



International
School
Atlántico · Pontevedra



EXTRACURRICULAR ACTIVITIES 2018-2019

ARTS
SCHOOLS

SPORTS
ACADEMIES

ROBOTICS
CLUB

LANGUAGE
SCHOOL

STUDY CLUB AND
ACADEMIC SUPPORT

Extracurricular activities today play an important role in the **all-round development of students**. They improve **school performance**, promote **relationships**, boost **motivation** and **self-esteem**, help to instil **positive** physical, intellectual and social habits that revert in a better management and organization of leisure time.

SEK-Atlántico has designed, in line with the principles and values of the SEK Educational Model, a wide and varied range of first-rate extracurricular activities which give students the opportunity to enrich their **academic, cultural, artistic and sporting education**.

These activities represent an **ideal complement to students' education and** help **stimulate** them, affording them an optimal way to enhance their **personal qualities**.

SEK-Atlántico designs its extracurricular activities based on three key priorities and taking into account the preferences and needs of each student: **Individualised education** (the learning process adapts to the interests and abilities of each student); **bilingual and international education** (learning languages and developing a mindset open to other cultures) and **training in skills and competences** (creativity, innovation, entrepreneurship, critical thinking, communication, teamwork).

Choosing which activities are most appropriate for each student based on their abilities, interests and motivations is not always easy. Therefore, tutors will always be available to families to advise and help them make the right decision.

Throughout the school year, a follow-up of the work involved in these activities is carried out, which is further analysed and assessed in the quarterly meetings with the tutor.

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Classes

Extracurricular activities may take place inside school hours or after 17:30.

They begin on 01 October 2018 and end 14 June 2019.

Classes are given in small groups to ensure one-to-one attention of each participant and are practical and fun. However, a minimum number of children must enrol for classes to go ahead.

Assessment

Teachers and instructors for each activity will give a progress report on students every term. This report will be shared in detail with families.

Competitions, exhibitions and performances

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

Furthermore, the different schools hold festivals and exhibitions over the school year and at the end of the year.

Pre-School Club

The schools offers those families that require it an extended timetable from 08:30 to 09:30. Children will be supervised by members of our teaching staff.

Facilities

Activities will take place on school grounds, except for school swimming classes that take place at the Centro Deportivo Budo and the padel tennis classes that take place at the Club Pádel Bao.

SEK Professionals

We have a great 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, **Alejandra Fontán** is available to parents and students during the school day, from 09:30 to 17:30 (alejandra.fontan@sek.es).
Tel.: 986 87 22 77.

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 26 September 2018. To enrol students, please hand in a filled in enrolment form or enrol students via the website. Once students are enrolled, parents will be sent complementary information on the activities signed up to.

Places are limited and will be assigned on a strict first-come-first-serve basis.

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.

Music School

Participants will learn to play instruments in a fun and entertaining way, stimulating and developing coordination, logical and cognitive reasoning and self-confidence through the universal form of expression that is music. They will have a great time.

Piano

Who: From Year 3 Early Childhood to Year 6 Primary School (small groups)

When: One hour a week in school hours.

Instructor / Teacher: Rodrigo Silva, Director of the Conservatorio Mayeuisis

Fee: €41 a month

Violin

Who: From Year 3 Early Childhood to Year 6 Primary School (small groups)

When: One hour a week in school hours.

Instructor / Teacher: Rodrigo Silva, Director of the Conservatorio Mayeuisis

Fee: €41 a month

Guitar

Who: From Year 3 Early Childhood to Year 4 Secondary School (small groups)

When: One hour a week in school hours.

Instructor / Teacher: Rodrigo Silva, Director of the Conservatorio Mayeuisis

Fee: €41 a month

Percussion

Who: Year 2 to 6 of Primary School

When: One hour a week in school hours.

Instructor / Teacher: Rodrigo Silva, Director of the Conservatorio Mayeuisis

Fee: €41 a month

Choir

All those students interested in vocal composition and who show sufficient ability can take part in the school choir.

Who: Primary and Secondary School and Baccalaureate

When: During the school day, dates to be determined

Instructor / Teacher: Rodrigo Silva, Director of the Conservatorio Mayeuisis

Fee: Free

Painting

This activity affords students the opportunity of making contact with the world of arts, fostering their visual observation, creativity and helping them discover the world that surrounds them. They will learn basic painting techniques (composition, form and colour) to create pieces on different formats and using different techniques (water colours, tempera, acrylic, oil paint and pastels etc.)

Who: Primary School to Baccaalaureate

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

Instructor / Teacher: Agustín Rodríguez Torres, Fine Arts graduate

Fee: €65 a month two days, €33 a month one day.

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.

Football Academy

The Academy promotes the practice of football and indoor football. 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. The school teams take part in leagues organised by the Galician Football Federation.

Who: Early Childhood, Primary School and Secondary School

When: Mondays, Wednesdays or Thursdays depending on the different categories, from 17:30 to 18:30, or within school hours depending on the number of students and ages. The matches will be held on weekends.

Some categories could start training in the month of September.

Instructor / Teacher: José Luis Santos, Degree in Sport and Physical Activity

Fee: €44 a month

Basketball Academy

The Academy promotes the practice of basketball. In this activity children learn individual and team tactics and techniques. After a period of training, teams will play in school leagues,

Who: Primary School

When: Wednesdays, depending on the different categories, from 17:30 to 19:00, or during school hours, depending on the number of students and ages.

Instructors/Teachers: Instructors from the Club Baloncesto Estudiantes Pontevedra

Fee: €32 a month

Padel tennis

This activity trains students in all padel tennis movements progressively, from the most basic 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.

Who: Year 3 to 6 of Primary School.

SECONDARY SCHOOL students should check to see if groups for their age groups are available.

When: Tuesday, Wednesday or Thursday during the school day (times are determined depending on the number of groups)

Instructor / Teacher: Jesús Álvarez López, Spanish National Pádel Coach and Director of the Club Pádel Bao

Fee: €32 a month (including transport on school buses to the Pádel Bao facilities)

Sports kit: School sports kit

Fencing

Fencing is one of the most all-round sports, suitable for all ages. It is a evasive sport that hones reflexes and intelligence, as well as boosting concentration, speed, balance and coordination.

- Who:** From Year 3 Early Childhood to Year 2 Bacculaureate
- ▶ Minifencing: From Year 3 Early Childhood to Year 2 Primary School
 - ▶ Junior: Year 3 to 6 of Primary School.
 - ▶ Youth: From Year 1 Secondary School to Year 2 Bacculaureate

When: Wednesdays, from 17:30 to 18:30 or one hour a week during the school day to be agreed on depending on ages and numbers of participants.

Instructor / Teacher: Adrián Cubela, National Fencing Instructor and Director of the Escuela Hungaresa de Esgrima de Pontevedra

Fee: €43 /month Material is included

Swimming

Participants learn key swimming movements through games, until they master the four main strokes: butterfly, breaststroke, back and front crawl. Students do drills to improve arm/leg coordination and learn proper breathing techniques for each stroke.

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

When: One hour a week in school hours. To be determined depending on the number of groups

Instructor / Teacher: Qualified instructors from the Centro Deportivo Budo, in Pontevedra

Fee: €45 a month

Figure Skating

Figure skating is a very all-round sport since it combines intense physical exercise with music and dance. It develops a sense of balance and coordination.

Who: From Year 3 Early Childhood to Year 2 Bacculaureate

When: Tuesdays from 17:30 to 19:00

Instructor / Teacher: Manuel Feijoo Rial, Level II Skating Instructor, Sports and Technical Director of Coruxo F.C., skating section and Judge of the Galician Skating Federation

Fee: €41 a month

Rhythmic gymnastics

Rhythmic gymnastics is a sport that combines elements of dance, ballet, gymnastics and the use of various devices such as hoops, balls, clubs, ribbons and ropes. The main objectives of this activity are to develop basic motor skills, to know the basic movements of the rhythmic gymnastics, to foster spatial orientation and coordination of movement, to foment team work and the ambition to excel.

The gymnastics team will perform several exhibitions throughout the year. In addition, after a period of training, they will be included in the schools tournament.

Who: From Year 2 Early Childhood up to Secondary School Year 4

When: Thursday from 17:30 to 19:30, or 2 hours a week during school hours depending on the ages and number of students

Instructors/Teachers: Club Triscas national coaches

Fee: €41 a month

Robotics

In the Robotics extracurricular activity students experiment with innovative design and programming robots, aimed at working on mobility and sensor communication and the relationship between software and hardware for building functioning robots.

Over the course of the year, students will work on different challenges involving teamwork, visual programming and problem solving that have direct applications in the current market.

The robotics programme has enormous future applications in the job market, since it is a field that is expected to generate massive demand in coming years.

Who: From Primary School Year 1 to Baccaulaureate Year 1

When: ▶ From year 1 to 4 of PS, one hour per week during school hours depending on groups and number of students

▶ From year 5 Primary to year 1 Baccaulaureate, Wednesdays from 17:30 to 19.00

Instructors / Teachers: School teachers assigned to the Dept. of Science and Technology

Fee: €43 a month

Abacus Project

A mental development programme aimed at children between the ages of 5 and 13.

The Abacus Project boosts intelligence in children thanks to an educational programme based on three key tools: abacus calculus, mental arithmetic and educational games.

One of the most important aspects of the Abacus Project is that it is fun and interactive. Children learn while having fun thanks to an educational method where playing plays a major role.

Who: Year 1 to 6 of Primary School.

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

Instructor / Teacher: Ana González, Pensamiento Genial Coordinator

Fee: €37 a month

Material: €45

The Business Game

The Business Game is a specific programme of financial and business training aimed at students of different ages:

- Pequeños Business Linces, from 6 to 8 years old.
- Business Linces, from 9 to 12 years old.

With *The Business Game* children learn how their economic environment works, how business activities are generated and the tools to make a dream, a business or a passion a reality.

Each child will create a project in the *The Business Game*, serving as their goal and their inspiration.

Who: In Year 1 to 6 Primary School

When: One hour per week during school hours, depending on ages and groups

Instructor / Teacher: Ana González. Pensamiento Genial Coordinator

Fee: Fee: €37 a month

Material: €45



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