

Extracurricular activities 2020 / 2021 – Activities description

Activités créatrices manuelles / Manual Creations :

Creativity development through idea preparation for actual production of mini creations with the mixed use of various materials and techniques.

Afternoon session : Introduction to pottery

Activités créatrices textiles / Creative textiles :

Discover the different textile materials and the sewing machine to create simple accessories and clothes. Support local theater groups by making costumes. Course is open to girls AND boys.

Entdecke die Welt der textilen Gestaltung und nähe einfache Accessoires und Kleidungsstücke mit der Nähmaschine. Unterstütze die Theatergruppen mit Kostümen. Offen für Mädchen UND Jungs

Aérogym / Aerogym :

Work the muscles of the body smoothly and rhythmically through movements adapted and designed for the abilities of young children. The exercises vary and are done with music of the latest hits. The course is usually divided into three parts : 5 min. warm up/stretching, 25 min. muscle exercises and 5 minutes of cooling down.

Appui et mise à jour / Support sessions :

Support and update to finalize the work of the week (to lighten the weekend homework) and/or additional explanations in French-Mathematics as needed.

Arlecchino :

NEW

Do you like to do theater ? Do you like the Italian language ? So join us in this theater workshop in Italian to follow the footsteps of the *commedia dell'arte*.

Art and Craft in English :

The children make diverse creation activities in English, following the seasons and the holidays. The materials vary with the activities with a large amount of methods. Fun for all !

Atelier cirque / Circus Workshop :

Workshop of production, expression and creation of techniques. Included are : the combining of acrobatic arts, the balance and the movement of objects and accumulation of all activities for an expressive project created collectively by the group.

Atelier Émotion & Relaxation / Emotion & Relaxation Sessions :

Playful approach to the positive expression of emotions through relaxation and attention exercises, readings, exchanges and games.

Atelier Montessori / Montessori Workshop :

Montessori approach material through the 4 venues (practical, sensory, mathematical and French life), for students already enrolled or interested.

Atelier Reggio Emilia / Reggio Emilia Workshop :

NEW

Loris Malaguzzi said : “Children are competent at knowing and researchers into meanings.”

Come and help create our own atelier for young children’s imagination, expression and experimentation that actively strives to encourage dynamic learning processes through the arts.

Athlétisme / Athletics :

Discover and practice four essential disciplines : jumps, races, throws and endurance activities.

Au fil des saisons / Seasonal Sessions :

Animation by DIY, cooking, tastings, reflection, discoveries and experiments around all the riches that nature offers over different months and seasons.

Auto-défense / Self-defense :

These courses are designed to teach simple, fast and effective techniques to defend against verbal or physical aggression. With a goal of prevention, participants will develop tools to learn to avoid risky situations or to defend themselves, as a last resort.

Badminton :

Begginer to advanced groups :

1. Development of specific coordination, lateralization.
2. Learning the rules of the game.
3. Learning the fundamentals : forehand, backhand, blow-off, smash.
4. Space utilization : personal (placement-displacement-replacement) and adversary (use depth first, the associate width
5. Matches, tournaments, rankings

Basketball :

Learning and advancing of the basics : pass, dribble, shot to basket. Attack and defense strategies, displaying and enhancing the team spirit.

Bibliothèque / Library :

This activity begins with a detailed tour of the library with explanation on how it works. Students learn to differentiate between the types of the documents and locate them throughout the collection. Various themes are discussed : search for documents, strategy to find information or how to choose among titles. Free time is left to flip through books and savor the pleasure of reading.

Bricks4kids :

With the Bricks 4 Kidz® program, they learn, build, play with LEGO® bricks. All activities are for children from 5 years old and are made with the famous LEGO® bricks to offer an educational and fun workshop. Kids build a new model each week with entertaining and varied themes. They will discover and/or improve their knowledge in areas such as science, mathematics, architecture, composition.

Chœur / Choir :

Playful approach of music and singing adapted to the youngest. The basics of all learning of the song are approached in a simple way. A dance routine is proposed in accompaniment and liaison with the songs learned, with one or two voices (canon).

Computer games in English :

NEW

Games promoting learning and use of English as well as computer skills. Students can choose English games on the sites provided and supervised by the teacher.

Course à pied / Running :

Workshop in which the child will learn some specific techniques of the endurance race.

Création de BD / Comic Book Creation :

For this activity, the kids are learning how to create a comic book. Tasks included : to perfect the pencil line, to put forward the narration by giving the opportunity to create own stories and correctly arrange the bubbles with boxes. "Coordination" and "fun" are the key words of this creative and recreational workshop, which stimulates children's imagination.

Danse classique / Classic Dance :

Depending on the age of the children, the teacher suggests body language associated with the development of musical listening. The year begins with an individual practice of dance, then with two, three or four exercises, with the gradual integration of classical movements. For the older ones, this is a more in-depth practice of ballet dancing with warm-up at the bar and exercises facing the mirror. The movements learned are more elaborate. Learning and presentation takes place at the end of the year as a group choreography act.

Danse jazz / Jazz Dance :

Activity allowing pupils of the 2nd, 3rd and 4th grade classes to imagine and create a more personal sequence of dance steps on current music. Creation of 2 to 4 different choreographies during the year.

Découverte de l'histoire / History Discovery :

NEW

This workshop offers a first playful approach to history, starting from prehistory until contemporary times. It is about encouraging the natural curiosity of the child, giving him chronological and thematic landmarks through the history of art and the history of the daily life of men over time. We will use different tools and supports such as short video and musical extracts, models, timelines, puzzles, crafts, books and stories.

De fil en aiguille / Knit and Fit :

Learning some basic techniques for embroidery, knitting, crochet and sewing and any other possibility offered by fabrics and various threads by making mini creations.

Dessin géométrique / Geometric Design :

Introduce a new way to draw, allowing students to use tools such as drawing board, compass, square and get comfortable with them. Children learn to be precise and careful in their creations.

Drama classes in English :

Participants develop their talent of dramatic expression in English, through exercises of mime, gestures and improvisation. The work is done through group games to learn to work together and to cooperate. From January, the troupe prepares the play that will be presented in English at the end of the school year. This course is for students who speak English with some fluency or who are highly motivated to advance their language skills.

Dutch Language & culture :

Learn a new language through play ! Knowing more than one language helps your child feel at ease in different environments and improves their attention and memory skills.

English Pre-Starters – Starters – Movers – Flyers :

This course focuses on revising and strengthening vocabulary and grammar at different levels. The English teacher will determine the appropriate level for each student.

The *Pre-Starters* level is for younger children wishing to improve and extend their English.

The *Starters* level is for children who have never practiced English. Emphasis is on beginners' support with speaking, reading and writing.

The *Movers* level is for children who have already had English classes. Emphasis is on improving of reading and writing simple sentences.

The *Flyers* level is for kids who already have good vocabulary, who can read easy stories, who can write short paragraphs. Emphasis is on improving and enhancing their strong and creative writing skills.

Espagnol poco a poco / Spanish poco a poco :

Learn and use Spanish in a fun way through games, pictures, music and songs.

Etude dirigée / Supervised Study :

Assist students in their homework. Teachers monitor, control and correct the work done.

Etude du matin / Supervised Study : (08h00-08h45)

Assist smaller children in their homework. Teachers help with the assignments.

Eveil au chinois / Chinese Sessions :

Acquisition of basic knowledge through a smooth entry into Chinese language and culture.

Expériences scientifiques / Scientific Experiments :

Explain the world through various practical experiences and scientific phenomena such as : electricity, air, water, optical illusions and many more.

Expression corporelle / Body Language :

Body expression is a way of demonstrating various emotions in many situations : real or imaginary. Activities proposed will help the children to play games and mime while associating specific gestures to the musical comprehension. These activities develop the rhythm, coordination and the expression of the body, as well as the cooperation and the respect for others.

Expression libre / Supervised Playtime :

Support and supervision of children most often outdoors, for a recreational period of free play and relaxation – free choice of activities.

Expression théâtrale / Theater :

Beginning with improvisations and basic theatrical games in order to discover playfulness of the art of theater. Gradually through the creation of a show, the student will explore and develop the voice, gesture, imagination and sense of the group dynamics. Group preparation of the end of the year show.

Fimo c'est fun / Fun with Fimo :

Mini creations out of Fimo paste to improve the fine motor skills, concentration and creativity of the children, while having plenty of fun. Samples of mini creations : decoration objects, small animals and personalized everyday objects.

Football / Uni-hockey :

Work out the personal technique : driving the ball, passing, blocking, dribbling and more. Tactical work with building scenarios of attack and defense. Displaying and enhancing the team spirit.

Français pour débutants / French for beginners :

Designed to help children to become familiar with the French language and culture in a playful way in individual, collective and oral exercises.

Fun with Food :

Enjoy being creative with food as we explore food in different forms ; Crafts, recipes, and food art.

Garderies / Daycare :

Management and supervision in the early morning and late afternoon. Provision of games, computers, drawing sheets and various materials. No rendering required.

Graines d'entrepreneurs / Future Entrepreneurs :

This program gives young people between the ages of 10 and 16 a taste for innovation and a spirit of entrepreneurship. Emphasis is placed on introducing methods and tools that are simple, practical and indispensable for carrying projects. Participants will enjoy a rewarding and original experience accordingly selected to their age group. Skills acquired will become essential bases for students' professional future and provide increased motivation by understanding the practical sense of the subjects taught in the school.

Gymnastique rythmique et sportive / Rhythmic Gymnastic :

Activity combining dance and hand tools such as rope, ball, hoop, club or ribbon. Sessions aim to develop the sense of rhythm, coordination of movements and imagination with various routines.

Hip-Hop :

Initiation to dance on current hip-hop music. A short warm-up begins the class with various movements that will then be used to create a choreography.

Informatique / Computer Science :

Sessions designed to familiarize young children with the management and use of adapted programs, for various creations, such as : document composition, digital data processing, work on 2-dimensional and 3 dimensional images and multimedia.

FUTUREKIDS – Create your video game 3D Unity :

Focus is on acquiring the bases necessary to the development of a 3D video game. Activities included : creating levels, traps, characters, from the basic forms of the software, as well as on the use of the physical engine (gravity, rebounds/collisions, friction, joints) and the realization of small scripts (programming). Unity is one of the best 3D engines used for video game publishing.

FUTUREKIDS – Discover scientific and creative programming : NEW

Learn about programming while having fun and discover the fundamentals of physics by boosting your creativity, this is what awaits children in this course. They carry out a real project from A to Z by taking command of Scratch and Algodoo. They imagine their project in detail, create animated sequences and video games, invent incredible machines while learning programming in a fun and creative way.

FUTUREKIDS – Develop your own iOS / Android app : NEW

Apps for mobile devices have become ubiquitous in our lives. Whether playing a game or checking the arrival time of the bus, they change the lives of millions of people. This course aims to give participants a better understanding of the technologies they use every day and to take part in their development.

FUTUREKIDS – My first robots :

Through courses that immerse your children in their favorite worlds, they learn to build and program robots with lego WeDo and new WeDo 2.0. The topics are dinosaurs, the worlds of Star Wars and the scientific field such as space exploration. Each course, a brand new adventure is delivered.

FUTUREKIDS – My first multimedia creations :

By alternating disconnected activities and digital activities, children learn computer science in a fun way. They use computers or tablets to create stories, video games, all kinds of multimedia projects, including the future big creations.

Initiation musicale / Music :

Musical initiation encourages the development of musical awakening and sense of rhythm through following the sensory development of the child and their active participation.

Jeux / Games :

Focus on teaching children to play different group games, such as : handkerchief, monopoly, mastermind, ladder, twister and to respect the rules, while winning or losing.

Jeux en Allemand / Games in German :

Learn German in a fun way with games, drawings, simple exercises, songs and crafts. The activity is intended to enrich the vocabulary, improve pronunciation and understanding in German, while having plenty of fun.

Jeux psychomoteurs et rythmiques / Psychomotor and Rhythmic Games :

Teaching a set of games with or without equipment allowing the child to refine their movements, manage the body in space and collaborate with one or more partners.

Judo :

Learning the spirit of judo : greeting, respect for the partner, the tatami, the falls, the guard, the displacements. The goals is to be perfectly comfortable with rolls and falls on the ground at the end of the 4th year to master proper practice.

Les petits pâtissiers / Little pastry chefs :

NEW

From PS to GS, your children will conquer the pastry shop. Various recipes will be sent to them to introduce them to gourmet flavors. A recipe book will also be produced. Please provide an apron for each child.

Lingua italiana e cultura / Italian Language & culture :

NEW

Italian language courses which offer, for primary school children, various supports through an oral and written approach. Discovery of Italian culture.

Maths Fun in English :

NEW

In this activity we will play Maths games, learn Maths songs, solve puzzles and examine how we can even use Maths as an art activity.

Painting in English :

This will be a recreative painting workshop that aims to exploit different painting techniques, also using various supports. The activity will be run in English.

Pâtisserie rapide et facile / Pastry :

Fast and easy pastry ! Children make simple, fast preparations with or without cooking. They will be bringing home all the delicious creations.

Warning : this activity is not recommended for children with food allergies.

Pilates :

NEW

Exercise gently, gaining and strengthening the deep muscles to improve your posture and feel good with yourself.

Russe pour russophones / Russian :

Designed to help students to become familiar with the Russian language and culture.

Sciences & discovery :

The aim of this course is to learn basic science concepts through fun practical activities. Children are introduced to the idea of making a fair test, following instructions and recording their results. Activities cover a range of topics such as:

- Sinking and floating
- Forces – magnets, friction
- Investigating colour
- Investigating materials
- Discovering nature

This is a practical course where children have lots of opportunity to test their ideas and have lots of fun.

Sedia Sediola : Scuola italiana :

NEW

Italian language course, for Kindergarten children, through an essentially spoken approach.

Singing classes in English :

Build up your child will : safely develop his voice (enunciation, volume control, pitch and range) through playful vocal exercises, learn new songs of various genres in English, French and other languages and put on a show with his group to showcase the skills they learned.

Sport récréatif / Recreational Sports :

Workshop based on the games, discovery and the deepening of various sports and gymnastic techniques. Excellent addition to standard gym class lessons.

Stories & games :

The story becomes the support for a multitude of activities as through following and listening to a story in English, children animate and continue with an activity related to the text such as : small crafts, games, drawings, songs.

Strategios – Echecs (FUTUREKIDS) / Strategy Chess (FUTUREKIDS) :

Do your kids love challenges ? Let them discover the exciting world of strategy games ! Innovative and fun games help to learn strategy, cooperation, logic and, above all, having fun with many friends.

Technology as a learning tool :

NEW

When children create, they learn. Come and explore a variety of digital media. In our *Makerspace* you can tinker and invent !

Word, Excel, Powerpoint :

Acquire the necessary basics and best practices to use the three softwares. Boost your presentation of a Word document. Build spreadsheets and graphically represent them using Excel with skill and speed. Create visual aids with PowerPoint using templates available to better highlight the main arguments during a presentation. Useful and exciting !

Yoga :

Discover yoga poses in a benevolent and playful atmosphere. Explore the body, develop flexibility and improve focus and self-confidence for overall wellbeing.

Young Engineers :

NEW

Discover the principles of science, technology, mathematics and engineering by building models with LEGO® pieces. Each lesson begins by learning a new scientific principle. After the principle is understood, we have fun building a model and bring the science to life.