinary Club Watercolor	French Club English for Beginners Phonics Intervention (Phase2)		Football Martial Arts Padel Tennis
<b>Year 2</b>	Creative Dance	Art Club Culinary Club Watercolor	Creative Writing English for Beginners French Club Phonics Intervention (Phase2)		Football Martial Arts Padel Tennis   Little Lifesavers Club
<b>Year 3</b>	Ballet	Art Club Gardening	Creative Writing French Club		Football Martial Arts Padel Tennis Little Lifesavers Club
<b>Year 4</b>	Ballet	Art Club Gardening	Creative Writing		Football Girls Football Martial Arts Padel   Little Lifesavers Club
<b>Year 5</b>	Ballet	Art Club Eco-Schools Club Gardening			Football Girls Football Martial Arts Padel   Hockey Little Lifesavers Club
<b>Year 6</b>	Ballet	Art Club Eco-Schools Club			Football Girls Football Martial Arts Padel   Hockey Little Lifesavers Club
<b>Year 7</b>	Ballet	Art Club Eco-Schools Club		Chess Club	Girls Football Handpadel Hockey
<b>Year 8</b>		Art Club Eco-Schools Club		Chess Club	Handpadel Hockey
<b>Year 9</b>		Art Club Eco-Schools Club		Chess Club	Handpadel Hockey
<b>Year 10</b>		Art Club		Chess Club	Handpadel Hockey



# VivaHUB

By Nobel Algarve



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