

# OPTIONAL ACTIVITIES PROGRAMME

## 2022 2023



King's College  
*The British School of Alicante*

An **inspired** school

Embracing **Individuality**. Preparing **Leaders**.







# OPTIONAL ACTIVITIES PROGRAMME

One important aspect of our school's ethos is to educate the "whole child" and ensure students have the opportunity to learn skills and participate in activities outside of the classroom environment. We have created a range of activities which will help your son/daughter to develop talents, interests, and passions while also being fun, sociable and educational.

All activities offered at school will be run by professional athletes and coaches provided by the company LH actividades Multiaventura and by our teachers who specialise in that specific sport or specialism.

There are a whole range of benefits that come from involvement in the optional activities programme: they provide a productive break from study, they build the pupil's soft skills outside of the classroom, they provide social opportunities, they boost self-esteem and they encourage students to make new friends outside of their usual environment.

In the brochure you will find the selection of activities on offer including the prices.





# PROGRAMA DE ACTIVIDADES OPCIONALES

Uno de los principios más importantes de nuestro centro es educar al "niño de forma integral" y garantizar que los alumnos tengan la oportunidad de aprender habilidades y participar en actividades fuera del entorno del aula. Hemos creado una serie de actividades que ayudarán a su hijo/hija a desarrollar sus talentos, intereses y pasiones a la vez que son divertidas, sociables y educativas.

Todas las actividades ofrecidas en el colegio estarán dirigidas por deportistas y entrenadores profesionales proporcionados por la empresa LH actividades Multiaventura y por nuestros profesores especializados en ese deporte o especialidad concreta.

La participación en el programa de actividades opcionales tiene toda una serie de beneficios: proporcionan un descanso productivo del estudio, desarrollan las habilidades interpersonales del alumno fuera del aula, proporcionan oportunidades sociales, aumentan la autoestima y animan a los alumnos a hacer nuevos amigos fuera de su entorno habitual.

En el folleto encontrará la selección de actividades que se ofrecen, incluidos los precios.



# IMPORTANT INFORMATION

## DATES WHEN THE ACTIVITIES WILL BE RUNNING

### Term 1

From week beginning 12th September until  
week beginning 12th December 2022.

### Term 2

From week beginning 10th January until  
week beginning 27th March 2023.

### Term 3

From week beginning 24th April until week  
beginning 12th June 2023.

# INFORMACIÓN IMPORTANTE

## FECHAS EN LAS QUE SE REALIZARÁN LAS ACTIVIDADES

### Primer Trimestre

De la semana que comienza el 12 de  
septiembre hasta la semana que comienza el  
12 de diciembre de 2022.

### Segundo Trimestre

De la semana que comienza el 10 de enero  
hasta la semana que comienza el 27 de  
marzo de 2023.

### Tercer Trimestre

De la semana que comienza el 24 de abril  
hasta la semana que comienza el 12 de junio



**SPORTS**

**MUSIC**

**LANGUAGES**

**ART**

**OTHERS**

**SPORTS**

# TENNIS

Tennis is a good sport for maintaining health, fitness, strength and agility. It also has social and psychological benefits. You can play with a club or with friends and family as a social activity. Make sure you have plenty of fluids on hand and rehydrate regularly.

## Where

School Tennis Courts

## When

Monday Rec-Y4 & Wednesday Y5-Y11 after school

## Age group

Reception to Year 11

## What do I need

PE kit, trainers and a water bottle

## Who will run the activity

A professional Tennis Coach from LH Multiaventura

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks





# VOLLEYBALL

Volleyball for all levels. Learn and develop your individual skills as well as game play, strategy and tactics in a fun and progressive environment. Playing volleyball strengthen the upper body, arms, shoulders, thighs, abdominals, and lower legs.

## Where

School Sports Hall

## When

Monday after school

## Age group

Year 7 to Year 11

## What do I need

PE kit, trainers and a water bottle

## Who will run the activity

Miss Simmons

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks



# FOOTBALL

For beginners and those more experienced at club level. Fun and engaging skill based activities to develop your footballing ability. Football teachers teamwork, discipline, perseverance, goal-setting, handling success and failure, time management, and keeping fit.

## Where

School Astroturf

## When

Tuesday Rec-Y4 & Wednesdays Y5-Y9 after school

## Age group

Reception to Year 9

## What do I need

PE kit, football boots, shinpads, trainers and a water bottle

## Who will run the activity

Sr. Castilla & Mr Ross

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks



# FOOTBALL FOR GIRLS

For beginners and those more experienced at club level. Fun and engaging skill based activities to develop your footballing ability. Football teachers teamwork, discipline, perseverance, goal-setting, handling success and failure, time management, and keeping fit.

## Where

School Astroturf

## When

Monday after school

## Age group

Y5-Y10

## What do I need

PE kit, football boots, shinpads, trainers and a water bottle

## Who will run the activity

Miss Pearson

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks





# BADMINTON

For beginners and more experienced players alike. Learn a new fun racket sport or hone your existing badminton skills. Playing against an opponent enables you to learn and cultivate good values such as fair play and sportsmanship.

## Where

School Sports Hall

## When

Thursday after school

## Age group

Year 5 to Year 9

## What do I need

PE kit, trainers and a water bottle

## Who will run the activity

Mr. Nutter

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks



# BASKETBALL

Pass, dribble, feint and shot your way to developing your basketball skills and ability. Playing basketball helps to improve motor coordination, flexibility, and endurance. It also encourages speed, agility, and strength. These skills are shown to have a positive effect on promoting a healthy body weight and encouraging more physical activity, which can enhance cardiorespiratory fitness and self-esteem.

## Where

School Basketball Court

## When

Thursday after school

## Age group

Reception to Year 11

## What do I need

PE kit, trainers and a water bottle

## Who will run the activity

Mr Ross

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks





# HANDBALL

Handball for all levels. Learn and develop your individual skills as well as game play, strategy and tactics in a fun and progressive environment.

## Where

School Sports Hall

## When

Monday Y7-Y11 & Wednesday Rec-Y6 after school

## Age group

Reception to Year 6 & Year 7 to Year 11

## What do I need

PE kit, trainers and a water bottle

## Who will run the activity

A professional Handball Coach from  
LH Multiaventura

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks





# DODGEBALL

**KS3 Dodgeball, develop your throwing, catching skills and learn to dodge your opponents in a fun, fast paced team sport that involves throwing soft balls at the opposite team. No experience required, just come along and have fun!**

## Where

School Sports Hall

## When

Wednesday after school

## Age group

Year 7 to Year 9

## What do I need

PE kit, trainers and a water bottle

## Who will run the activity

Miss Barton

## What is the cost of the Activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks



# TABLE TENNIS

Table Tennis for all levels. Learn and develop your individual skills as well as game play, strategy and tactics in a fun and progressive environment.

## Where

School Sports Hall

## When

Tuesday after school

## Age group

Year 5 to Year 9

## What do I need

PE kit and a water bottle

## Who will run the activity

A professional Table Tennis Coach from  
LH Multiaventura

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks



# HIIT TRAINING

A number of high intensity exercises in order to improve strength and tone up the body. A HIIT workout consists of short bouts of intense work lasting anywhere from 10 to 60 seconds, followed immediately by a period of active recovery of the same length or longer. This cycle of hard work and recovery is repeated anywhere from 3 to 10 times, depending on the workout.

## Where

School Sports Hall

## When

Tuesday after school

## Age group

Year 7 to Year 13

## What do I need

PE kit, trainers and a water bottle

## Who will run the activity

A professional HIIT Training instructor from LH Multiaventura

## What is the cost of the Activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks





# JUDO

Judo, like many other martial arts, combines physical activity, self-defence skills, and discipline. Judo is an excellent sport for children to learn for many different reasons, including to make children more physically healthy, mentally well, and build confidence, self-esteem, and respect for others.

## Where

School Sports Hall

## When

Tuesday Year 3 to Year 6 & Thursday Reception to Year 2 after school

## Age group

Reception to Year 6

## What do I need

Judogi and a water bottle

## Who will run the activity

A professional judo coach from Isabel Fernandez Judo Club

## What is the cost of the Activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks



# KARATE

Karate practice strengthens the mind, develops composure, a clearer thought process, deeper insight into one's mental capabilities, and more self-confidence. It strengthens the entire body, improves coordination, quickens reflexes, builds stamina and overall health.

## Where

School Sports Hall

## When

Wednesday Rec-Y6 & Thursday Y7-Y11 after school

## Age group

Reception to Year 11

## What do I need

PE kit and a water bottle

## Who will run the activity

Sr. Castilla

## What is the cost of the Activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks



# BOXING

Boxing for all levels. Learn and develop your individual skills including flexibility, control, balance and self defence. Learn new tactics in a fun and progressive environment.

## Where

School Sports Hall

## When

Monday Year 7 to Year 11 & Tuesday Reception to Year 6 after school

## Age group

Reception to Year 11

## What do I need

PE kit, boxing gloves and a water bottle

## Who will run the activity

A professional Boxing Coach from  
LH Multiaventura

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks





# MUAY THAI

Muay Thai training helps you develop those necessary self-defense tactics that will help you in facing real-life encounters. With the strategic use of 8 limbs and body strength, you can give your enemy a tough competition and might be able to catch him off-guard by your presence of mind and quick response.

## Where

School Sports Hall

## When

Monday Reception to Year 5 & Tuesday Year 6 to Year 11 after school

## Age group

Reception to Year 11

## What do I need

PE kit and a water bottle

## Who will run the activity

A professional Muay Thai coach from  
LH Multiaventura

## What is the cost of the Activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks



# ROLLERBLADING

Roller skating is an incredible low-impact workout that can tone your lower body and thighs, build muscle, increase endurance, and improve balance. Practice in a fun environment at the same time as making new friends.

## Where

Football Pitch

## When

Wednesday after school

## Age group

Reception to Year 9

## What do I need

Roller skates, PE kit and a water bottle

## Who will run the activity

A professional Rollerblading Coach from LH Multiaventura

## What is the cost of the Activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks



# BALLET

As an approved RAD centre, these classes follow the RAD Ballet syllabus, which focuses on creativity, musicality and flexibility. There will be the option to complete class awards and progress through the different ballet grades.

## Where

School Dance Hall

## When

After having lunch

## Age group

Year 1 to Year 6

## What do I need

Ballet leotard, shoes and tights

## Who will run the activity

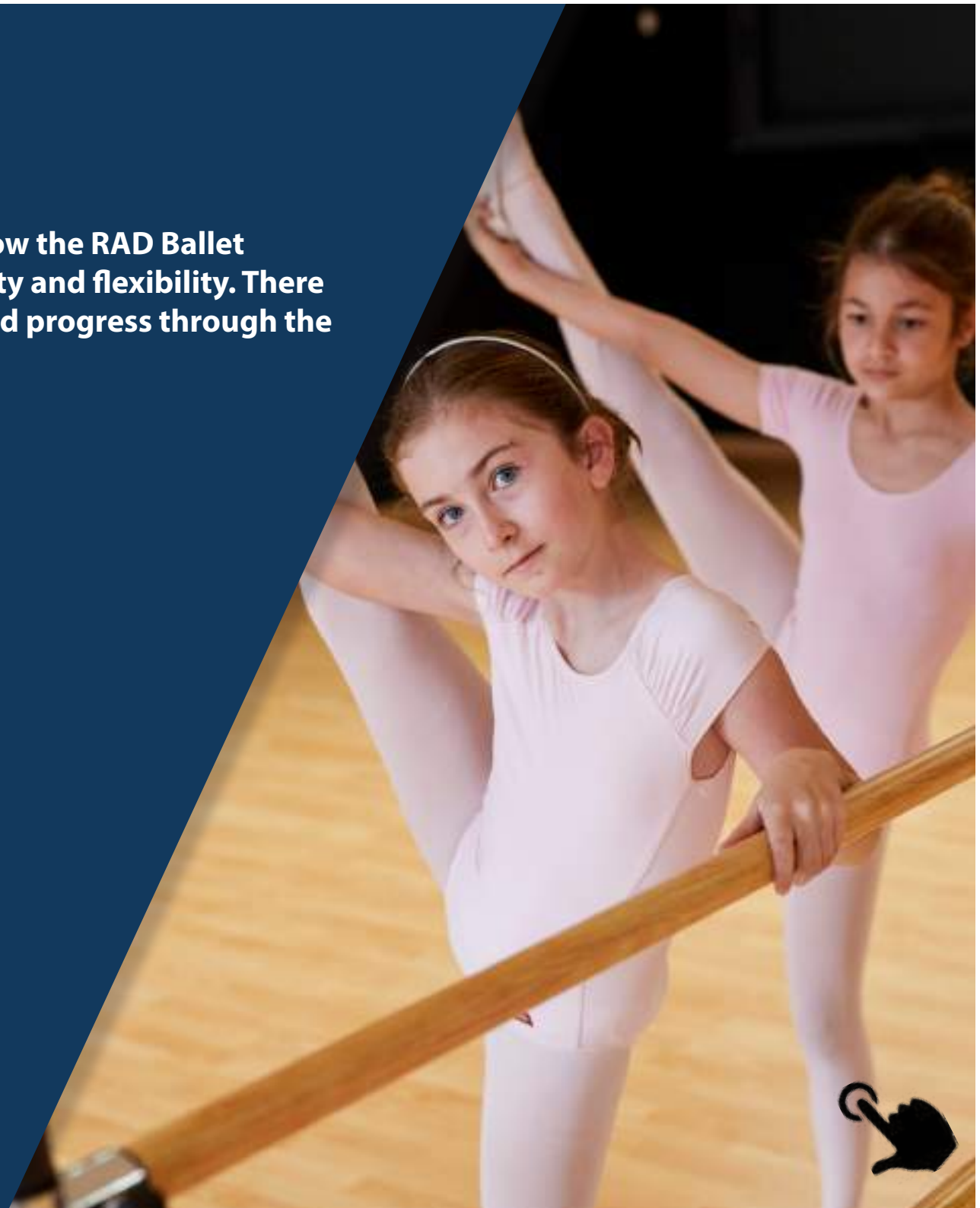
Miss Long

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks





# FLAMENCO DANCE

Learn a different style of dancing - the characteristic of the Romani people of Andalusia, that is strongly rhythmic and involves vigorous actions such as clapping the hands and stamping the feet.

## Where

Dance Hall

## When

Tuesday after school

## Age group

Reception to Year 6

## What do I need

Flamenco skirt and shoes, and a water bottle

## Who will run the activity

A professional Flamenco Dance Coach from  
LH Multiaventura

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks





**MUSIC**



# VIOLIN

The physical, mental, and social benefits of playing a musical instrument are well-known, and the Violin offers the same positive aspects; Improved memory and attention span. Sensory cognitive development. Excellent social skills and inclusion.

## Where

School Music Room

## When

On a rota basis during the school day

## Age group

Year 1 to Year 9

## What do I need

A violin that suits the kid would be ideal

## Who will run the activity

Our experienced violin teacher

## What is the cost of the activity

238€ for Term 1 - 14 weeks

204€ for Term 2 - 12 weeks

136€ for Term 3 - 8 weeks



# PIANO

The physical and mental benefits of playing music have long been recognized. The piano, in particular, has been an unparalleled outlet for those seeking escape, creative expression, and simply fun and joy. Recent years have only seen more evidence of the benefits of piano come to light, linking music making to a healthy body, a healthy mind, and a healthy life.

## Where

School Music Room

## When

On a rota basis during the school day

## Age group

Reception to Year 13

## What do I need

Piano book suggested by the piano teacher

## Who will run the activity

Our experienced Piano teachers

## What is the cost of the activity

238€ for Term 1 - 14 weeks

204€ for Term 2 - 12 weeks

136€ for Term 3 - 8 weeks



# GUITAR

We see playing guitar as a form of mindful escapism, a way to create space between an individual and their busy mind. Guitar-playing is beneficial to your overall well-being and mental health in other ways, too, including helping you develop a greater sense of personal achievement.

## Where

School Music Room

## When

On a rota basis during the school day

## Age group

Year 4 to Year 13

## What do I need

Ideally a guitar that suits the kid

## Who will run the activity

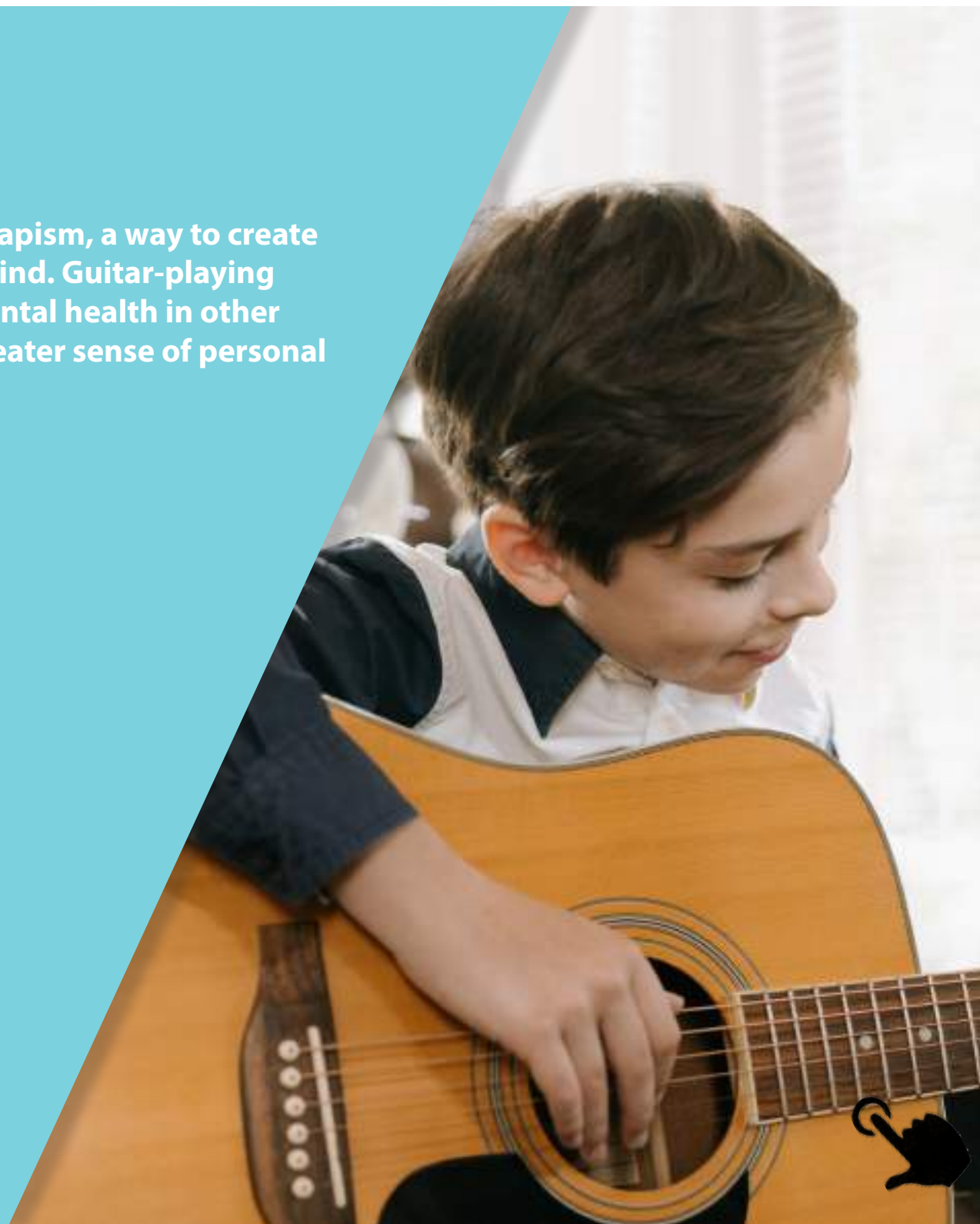
Our experienced guitar teacher

## What is the cost of the activity

238€ for Term 1 - 14 weeks

204€ for Term 2 - 12 weeks

136€ for Term 3 - 8 weeks





# DRUMS

Drumming demands the coordination of both fine and gross motor skills, mental speed, listening ability and the ability to automate movements. Drums are the driving force in many styles of music. In a sense, playing the drums means you often have a lot of control over the feel of a song.

## Where

School Music Room

## When

On a rota basis during the school day

## Age group

Reception to Year 13

## What do I need

Ideally your own drumsticks

## Who will run the activity

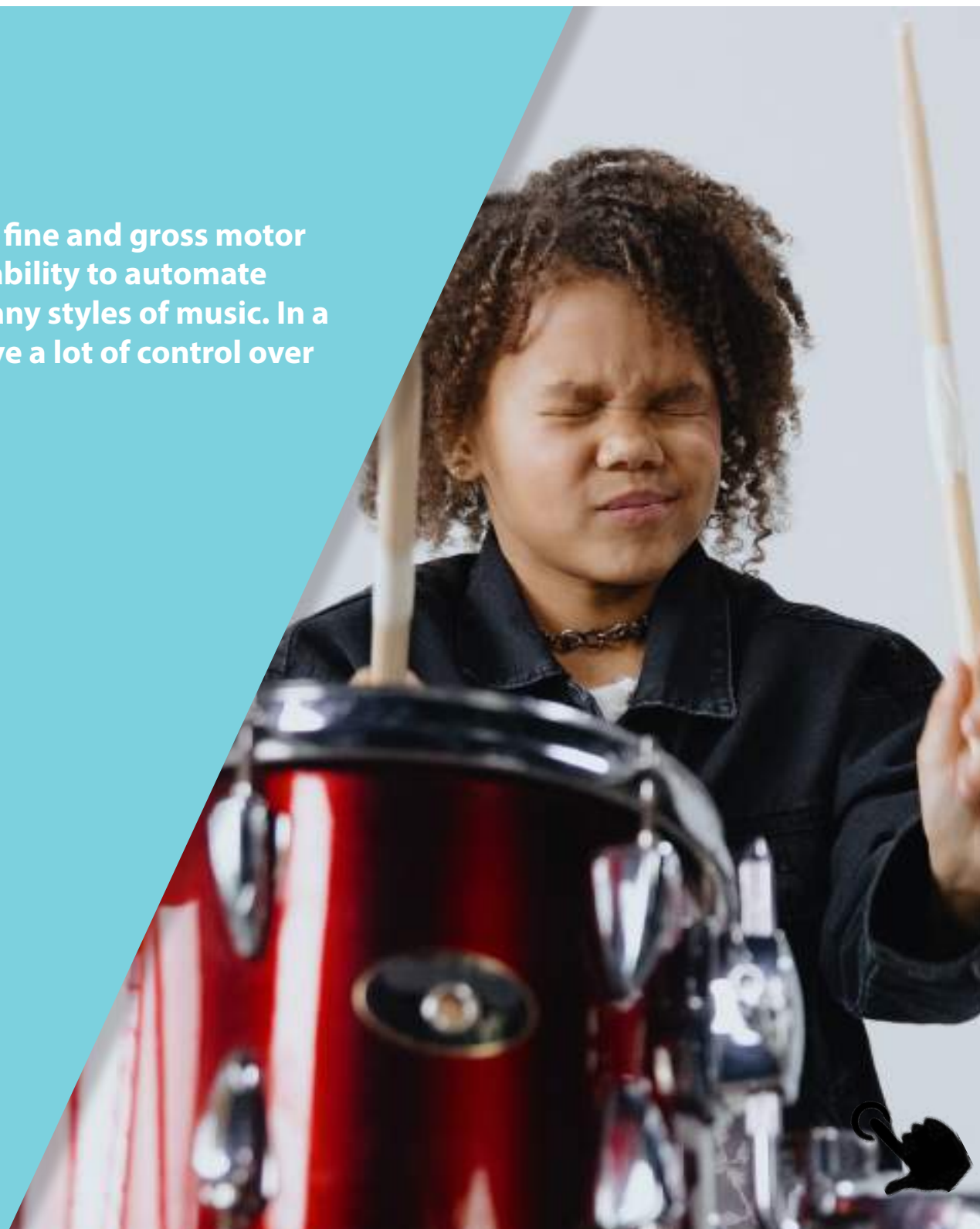
Our experienced drums teacher

## What is the cost of the activity

238€ for Term 1 - 14 weeks

204€ for Term 2 - 12 weeks

136€ for Term 3 - 8 weeks



# BASS GUITAR

The bass is the heart of soul of a lot of music and gives it the lower tones. The bass also tends to have more of a focus on rhythm, unlike the guitar, which focuses on melody. The bass guitar is one of the most popular musical instruments in the world, spanning nearly every genre of music.

## Where

School Music Room

## When

On a rota basis during the school day

## Age group

Year 4 to Year 13

## What do I need

Ideally a bass guitar that suits you

## Who will run the activity

Our experienced guitar teacher

## What is the cost of the activity

238€ for Term 1 - 14 weeks

204€ for Term 2 - 12 weeks

136€ for Term 3 - 8 weeks



# ELECTRIC GUITAR

Electric guitars have thinner strings and therefore are a great choice for beginners because they require less hand strength. Players with small hands might also prefer an electric for its slimmer neck, which warrants an easier grip and shorter reach. Since electric guitars are amplified and effects are added to create a final tone, you can basically play any type of music with them (other than classical and folk).

## Where

School Music Room

## When

On a rota basis during the school day

## Age group

Year 4 to Year 13

## What do I need

Ideally an electric guitar that suits you

## Who will run the activity

Our experienced guitar teacher

## What is the cost of the activity

238€ for Term 1 - 14 weeks

204€ for Term 2 - 12 weeks

136€ for Term 3 - 8 weeks





# LANGUAGES

# CHINESE

Chinese language skills open up just over 1.3 billion people across China! Learning Mandarin gives you access to communicate with many people and connect on a deeper level, not just in Asia but across the world! Studies suggest that learning Chinese uses more parts of the brain than are required for other languages. For beginners

## Where

School classroom

## When

Monday Y5-Y9 & Thursday Rec-Y4 after school

## Age group

Reception to Year 9

## Who will run the activity

An experienced Chinese teacher

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks



# GERMAN

**Sprechen Sie Deutsch? Yes! You will be able now to learn and speak German through games. German is the gateway to a world-class higher education. Many of the Western world's most important works of philosophy, literature, music, art history, theology, psychology, chemistry, physics, engineering and medicine are written in German and continue to be produced in German. For beginners.**

## **Where**

**School Music Room**

## **When**

**Wednesday after school**

## **Age group**

**Year 4 to Year 6**

## **Who will run the activity**

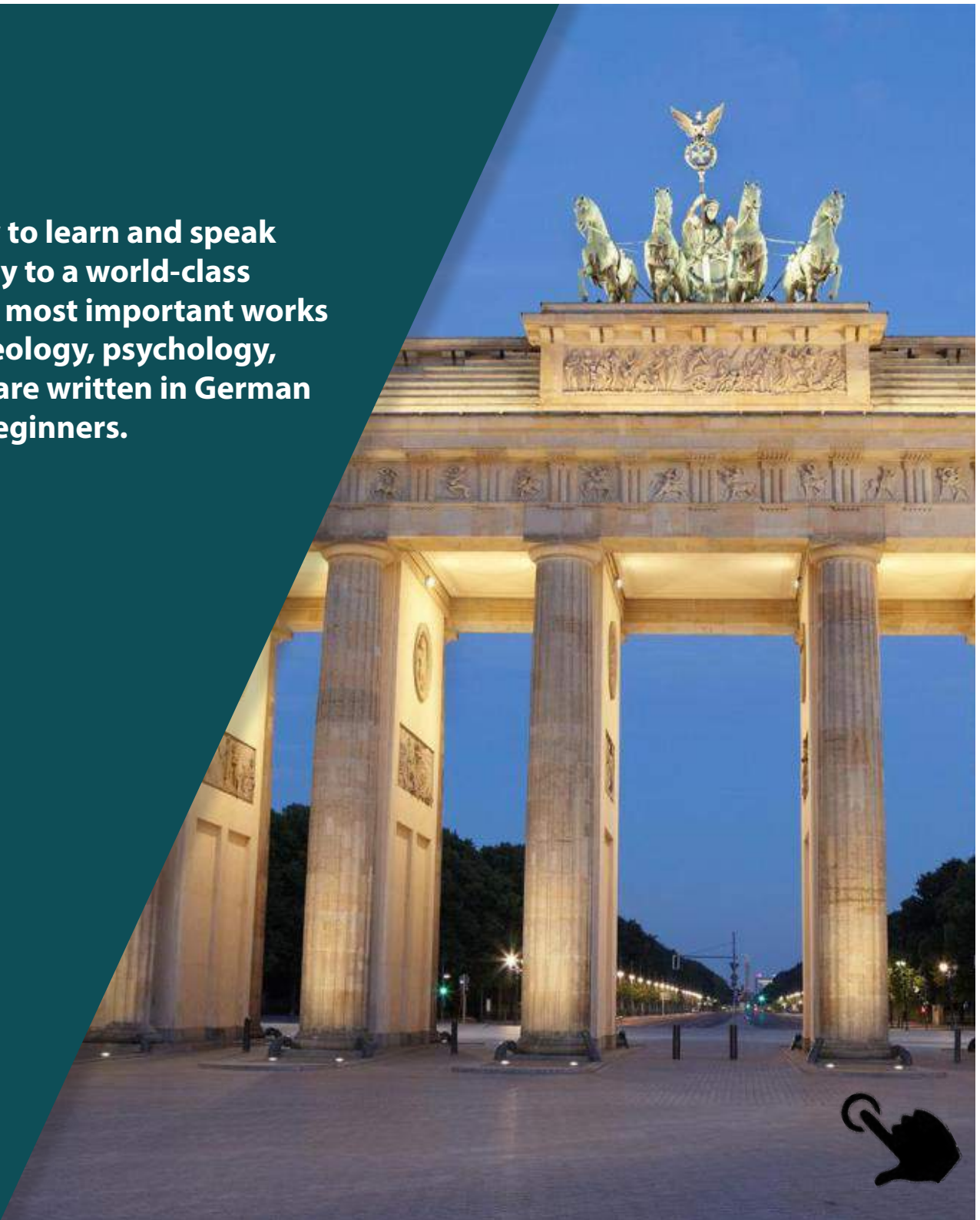
**Miss Vidal**

## **What is the cost of the activity**

**154€ for Term 1 - 14 weeks**

**132€ for Term 2 - 12 weeks**

**88€ for Term 3 - 8 weeks**





# FRENCH

**Parlez-vous Français? Yes! You will now be able to learn and speak French through games. French is the international language of cooking, fashion, theatre, the visual arts, dance and architecture. A knowledge of French offers access to great works of literature in the original French, as well as films and songs. For beginners.**

## **Where**

**School classroom**

## **When**

**Wednesday after school**

## **Age group**

**Year 4 to Year 6**

## **Who will run the activity**

**Mrs Walker**

## **What is the cost of the activity**

**154€ for Term 1 - 14 weeks**

**132€ for Term 2 - 12 weeks**

**88€ for Term 3 - 8 weeks**



# SPANISH

Your child will be able to practice their Spanish in a relaxed and productive environment. Spanish is the second most widely spoken language in four continents. In addition, 20 million people decide to take up Spanish every year and its demand has doubled in the past few years. Speaking Spanish will enable you to immerse yourself in the rich cultural offering available across 20 Spanish-speaking countries.

## Where

School classroom

## When

Monday after school

## Age group

Reception to Year 6

## Who will run the activity

Sr. Belda

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks





# ITALIAN

Italian is an incredibly beautiful and intricate language and studies show that learning a new language increases analytical thinking skills. Studying a foreign language stimulates the brain, by boosting problem solving skills and improving memory. A recent UNESCO report states that over 60% of the world's art treasures are to be found in Italy. Italian language is key to study and research in the fields of art history, literature, archaeology and philosophy.

## Where

School classroom

## When

Tuesday after school

## Age group

Reception to Year 9

## Who will run the activity

A professional Italian teacher from  
LH Multiaventura

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks





**ARTS**

# FASHION DESIGN

Fashion Designing is the art and science of employing concepts of design and aesthetics while creating clothing & accessories. It is influenced by a myriad of factors such as culture, history and society. All things textiles; sewing, designing, knitting. Build up your hands on skills and create your own clothes!

## Where

School classroom

## When

Wednesday after school

## Age group

Year 5 to Year 9

## Who will run the activity

Miss Bennett

## What is the cost of the activity

210€ for Term 1 - 14 weeks

180€ for Term 2 - 12 weeks

120€ for Term 3 - 8 weeks



# ART ATTACK

Art is an important hobby for self-expression. It is a good way to connect with yourself by expanding your body and mind. Embarking on new creations, learning new techniques and finishing your creations can contribute to a lifetime commitment of learning and maintaining a productive hobby. If you have a special art project in the drawer, here you can learn everything you need to make it happen!

## Where

School classroom

## When

Wednesday after school

## Age group

Year 7 to Year 9

## Who will run the activity

Miss Fiorentini

## What is the cost of the activity

210€ for Term 1 - 14 weeks

180€ for Term 2 - 12 weeks

120€ for Term 3 - 8 weeks





# POTTERY

The art of pottery is oftentimes described as therapeutic and relaxing. Pottery is the perfect tactile pastime and a great antidote to the digital world. Come and learn some basic pottery techniques and enjoy making creative artefacts using the media of clay.

## Where

School classroom

## When

Thursday after school

## Age group

Year 1 to Year 6

## Who will run the activity

Mrs. Tomkins

## What is the cost of the activity

210€ for Term 1 - 14 weeks

180€ for Term 2 - 12 weeks

120€ for Term 3 - 8 weeks



# SPOTLIGHT MUSICAL THEATRE SENIOR

KCA's Spotlight Seniors will provide a training ground for our KCA actors who have a passion for all things 'Theatre'. The company will work closely with Spotlight Juniors to prepare for performances and events.

**Where**  
School

**When**  
Monday after school

**Age group**  
Year 7 to Year 11

**Who will run the activity**  
Miss Woodward

**What is the cost of the activity**  
154€ for Term 1 - 14 weeks  
132€ for Term 2 - 12 weeks  
88€ for Term 3 - 8 weeks



# SPOTLIGHT MUSICAL THEATRE JUNIOR

KCA's Spotlight Junior Musical Theatre company provides a training ground for our young actors in a playful and nurturing environment. The company will work closely with Spotlight Seniors to develop skills in Dance and Drama, and prepare for performances and events.

**Where**  
School

**When**  
Monday after school

**Age group**  
Year 3 to Year 6

**Who will run the activity**  
Miss Long

**What is the cost of the activity**  
154€ for Term 1 - 14 weeks  
132€ for Term 2 - 12 weeks  
88€ for Term 3 - 8 weeks





# DRAMA LAMDA

Want to take your passion for Drama and Public Speaking to the next level? Earn qualifications that can help towards your University Applications with LAMDA Exams. Find out more [here](#).

## Where

School classroom

## When

Wednesday after school

## Age group

Year 7 to Year 13

## Who will run the activity

Miss Woodward

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks



# BE A ROCKSTAR

Here is your opportunity to play musical instruments as a part of a band and perform some amazing songs in a Rock - Pop style. Providing a nurturing environment such as the school band can also help students become more confident in their social skills — an important trait that is useful throughout life.

**Where**  
School

**When**  
Wednesday after school

**Age group**  
Year 6 to Year 13

**Who will run the activity**  
Sr. Gómez

**What is the cost of the activity**  
154€ for Term 1 - 14 weeks  
132€ for Term 2 - 12 weeks  
88€ for Term 3 - 8 weeks



# KCA'S THE VOICE

If you love singing and you would like to be a part of a singing ensemble or going solo with your favourite songs, in KCA's The Voice you will get the opportunity to shine like a star.

**Where**  
School

**When**  
Thursday after school

**Age group**  
Year 6 to Year 13

**Who will run the activity**  
Sr. Gómez

**What is the cost of the activity**  
154€ for Term 1 - 14 weeks  
132€ for Term 2 - 12 weeks  
88€ for Term 3 - 8 weeks







**OTHERS**

# DEBATE CLUB

Lets get arguing! Develop the lifelong skills to be able to research and debate the most important political, social, economical and historical topics of our day. Regardless of your future plans, the ability to communicate effectively, research rigorously, and think critically will be instrumental to your success in life.

## Where

School classroom

## When

Monday after school

## Age group

Year 7 to Year 13

## Who will run the activity

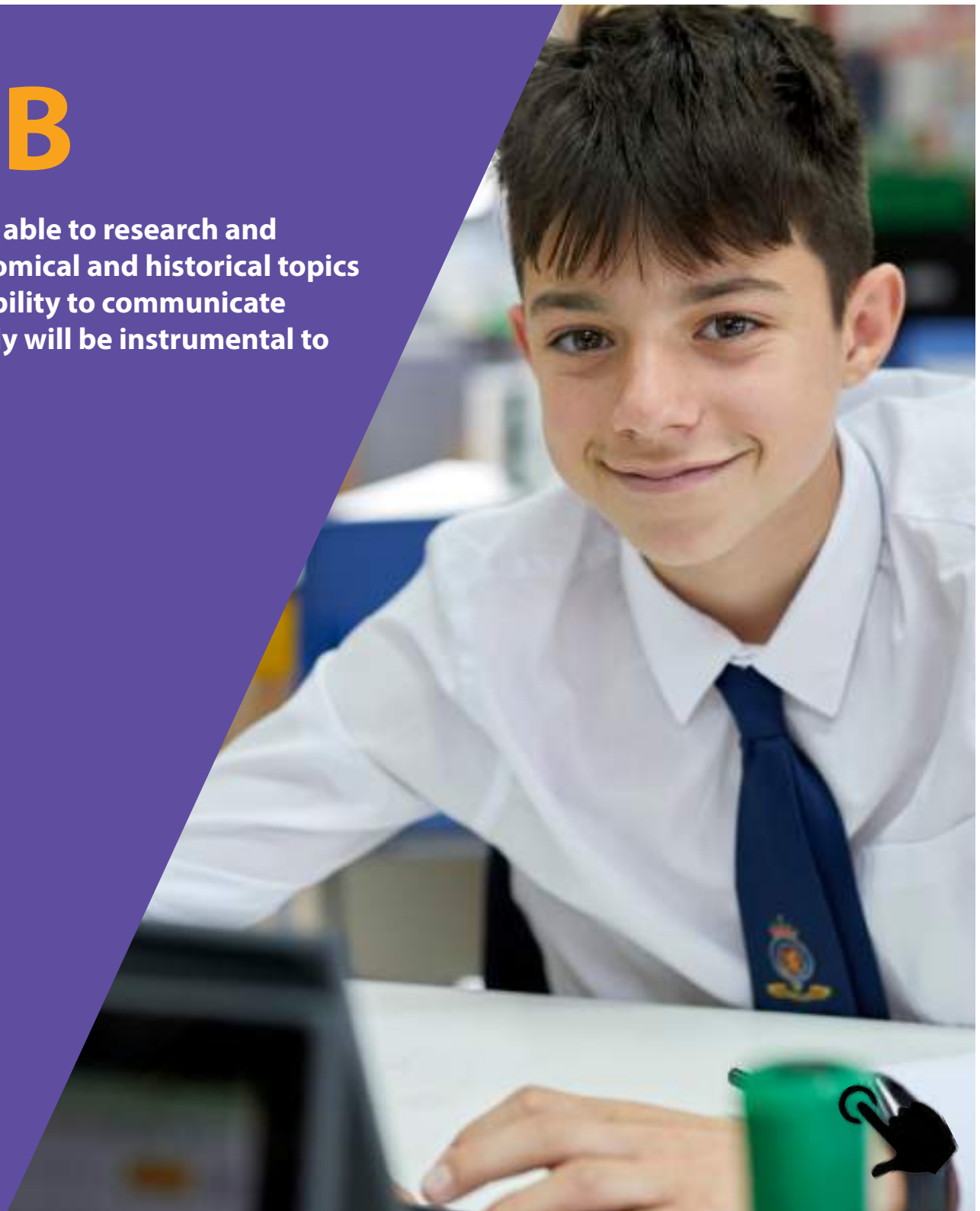
Mr. Mellon

## What is the cost of the activity

210€ for Term 1 - 14 weeks

180€ for Term 2 - 12 weeks

120€ for Term 3 - 8 weeks





# LITTLE CHEFS

The aim is for children to learn the importance of a varied and balanced diet, finding out about food, how it is cooked and its benefits. Children will work with cooking utensils, ingredients, measures, quantities and, will create simple and healthy dishes, actively participating in the creation of their own dishes.

## Where

School

## When

Wednesday after school

## Age group

Reception to Year 6

## Who will run the activity

Cook and Play

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks



# FILM CLUB

An opportunity to watch a variety of thought-provoking films in different formats leading to discussion on the themes raised. The Film Club provides young people with a excellent oportunity to be part of something fun, creative and sociable.

## Where

School

## When

Monday after school

## Age group

Year 7 to Year 13

## Who will run the activity

Mr. Walker

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks



# ROBOTICS

This activity helps to develop several abilities such as capacity of abstraction through processes of analysis and synthesis, logical thinking through programming frameworks, critical thinking and leadership skills through group work, spirit of collaboration thanks to the skills strategy, creativity through design and problem solving, integration and respect through group challenges, etc.

## Where

School

## When

Tuesday after school

## Age group

Reception to Year 6

## Who will run the activity

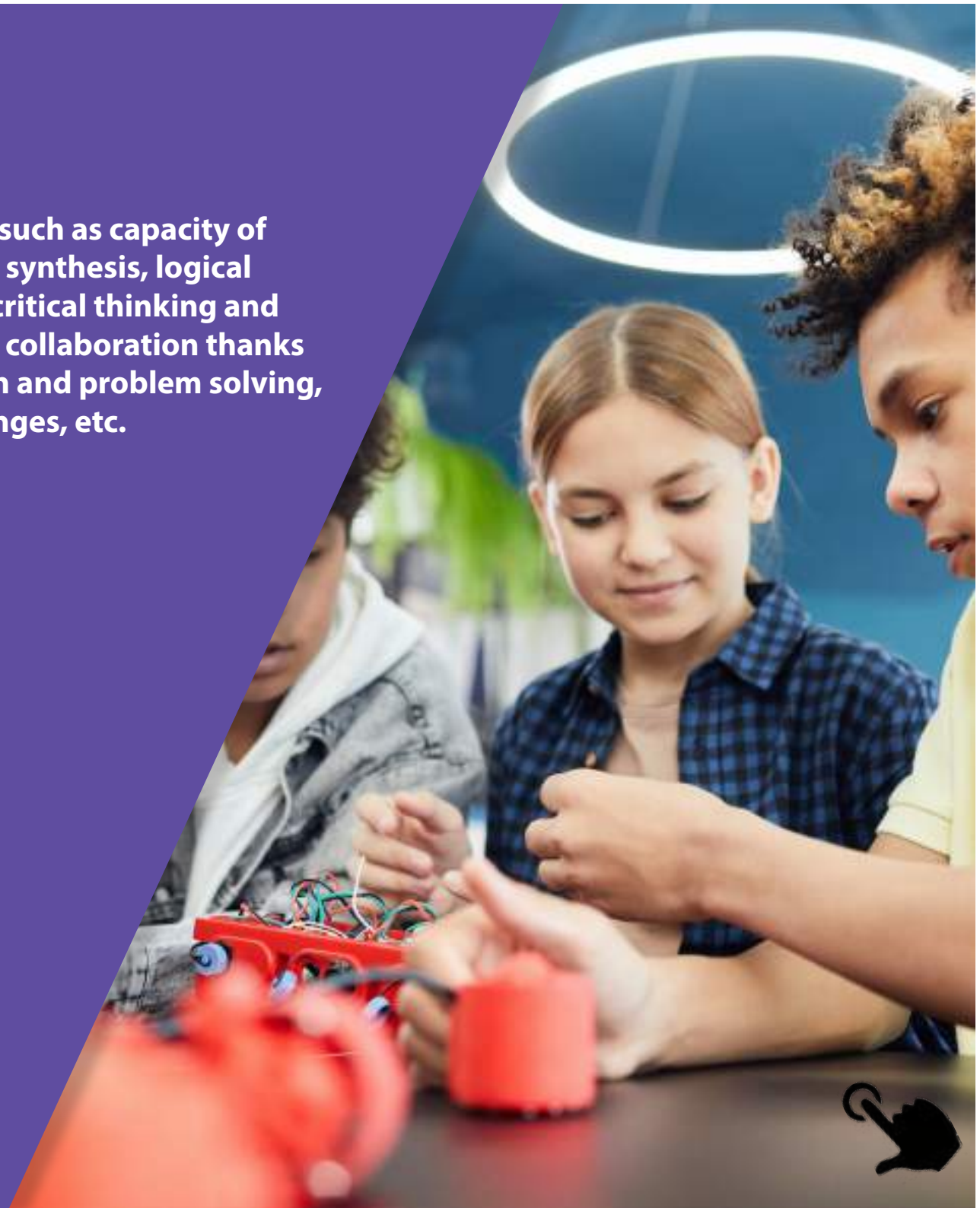
Robotikids

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks





# CHESS

Through Chess children can improve thoughts skills and abilities basic for their cognitive development. It is a complement to the learning process in two key aspects: strengthening creativity and effective decision-making and problem solving.

## Where

School

## When

Tuesday after school

## Age group

Year 1 to Year 8

## Who will run the activity

Our experienced Chess instructor

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks



# MINDFULNESS

Through Mindfulness you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

## Where

School

## When

Tuesday after school

## Age group

Reception to Year 6

## Who will run the activity

An experienced Mindfulness Instructor from LH Multiaventura

## What is the cost of the activity

154€ for Term 1 - 14 weeks

132€ for Term 2 - 12 weeks

88€ for Term 3 - 8 weeks



# ASTRONOMY

Where do we come from? What is the nature of the universe? You will learn about exoplanets, black holes, distant galaxies, cosmology, from the Solar system to the edge of the observable universe. A simplified version of the course from the University of Arizona to satisfy your curiosity. The truth is out there.

## Where

School

## When

Wednesday after school

## Age group

Year 10 to Year 13

## Who will run the activity

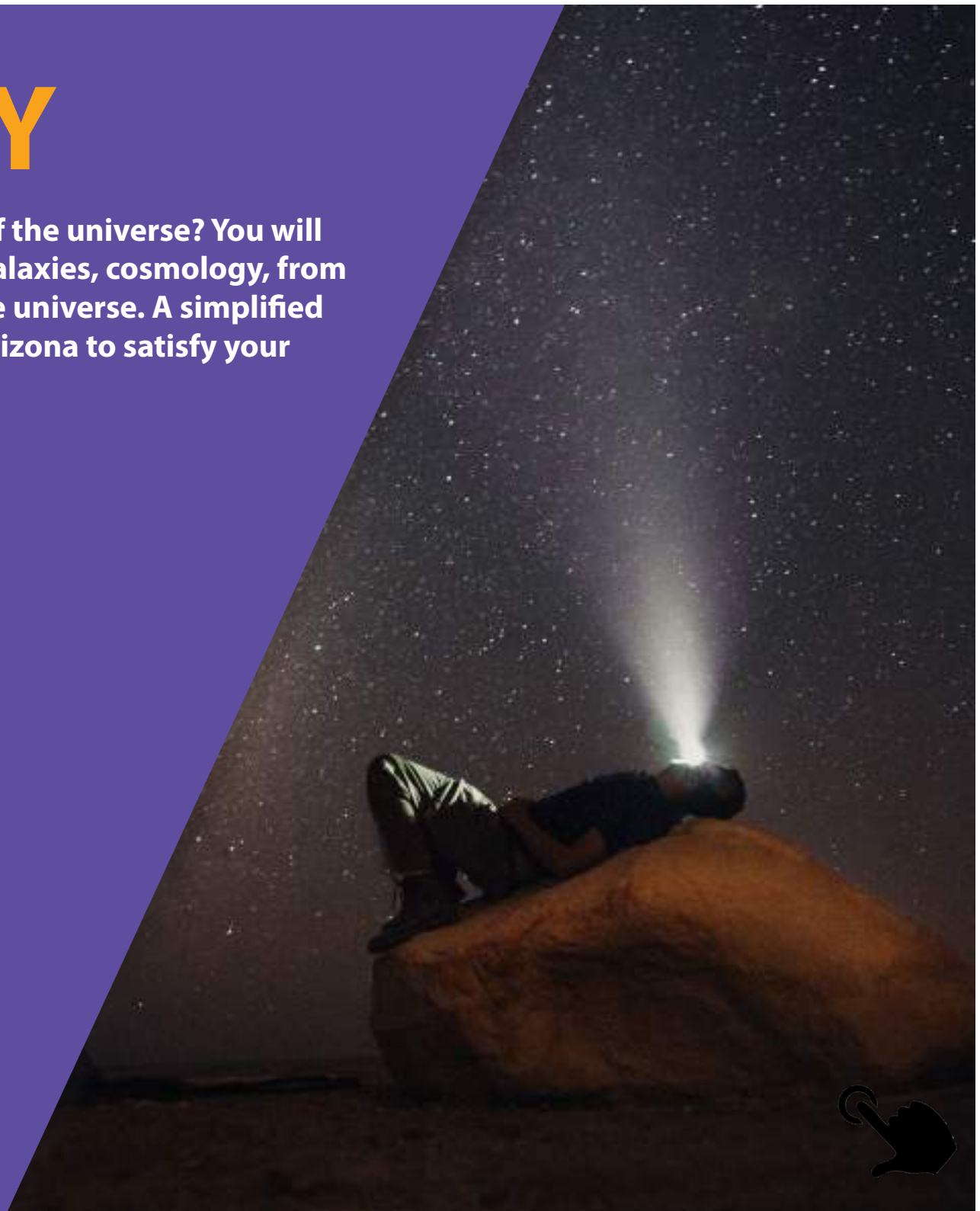
Mr. Karydis

## What is the cost of the activity

210€ for Term 1 - 14 weeks

180€ for Term 2 - 12 weeks

120€ for Term 3 - 8 weeks





# HOMework CLUB

Study and do your homework in an atmosphere of concentration, calm and achievement.

## Where

School classroom

## When

Monday, Wednesday and Thursday after school

## Age group

Reception to Year 13

## Who will run the activity

Miss Noble, Sr. Belda and Miss Pearson

## What is the cost of the activity

140€ for Term 1 - 14 weeks

120€ for Term 2 - 12 weeks

80€ for Term 3 - 8 weeks



# CREATIVE BOOK CLUB

## KS1-LOWER KS2

If you love reading and you love art then this is the ideal activity for you. Come along and enjoy reading books and recreating characters and scenes in different artistic mediums.

### Where

School

### When

Monday after school

### Age group

Year 1 to Year 4

### Who will run the activity

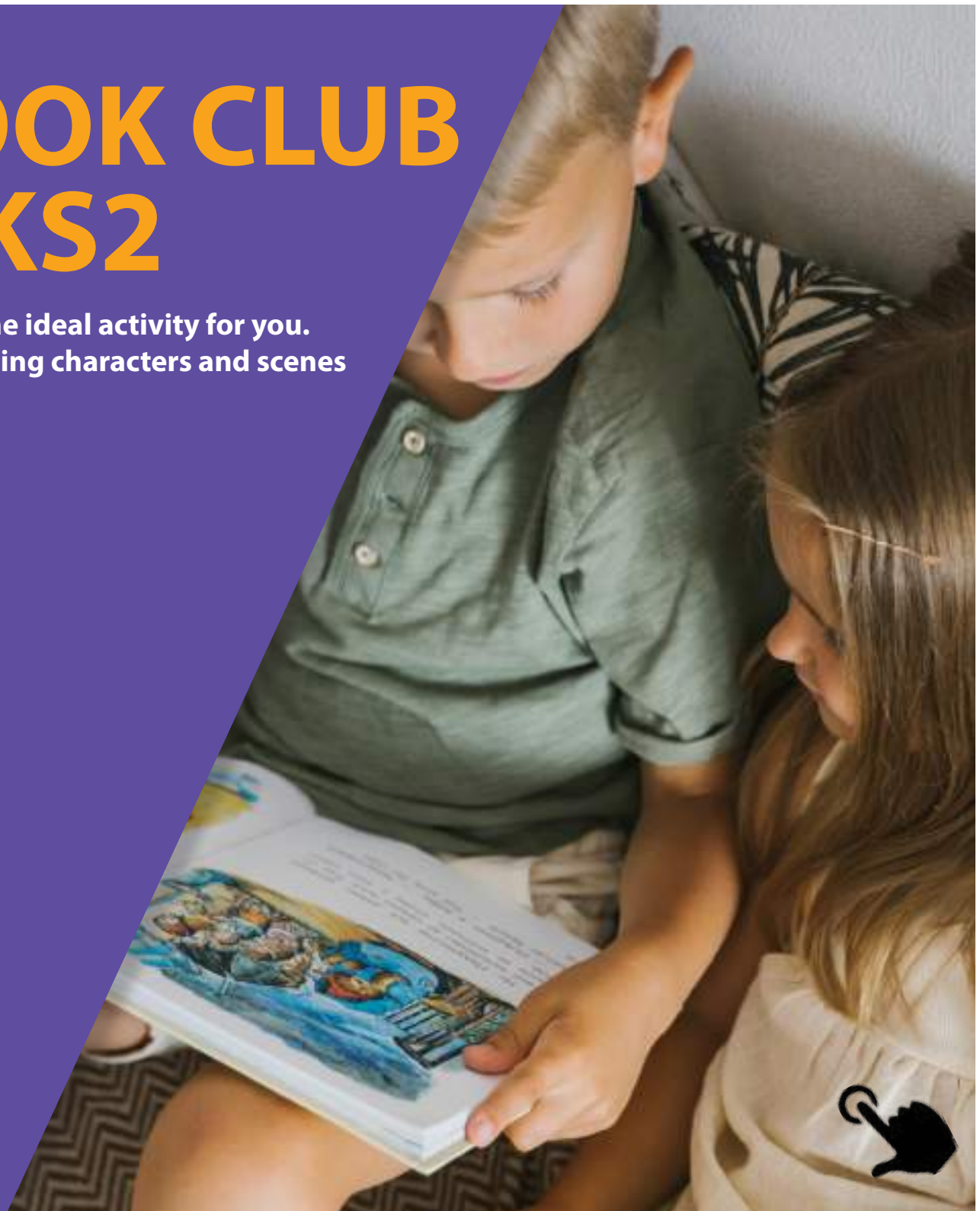
Mrs. Tomkins

### What is the cost of the activity

210€ for Term 1 - 14 weeks

180€ for Term 2 - 12 weeks

120€ for Term 3 - 8 weeks



# CREATIVE BOOK CLUB UPPER KS2-KS3

Love reading? Join the creative book club where we will create beautiful scrap books of the wonderful books that you are enjoying.

## Where

School

## When

Thursday after school

## Age group

Year 5 to Year 9

## Who will run the activity

Mrs. Mellon

## What is the cost of the activity

210€ for Term 1 - 14 weeks

180€ for Term 2 - 12 weeks

120€ for Term 3 - 8 weeks





# EARLY MORNING CLUB

The School operates an Early Morning Club which runs from 7.45 to 8.45am, five days a week in the Primary Library. The Club is available for all KCA children. The Early Morning Club is available from the 5th September 2022 until the 20th June 2023.

## Where

School

## When

5 days of the week from 7.45 to 8.45 am

## Age group

Nursery to Year 9

## Who will run the activity

Miss Pascual

## What is the cost of the activity

Days per week	1	2	3	4	5
From 7:45 - 8:45 (Term 1)	95	185	260	305	325
From 7:45 - 8:45 (Term 2 & 3)	75	135	195	230	250



# OPTIONAL ACTIVITIES

- Prices are based per term. Unless otherwise specified, activities will run from 16:30-17:30
- The fee is payable termly. Please send all enquiries to Elisa Pascual at [kca.eca@kings.education](mailto:kca.eca@kings.education)
- Term 1 will run from week beginning 12th September until week beginning 12th December 2022.
- Term 2 will run from week beginning 10th January until week beginning 27th March 2023.
- Term 3 will run from week beginning 24th April until week beginning 12th June 2023.
- The registration to optional activities will be on a whole term basis.
- Activities are subject to a minimum and maximum number of students. If we are unable to offer one of your chosen activities, we will inform you by e-mail.
- The enrollment is automatically renewed for the following terms of the current academic year unless the parents have explicitly requested, within the given deadline, not to continue with the optional activity.
- Please take into consideration no changes will be allowed after the 1st week of activities.
- No refunds will be made for sessions missed by the child or due to school being closed on bank holidays.
- The musical instrument lessons consist of 30 minutes of individual lessons on a rota basis during the school day. The timetable for the whole term will be available for each child in advance so they can write a note in their planners in order to be punctual to the lesson every week.
- It is the responsibility of the pupil to remember the time, date and location of the club that he/she is enrolled in.
- It is important to check the Optional Activities Timetable and fees before enrolling your child to confirm the age group they are addressed to.

# ACTIVIDADES OPCIONALES

- ➔ Los precios corresponden a cada trimestre. En general, las actividades son de 16:30-17:30.
- ➔ La cuota se paga trimestralmente. Si tiene alguna pregunta puede contactar a Elisa Pascual ([kca.eca@kings.education](mailto:kca.eca@kings.education)).
- ➔ El trimestre 1 durará desde la semana que comienza el 12 de septiembre hasta la semana que comienza el 12 de diciembre de 2022.
- ➔ El trimestre 2 se extenderá desde la semana que comienza el 10 de enero hasta la semana que comienza el 27 de marzo de 2023.
- ➔ El trimestre 3 se extenderá desde la semana que comienza el 24 de abril hasta la semana que comienza el 12 de junio de 2023.
- ➔ La inscripción a las actividades opcionales tiene carácter trimestral.
- ➔ Las actividades están sujetas a un número mínimo y máximo de alumnos. Si no fuera posible ofrecer la actividad que han elegido, nos pondríamos en contacto con ustedes por e-mail.
- ➔ La inscripción se renueva automáticamente para los siguientes trimestres del año académico en curso, a menos que los padres hayan solicitado explícitamente, dentro del plazo establecido, no continuar con la actividad opcional.
- ➔ Por favor, tengan en cuenta que no se permitirá ningún cambio después de la primera semana de actividades.
- ➔ No se reembolsarán las sesiones a las que el niño falte o porque el colegio esté cerrado por festivo .
- ➔ Las clases de instrumento musical consisten en 30 minutos de clases individuales por turnos durante la jornada escolar. El horario de todo el trimestre estará disponible para cada niño con antelación para que pueda anotar en su agenda para ser puntual a la lección cada semana.
- ➔ Es responsabilidad del alumno recordar la hora, la fecha y el lugar donde se celebra la actividad a la que está apuntado.
- ➔ Es importante comprobar el horario y las tarifas de las actividades opcionales antes de inscribir a su hijo para confirmar el grupo de edad al que va dirigido.





An **inspired** school

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Embracing **Individuality**. Preparing **Leaders**.