



**NIS**

A NORD ANGLIA  
EDUCATION SCHOOL



# Extra-Curricular Activities

2017 - 2018 **Term 2**

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# Free Activities Term 2

Music and Movement

## Nursery 1 - Nursery 2

Moving to music, music for fun, music for exercise. Music and Movement (m&m) classes help students develop confidence, coordination and social skills whilst they learn to express themselves in a warm and relaxed environment. Our M&M classes will be active, lively and fun. Join us each week for singing, dancing and exercising. Foster your child's natural love of music as they participate in these activities.



### When

Friday 12.10-12.40

### For who

Nursery 1- Nursery 2

### Duration

30 minutes

### Teacher

Ms. Marushka



## Construction Club

In the Construction Club, we will have fun exploring and constructing simple artifacts or shapes with different kinds of materials. A variety of fun interactive activities will be on offer which will inspire the children to express themselves in a creative manner.

This may involve all sorts of construction methods such as stacking, assembling, disassembling and sorting. Construction play develops the physical skill to control the chosen materials. It also improves problem solving skills.

### When

Friday 12.10-12.40

### For who

Nursery 1 - Nursery 2

### Duration

30 minutes

### Teachers

Ms. Febriana and Ms. Fika

## Storytime



Books, books, books! Is there anything better than curling up and reading a good book? The love for literature begins at birth and helps a child grow their imagination, knowledge and creative thinking; whilst improving language and thinking skills.

Come and join Ms. Dom and her passion for reading each week as we escape to far off lands *Where the Wild Things Are*; create some *Room on the Broom* for everyone to join in; and make plans for how *We're Going on a Bear Hunt*.

### When

Tuesday 12:10-12:40

### For who

Nursery 1 - Nursery 2

### Duration

30 minutes

### Teacher

Ms. Dom

## Creative Play



Creative play encompasses a range of different activities that just about all children love participating in, from drawing and painting to building with Lego and dressing up. Anything that requires some creativity is creative play! It is important for children to take part in creative activities as there are a range of benefits to developing a creative mind. Children shall be encouraged to get messy and explore different materials, so as to be able to create something, be it a dance, piece of art or a story.

### When

Monday- 12:10-12:40

### For who

Nursery 1 – Nursery 2

### Duration

30 minutes

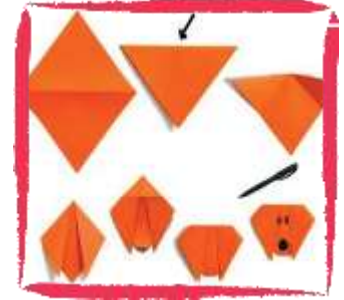
### Teacher

Ms. Maudy

## Origami

Origami is the art of paper folding, often associated with Japanese culture. In modern usage, the word "origami" is used as an inclusive term for all folding practices, regardless of their culture of origin. The goal is to transform a flat sheet square of paper into a finished sculpture through folding and sculpting techniques.

Paper-folding is a wonderful hobby, and a wonderful group activity. It is a great opportunity for kids to see what they can do just with a single piece of paper. It is incredible for them to watch an ordinary piece of paper transforming into a three dimensional form, and the more complex the design, the more incredible this process becomes!



### When

14:10 - 14:55

### For who

Kindergarten 2 - Primary 4 / Group 2 - Group 6

### Duration

45 minutes

### Teachers

Ms. Brenda and Ms. Ludy

## Painting workshop



Every week we will look at a different artist or style of art. Artists studied will include Vincent van Gogh, Claude Monet, Mondrian and Kandinsky. We will look at what elements are important for their work, and then the children will have a go at making their own creations. We will use water paint, acrylic paint, paper and canvas. The results will be wonderful! However, we believe that the process is as important as the product.

### When

Tuesday 14:10-14:55

### For who

Kindergarten 1 - Primary 2

### Duration

45 minutes

### Teacher

Ms. Esther

Colouring is a fun activity for children. Through fun colouring activities children are able to practise and develop the strength to hold a writing tool the correct way. This activity also enhances hand-eye coordination. Children improve the skill of patience and learn to focus on details with colouring.



### When

Tuesday-14:10-14:55

### For who

Kindergarten 1 - Primary 2

### Duration

45 minutes

### Teachers

Ms. Indah

## Messy Play



Messy play gives children the opportunity to explore objects and raw materials such as sand, water, chalk, paint, playdough and paste in a free and unrestricted way.

The children can use the basic materials without being constrained by the one right way to use them. The sensory experience enables them to understand how things feel, smell and sound and it supports their physical development. Messy play fosters your child's curiosity, imagination and experimentation; it also helps to develop concentration skills.

### When

Tuesday 14:10-14:55

### For who

Kindergarten 1-Primary 2 / Groep 1 – Groep 4

### Duration

45 minutes

### Teacher

Ms. Suhila

## Puzzle Club



Once you get absorbed in a puzzle, it is hard to stop! In this ECA activity we will practise with puzzles, challenging ourselves on different levels. We will use a variety of different puzzles from the traditional wooden ones to the Chinese tangram styled puzzles. Working with puzzles in a fun, relaxed environment can enhance cognitive skills, problem solving, fine motor development, hand and eye coordination, social skills and self-esteem. Team work can help solve any puzzle!

### When

Monday 14:10-14:55

### For who

Kindergarten 1 - Primary 2

### Duration

45 minutes

### Teacher

Ms. Marloes

## Drama and Performance



In this club we will use a games-based approach to drama and performance to explore and improve drama techniques. We will be storytelling through simple acting scenarios. Children will work collaboratively and develop skills to create performances.

This activity will offer an opportunity for children to build on their confidence, imagination, self-discipline and communication skills. Sign up and let's have lots of fun!

### When

Monday 14:10-14:55

### For who

Kindergarten 1 - Primary 2

### Duration

45 minutes

### Teachers

Ms. Irev and Ms. Dewi

# Primary 1 - Primary 6 / Groep 3- Groep 8

## Creative Arts & Design



Do you like creating and constructing 'stuff'? Then this is the club for you. Over the term, we will have lots of fun in groups and individually, with a hands on approach, we will let our creativity and problem solving skills shine.

### When

Thursday 14:10-14:55

### For who

Primary 1/ Group 3 - Primary 6 / Group 8

### Duration

45 minutes

### Teachers

Ms. Uka and Ms. Woro

## Drama Club



In our Drama class, the children will be introduced to some basic acting skills. This will be conducted in a playful manner. Initially, everyone will be practicing a variety of skills. In due course, the children will have the opportunity to put themselves in different scenarios, problems, characters and emotions. Eventually we will prepare short sketches which we will perform in small groups or pairs to the rest of the cohort. We may even create some simple clothing or dress up costumes to inspire our creativity. But most of all, we are going to have fun!

### When

Thursday 14.10-14.55

### For who

Primary 1/ Group 3 - Primary 6 / Group 8

### Duration

45 minutes

### Teacher

Ms. Jessie



## Debating Club



Do you like to talk? Do you have lots of opinions? Would you like to know how to change someone's mind to agree with you? Then debating is for you! Debating is all about arguing politely to get your point across and maybe even change another person's point of view. It is great fun as you work in a team to make your argument even stronger.

### When

Wednesday 14:10 - 14:55

### For who

Primary 2 - Primary 6

### Duration

45 minutes

### Teacher

Ms. Juliet

## Primary Choir



## Music

This club is an introduction to choral singing. Children will learn to sing in a group with different harmonic voices. Progressively children will be introduced to a range of singing techniques with exciting simple songs to practice. Let us start making beautiful music with our voices. The pure joy of singing!

### When

Friday 14:10 - 14:55

### For who

Primary 1/ Group 3 - Primary 6 / Group 8

### Duration

45 minutes

### Teacher

Mr. Oscar

# Primary 3- Primary 6/ Groep 5 - Groep 8

## Coding

The children will have the opportunity to 'code' by creating games using the language of computer programming. We will follow the tuition of interactive software to design our own games. Come and have some coding fun with Mr. Shaun.



### **When**

Monday 14:10 - 14:55

### **For who**

Primary 3/ Group 5 - Primary 6 / Group 8

### **Duration**

45 minutes

### **Teacher**

Mr. Shaun

## Water Confidence



We divided the swimming group for our Early Years into the following groups:

- Water Confidence 1 and 2 (with parents)
- Certificate Swimming 1 and 2

Children are allocated into their groups following the results of this assessment. The coach has the final decision of the child's group level. The levels are as follows: Water Confidence 1, Water Confidence 2, Certificate Swimming 1, Certificate Swimming 2 and then Diploma A etc. unless the coach sees differently.

### When

Friday 12:15 - 12:45  
12:45 - 13:15

### For who

Nursery 1 - Kindergarten 1

### Duration

30 minutes

### Teacher

Coach Felipe

Little Kickers (LK) was established in London (UK) in 2002 and was brought to Jakarta in 2014. LK provides a fun & positive sports introduction for NIS students from 1.5 - 6 years. LK are the world's largest provider of pre-school football classes running across 6 continents / 23 countries & regions.

Little Kickers pre-school football program strives to provide young children an early introduction to sport that can be fun and wholesome. Rarely, are there programs for children of this age group that allows the child to play independently, while they learn to work as part of a team, to share, and to sharpen their cognitive ability and gross motor skills. All this in the name of good fun!

If you would like to know more about Little Kickers, please check [www.littlekickers.or.id](http://www.littlekickers.or.id)

## Little Kickers



### When

Tuesday 12:10-12:55

### For who

Nursery 1 - Nursery 2

### Duration

45 minutes

### Company

Little Kickers Indonesia

### When

Tuesday 2:10-12:55

### For who

Kindergarten 1 / Group 1 - Kindergarten 2 / Group 2

### Duration

1 hour

### Company

Little Kickers Indonesia

## Gymnastic Early Years



Gymnastics is an ancient sport that is the basis of many other sports. The benefits of physical activity for health and well-being are well-known. For children, it is not only limited to their physical development, but also for their mind and social development.

Gymnastics Jak'05 provides gymnastics classes at NIS based on an Australian gymnastic program. It seeks to enhance total body strength, flexibility, coordination, balance, self-discipline and self-confidence in a safe environment. Participants will work on some basic gymnastics moves including forward and backward rolls. The content of the class changes each week to ensure variety and fun.

The older students will also learn basic gymnastics skills and build these into a simple routine incorporating handstands, cartwheels, and bridges, forward and backward rolls. Flexibility and strengthening exercises are also done.

### When

Wednesday 12:10 - 12:55

### For who

Nursery 1 - Nursery 2

### Duration

45 minutes

### Teacher

Ms. Hesti

### When

Wednesday 14:10 - 15:10

### For who

Kindergarten 1 / Group 1 - Kindergarten 2 / Group 2

### Duration

1 hour

### Teacher

Ms. Hesti

Children are allocated into their groups following the result of an assessment. The coach has the final decision of the child's group level. The levels are as follows : Water Confidence 1, Water Confidence 2, Certificate Swimming 1, Certificate Swimming 2, Diploma A, Diploma B Diploma C and swim zwemvaardigheid 1,2,3, unless the coach sees differently.

## Certificate Swimming



### When

Monday 12:15-12:45 and 12:45-13:15

### For who

Nursery – Kindergarten 2 / Group 2

### Duration ( check schedule )

30 minutes

### Teacher

Coach Felipe

## Private Instruments



Interested in learning how to play an instrument? Sign up for Private Music Lessons! Open for all Primary students that would like to start playing or improve their skills in guitar (electric, acoustic, bass), drums, piano or keyboard. Theory and practical will be covered in a one to one private for 30 minute lesson. For guitar, you must bring your own in a correct size. It is strongly advised for beginners to start with a nylon string guitar (classical).

Lessons will be offered during and after school hours. If you opt for during school hours, please be assured that there will be a balance in your child's class curriculum coverage as the timing of these lessons will be rotated on a weekly basis.

### When

During school hours

### For who

Kindergarten 2 - Primary 6 / Group 2 - Group 8

### Duration

30 minutes; drum set, keyboard and piano available. For guitar you must bring your own guitar in a correct size.

### Teacher

Mr. Oscar

## Yoga

The impact that yoga has on concentration, behaviour, flexibility, fitness and overall self-esteem of young children is important. In every lesson the main objectives are to contribute to the overall sense of a child's self-worth.

This is by improving children's confidence, concentration, coordination, flexibility and fitness. Yoga helps to teach children how to be calm, and how to relax. This can all be achieved in a fun, happy, and safe environment. Come, stretch, flex and relax with Ms. Meity.



### When

Thursday 14:10 - 15:10

### For who

Primary 1 - Primary 6 / Group 3 - Group 8

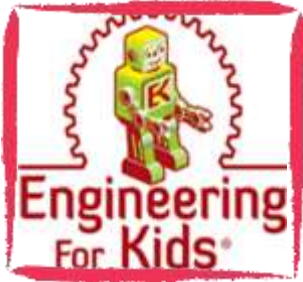
### Duration

1 hour

### Teacher

Ms. Meity

## Engineering for Kids



Engineering for Kids® is a pre-engineering program from USA targeted at kids aged 4 to 14 years old available in over 20 countries worldwide and now it is proud to serve Indonesia. Children learn through A World of Fun Experiments such as learning the Newton's Third Law of Motion through building & constructing a rocket that could fly up to 45 meters to the sky, assembling flashlights, turning bananas into piano tuts, mixing chemicals for colourful fun reactions in a safe environment and much more.

There are over 200 experiments to learn from various field of engineering and we put focus on fun and hands-on learning so children won't feel they are in a classroom. With Engineering for Kids® learning Science, Technology, Engineering and Maths can never be more fun than this. More information can be found on Instagram (EFK.INDONESIA) or Facebook "Engineering for Kids Indonesia".

### When

Monday 14:10 - 15:10

### For who

Kindergarten 1 - Primary 6 ( Groups will be allocated according to ages )

### Duration

1 hour

### Company

Engineering for Kids

Taekwondo is an excellent choice for children who are keen on physical activity and want to learn self-protection skills. Classes will be divided into age groups. The team from the MATRA Taekwondo will teach your child(ren) basic taekwondo skills with an emphasise on practical self-defense skills (Hosinsul), sparring (Olympic style kyorugi) and forms (series of movement or Poomsae).

## Taekwondo



### When

Thursday 14:10 - 15:10

### For who

Primary 1 / Group 3 – Primary 6 / Group 8

### Duration

1 hour

### Company

MATRA

## Swimming Diploma



The goal of the NIS ECA swimming program is to ensure that each child will pass the swim Diploma exam and acquire the Dutch Swim Diploma Certificates that they apply for. The necessary skills include survival swim and swim strokes. Also, feel free to enroll if you would like your child to improve his or her swimming skills!

We divided the swimming group into the following groups:

- Diploma A
- Diploma B
- Diploma C
- Zwemvaardigheid 1,2,3

All participants need to be equipped with proper swimsuits, a towel and sun block.

Please note that during all swimming lessons participants should at all times be accompanied by an adult (parent or nanny). Accompanying siblings and/or friends should also be supervised over by an

adult (parent or nanny). Please note that fees for Diploma swimming exams are not included in the ECA fee. Our Swim Coach will access student who are ready to participate in these exams. Selection for the Diploma swim takes place before the exam.

### **Diploma / Zwemvaardigheid:**

For the exact requirement for Diploma swimming and 'Zwemvaardigheid', please refer to the website of the 'Nationaal Platform Zwembaden' ([www.npz-nrz.nl](http://www.npz-nrz.nl)).

#### **When**

Please see schedule for days and times.

#### **For who**

Primary 1 / Group 3 - Primary 6 / Group 8; depending on level / course

#### **Duration**

45 minutes

#### **Teacher**

Coach Felipe

# Parent Courses

Yoga

If you are looking to have a balance for your body, mind and soul, yoga might be a good option for you. It also teaches us to become fully-aware of our own being, making us realise when to slow down and when to speed up.

Yoga consists of physical exercise, breathing exercise and relaxation:

Physical exercises include forward bends, side bends, back bends, twisting, balancing, and inversion. Breathing exercise teaches us to do deep and conscious breathing in order to maximize lung capacity. In a stressful situation, proper breathing can soothe our nervous system. On the other hand, we can also use our breath to energize our body. Relaxation is the time when the body integrates the benefits of the practice. This enables the body and mind to be in a quiet state, which leads it to experience peace, calm, and self-awareness.



Parents may choose to join once or twice a week. Please bring your own yoga mat, a towel and a bottle of water. Wear something comfortable, exercise pants and tops, and avoid having a full breakfast 2 hours before the class. If you have any health concerns, please inform Ms. Meity before joining the class

## When

Tuesday and Thursday 07:45 - 09:15

## Duration

90 minutes

## Teacher

Ms. Meity.

## Zumba / Fitness



Zumba Fitness is a program that combines Latin and international music with cardio dance in a fun workout. Zumba routines incorporate interval training, alternating fast and slow rhythms and resistance training. This program is designed for all ages, shapes and sizes. All are welcome and encouraged to attend these classes.

No dance experiences or skills are necessary. Unlike other aerobics classes, where you learn a move and then add on more moves to create routines, Zumba uses different parts of the songs, such as chorus or particular phrase or sound in the song, as basis of its choreography. All routines will be led by instructor's cues, using hand signals to guide you in which direction you need to move or a loud hand clap that signifies that it's time to move to a new move. As one of high energy workout, Zumba not just bring the party atmosphere to the class but also tons of fun for the participants.

Participants should wear comfortable clothing along with footwear such as comfortable gym or tennis shoes, plimsolls or trainers. It is best to avoid something heavy or with too much tread, as this will hinder twisting and turning movements. All participants should also bring a water bottle.

## When

Wednesday 07:45 - 08:45

## Duration

1 hour

## Teacher

Ms Inca



## Parent Master Swim

Our Master Swim class will work on swim stroke techniques to improve swim skills on all four swim strokes. Learning all the swim drills, such as long and short distance swimming for sports or personal fitness, helps improve your overall flexibility and cardiovascular fitness. The class is open for all swim levels: beginners, intermediate and advance swimming abilities.

Please bring these following items with you:

- Swim cap
- Swim goggles
- Training flippers
- Water bottle



### When

Tuesday and Thursday 16:00 - 17:00

### Duration & Preparation

1 hour

### Teacher

Coach Felipe