



Programme of activities  
**Extracurricular**  
2023/24

# GENERAL INFORMATION

## REGISTRATION

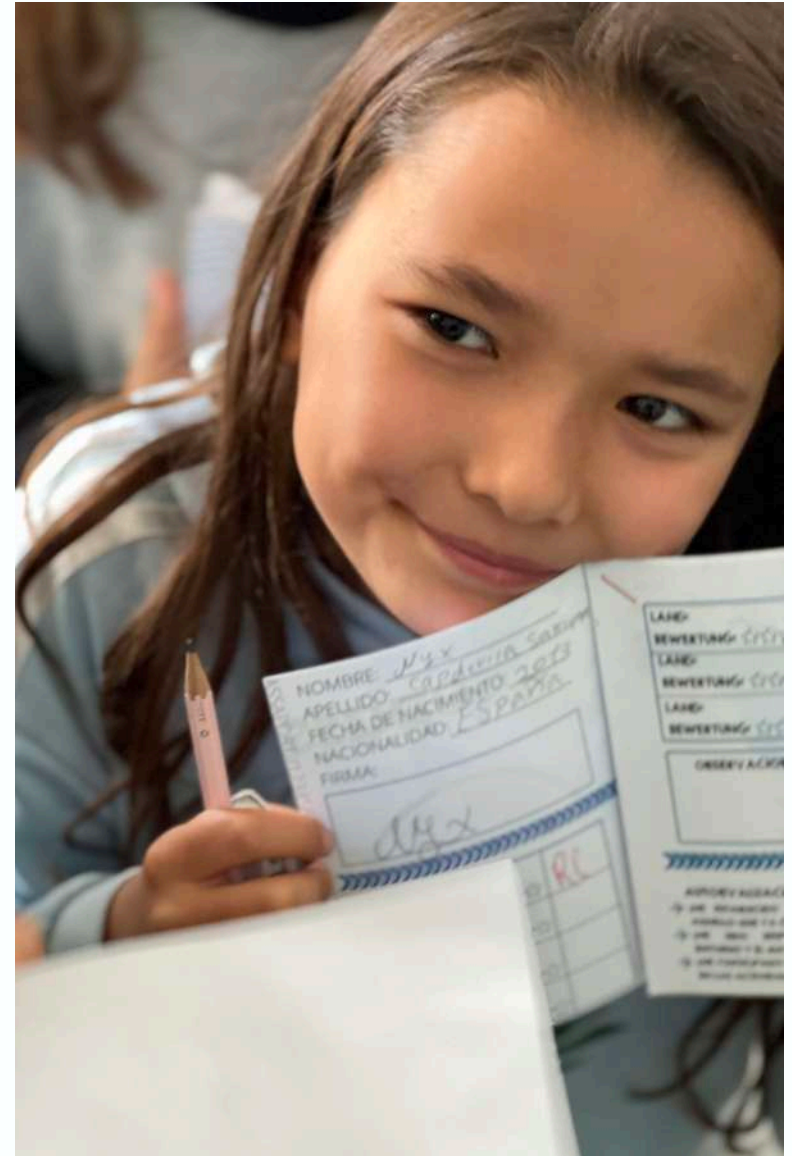
You can register here: <https://forms.office.com/e/zHYEqqEcnEA>  
**10% discount will be applied for families who register before 30th June** (the discount will not be applied in those activities with few students). The monthly fees will be charged to the account indicated on the registration form and in case of refusal a surcharge of 5€ will be applied.

## REGISTRATIONS, CANCELLATIONS AND TESTS

All activities have a duration of three terms (September to June inclusive) but you can register or withdraw your children at any time.

**Cancellations** must be communicated before the beginning of the following month through the Dinantia application (Extracurricular ZSB) or by email to [ebenlliure@sport-madness.com](mailto:ebenlliure@sport-madness.com) or 678 241 539. It is not possible to reimburse any amount except for justified medical reasons.

**Enrolments** can be communicated at any time and, in all cases, we will facilitate the integration of the students so that they can adapt to the rhythm of the group appropriately. The price of the starting month will be proportional to the starting date. The activities can be tried out by registering as a normal registration and paying the fee. In the case of not being satisfactory, cancellation will be requested, which will be effective the following month.



# GENERAL INFORMATION

## PRICES

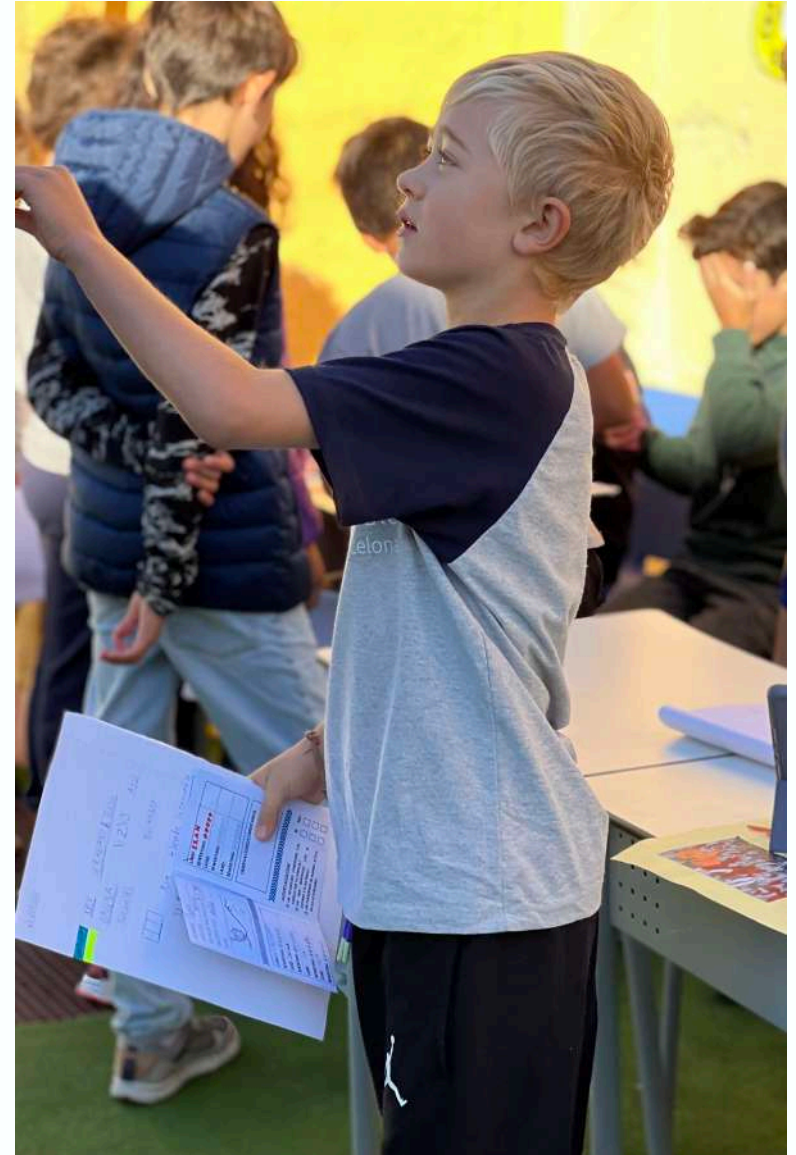
Each activity has an annual price which is divided into monthly instalments of the same amount. Thus, each month the same monthly fee will be charged except for September, which will be 75%.

## DATES

Activities will start on **12th September in PEARSON (from E15 onwards)** and on **2nd October in IFNI (E13-E14)** and, in the second and third term, on the same day that classes start.

They will normally end on the same day as the last day of school.

There will be no extracurricular activities on public holidays, as well as on other days indicated by the school for whatever reason (holiday camps, school holidays, etc.).



# GENERAL INFORMATION

## GROUPS

**Minimum group size:** Each activity has a minimum number of students required to be able to form a group, if the minimum is not reached there are two options:

1- Cancel the group, it will remain on the waiting list until new registrations are received that will allow the group to be created.

2- To agree a price adjustment with the interested families in order to be able to start the activity (only for those activities that make sense to be done with small groups).

**Maximum:** Each activity has a maximum number of students that we cannot exceed. If this maximum is reached, we will close the group and new registrations will be put on the waiting list. The criterion will be the date of enrolment.



# GENERAL INFORMATION

## MONITORING OF ACTIVITIES

At the end of each term, each family will receive an evaluation of each activity.

Depending on the activity an evaluation of the group will be made and information will be given on the content of the term and the objectives for the following term or an individual assessment for each student. There will be activities with group and individual assessments.

In addition to these assessments, families who would like more specific feedback about their children should request a meeting by contacting any of the ZSB After School contacts.

## ZSB EXTRACURRICULAR CONTACT

The person in charge and coordinator of the extracurricular activities is Eduard. You can contact him through any of the following channels:

- [ebenlliure@sport-madness.com](mailto:ebenlliure@sport-madness.com)
- 678 241 539 (WhatsApp)
- Dinantia Application - ZSB extracurricular activities



# RANGE OF ACTIVITIES

|                | MONDAY             | TUESDAY                | WEDNESDAY            | THURSDAY                   |
|----------------|--------------------|------------------------|----------------------|----------------------------|
| <b>E13-E14</b> | Yoga & Mindfulness | Music                  | Sich Ausdrücken      | Multisport                 |
| <b>E15</b>     | Multisport         | Sich Ausdrücken        | Robotics             | Yoga & Mindfulness         |
|                | Cooking            | Initiation to Football | Cinema               | Music                      |
| <b>1K - 2K</b> | Multisport         | Sich Ausdrücken        | Robotics             | Yoga & Mindfulness / Music |
|                | Cooking            | Initiation to Football | Cinema               | German Reinforcement       |
| <b>3K</b>      | Cooking            | Sich Ausdrücken        | Robotics             | German Reinforcement       |
|                | Artistic Drawing   | Cinema                 | Multisport           | Yoga & Mindfulness         |
| <b>4K</b>      | Cooking            | Robotics               | Multisport           | Sich Ausdrücken            |
|                | Artistic Drawing   | Cinema                 | German Reinforcement | Yoga & Mindfulness         |
| <b>5K-6K</b>   | Cooking            | Robotics               | Multisport           | Sich Ausdrücken            |
|                | Artistic Drawing   | Cinema                 | German Reinforcement | Yoga & Mindfulness         |

- Chess will take place in the afternoon.
- Instrument will be held preferably in the afternoon, but there is also an afternoon option.

# SICH AUSDRÜCKEN

| TIMETABLE         | DAYS      | AGES      | MONTHLY PRICE |
|-------------------|-----------|-----------|---------------|
| 16:35 h - 17:50 h | Wednesday | EI3 - EI4 | 50 €          |
| 16:35 h - 17:50 h | Tuesday   | EI5 - 3K  | 50 €          |

This is an exciting activity designed especially for each group, according to their tastes and ages, with the aim of **improving their knowledge of German** in a playful way and practising their communication skills.

Students will learn to express themselves correctly through games, using verbs, nouns and personal pronouns. By using their emotions, we will turn feelings into dialogues.

Activities include ball games, where students will be able to actively participate while improving their knowledge of German. We will also conjugate verbs, make up stories, work with worksheets and read short passages to practise text comprehension. We will learn about compound nouns, basic vocabulary, nouns and articles as well as verbs.

At the end of the activity, the children will have the opportunity to express their creativity through painting or crafts. This quieter part of the activity will allow the children to reflect on their experiences and apply their new German language skills.

In "Sich Ausdrücken", children are encouraged in a fun and interactive way to improve their knowledge of German and strengthen their verbal communication skills. It is an educational and entertaining activity that will allow them to expand their language skills and develop their creativity at the same time.

# GERMAN REINFORCEMENT

| TIMETABLE         | DAYS      | AGES    | MONTHLY PRICE |
|-------------------|-----------|---------|---------------|
| 16:30 h - 18:00 h | Thursday  | 1K - 3K | 68 €          |
| 16:30 h - 18:00 h | Wednesday | 4K - 6K | 68 €          |

This is an activity **to offer support in the German subject taught at school.**

We work with small groups so that, whenever possible, we can work on topics from the same year and, while one year is practising one topic, we explain a different topic to the other. Even so, we keep space for more individual questions for each student, i.e. students can bring in German topics that they are struggling with, we explain them and practise them.

On those occasions when the topics to be covered may be relevant to different classes, as they are often recurring topics that are difficult to learn German, we work with the "teacher helper" method, where the students who have mastered the topic explain it to the others, with the help of the teacher. This means that those who explain the subject reach a deeper level of assimilation.

In order to better orientate this reinforcement, we work together with the teachers that each student has in the school to detect the weaknesses of each class and student.

Are you interested in other courses and other days? - Contact Eduard: 678 241 539



# YOGA & MINDFULNESS

| TIMETABLE         | DAYS     | AGES      | MONTHLY PRICE |
|-------------------|----------|-----------|---------------|
| 16:35 h - 17:50 h | Monday   | E13 - E14 | 45 €          |
| 16:35 h - 17:50 h | Thursday | E15 - 6K  | 45 €          |

Yoga is an activity designed for children to **become aware of their bodies, to work on attention, confidence, self-esteem, to develop their capacity for relaxation, awareness of others and of the group, teamwork and, above all, to have fun!**

We always work adapting to the age of the children and listening to the needs of each one, and of the group.

Yoga is a space that allows us to stop time. A space that goes against this stressful time for children (to do activities, to go from one place to another, to have to compete... to use reason, mind...).

It is a space to connect with the breath, with letting go, with oneself... **an oasis in this fast-paced world.**

We approach the world of yoga through play. Children play, they learn by playing, they grow by playing, they live by playing? We do not intend to make an exception with yoga, nor to become mystics, nor to pretend that they leave their minds blank in a conscious way and through constant and heavy repetitions. We will improve their breathing, their postures, their body awareness also from the game, from fun dynamics adapted to their evolutionary age and their context.

# MUSIC

| ACTIVITY           | TIMETABLE         | DAYS     | AGES      | MONTHLY PRICE |
|--------------------|-------------------|----------|-----------|---------------|
| Musical initiation | 16:35 h - 17:50 h | Tuesday  | EI3 - EI4 | 54 €          |
| Musical awareness  | 16:35 h - 17:50 h | Thursday | EI5 - 2K  | 54 €          |
| Instrument         | Noon or evening   | Everyone | 1K – 10K  | 90 €          |

## **EI3-EI4: Musical**

### **EI5-2K: Musical Awareness**

The different basic concepts of music will be incorporated through both theoretical and practical activities, as well as fostering a love of music and culture as a means of expression. The main objective is **to develop the musical abilities** of each child by working on rhythm, intonation, listening, concentration, creativity, attention and auditory memory through musical activities and games.

The aim is also to give them a general knowledge of the use of the voice and the body as a musical instrument, as well as the sound and functioning of the different musical instruments that exist. And finally, through different auditions and visualisations, the aim is to give them an overview of the history of music from its beginnings to the present day.

## **From 1K: Instrument**

We will learn to play instruments in individual **lessons of 45 minutes** through musical interpretation as a whole. We will work on both the individual learning of the instrument and the different social skills involved (listening, collaboration, roles). The classes focus on gradually incorporating the technical aspects of the instrument, covering both pieces from the classical repertoire of the instrument, as well as pieces that are chosen together with the students based on their personal tastes and needs, encouraging musical practice with other students from the music school through concerts and

*All students who are prepared, both as a group and as an instrument, and who wish to do so, can participate in the **concerts and auditions** organised by our collaborator, the Farré Music School, during the course.*

# ARTISTIC DRAWING

| TIMETABLE         | DAYS   | AGES    | MONTHLY PRICE |
|-------------------|--------|---------|---------------|
| 16:35 h - 17:50 h | Monday | 3K - 6K | 45 €          |

This activity offers pupils the opportunity to **develop skills in the field of drawing and artistic expression**. This activity is designed for children and young people interested in exploring and delving into the world of visual arts.

During the classes, children **learn various drawing techniques**, such as the use of lines, shapes, shadows and textures to represent objects, people or landscapes in a precise and creative way. They are also encouraged to explore different materials, such as pencils, charcoal, pastels, watercolours or ink, to create different visual effects and textures.

Students **work on art projects** that can cover a wide variety of subjects, such as nature, portraiture, abstraction or illustration. Through these projects, they have the opportunity to develop their creativity and express their ideas.

During the sessions, teachers offer individual guidance and advice to students to help them improve their drawing skills and techniques. Active participation and collaboration between students is also encouraged, allowing them to share ideas and inspire each other.

This activity not only allows students to learn artistic skills and techniques, but also offers additional benefits. This activity can improve students' concentration, patience and observation skills. In addition, it can help them develop self-expression, self-confidence and appreciation of art. Therefore, this activity offers the opportunity to develop technical skills, stimulate their creativity and express themselves through drawing. We hope to see you soon!

# CINEMA

| TIMETABLE         | DAYS      | AGES     | MONTHLY PRICE |
|-------------------|-----------|----------|---------------|
| 16:35 h - 17:50 h | Wednesday | E15 - 2K | 45 €          |
| 16:35 h - 17:50 h | Tuesday   | 3K - 6K  | 45 €          |

Cinema allows us to get to know ourselves better, to value the importance of teamwork and the work of others, to recognise and accept our own image and be aware of its strength, to discern between reality and fiction and to see how external conditioning factors can lead to a totally different result.

It is a place to **increase self-esteem and self-confidence, to stimulate creativity, imagination and spontaneity, to improve sociability and communication...** and it is a place to have a great time!

Cinema is a great opportunity to get closer to our children and teenagers about subjects that concern them, that motivate them, that encourage them... To talk about history, the past, the future... to see different points of view, to look at stories from different angles, to encourage a critical spirit and a broader and more informed awareness.

We will learn cinematographic techniques (type of panning, tilting, travellings..., lighting, the use of the clapperboard...).

We will learn about the history of cinema and the types of cameras...

We will work on the basics of the script and genres, the importance of locations and types...

We will learn to create climates, to choose costumes, the importance of sound space, timings...

We will learn how to manage a small production!

**We will work on an annual or quarterly** project to be decided according to the group and its motivations: **feature film, short films, documentary, video clip... specific themes...**

# COOKING

| TIMETABLE         | DAYS   | AGES     | MONTHLY PRICE | FEE  |
|-------------------|--------|----------|---------------|------|
| 16:35 h - 17:50 h | Monday | E15 - 6K | 60 €          | 30 € |

The best way to promote **learning about cooking and healthy** eating from a very young age is to encourage curiosity about cooking.

In the extracurricular cooking classes we use the basic principles of good nutrition, culinary techniques, new trends, local and seasonal ingredients, in a relaxed and interactive atmosphere, without forgetting traditional cuisine.

We promote the learning of cooking by **including these activities and themes in our programmes:**

- Healthy food selection.
- Different ways of healthy cooking.
- Healthy dishes.
- Portion control.
- Nutrition labelling.
- Planning balanced menus.
- Information on recipe ingredients.

Each week we propose a different recipe, including our cooked dishes, first courses, main courses. The last week of each month is reserved for dessert. Without forgetting the traditional recipes of our culture.



# ROBOTICS

| TIMETABLE         | DAYS      | AGES     | MONTHLY PRICE |
|-------------------|-----------|----------|---------------|
| 16:35 h - 17:50 h | Wednesday | E15 - 3K | 45 €          |
| 16:35 h - 17:50 h | Tuesday   | 4K - 6K  | 45 €          |

The Robotics extracurricular is based on an annual programme planned from the beginning of the course in which we rotate the themes and tools that we teach and use with the aim of **achieving a dynamic activity and all through the common thread of the programming language**. Some **examples** of the themes and tools that we will be alternating:

**3D design and 3D printing:** Students will learn how the Pen 3D works and the mechanisms needed to make their own designs.

**Educational robotics:** They will work in teams, exchanging roles and participating with different functions within the team. They will work with electronic and mechanical components, such as Lego WeDo, Edison, Makey Makey or Micro:bit, with which they will also learn about programming, while dealing with topics such as the transmission of movement or conductivity.

**Drone assembly and handling:** We will discover how to fly a drone using only programming. We will analyse different types of drones, their uses, the parts of a drone and the most important rules for responsible flights.

**Programming video games and animations:** They will be introduced to the world of programming with Scratch. We will learn how to create and edit characters and scenery for our animations and we will also discover what a sequence is and what kind of block is necessary for a program to run.

Informative video:

<https://www.youtube.com/watch?v=tbAjVcYFvks>

# MULTISPORT

| TIMETABLE         | DAYS      | AGES      | MONTHLY PRICE |
|-------------------|-----------|-----------|---------------|
| 16:35 h - 17:50 h | Thursday  | EI3 - EI4 | 40 €          |
| 16:35 h - 17:50 h | Monday    | EI5 - 2K  | 40 €          |
| 16:35 h - 17:50 h | Wednesday | 3K - 6K   | 40 €          |

Activity aimed **at initiation into sport**, adapted according to age and the tastes of each group.

Perfect for those who want a general sports extracurricular activity, very playful and focused on the integral development of the student. They will practice **a multitude of sports and games**, learn and develop the physical and cognitive benefits and improve their motor skills through physical activity.

In **EI3 and EI4** we will combine activities, circuits, games, tests, challenges... associated with different sports with the aim of physical activity, developing motor skills and, above all, having fun!

**From EI5 onwards**, the programme will be adapted and different sports will be played at beginners' level (Football, Volleyball, Basketball, Hockey, Tennis, Handball, Rugby, Gymnastics...) and, depending on the tastes and demands of the group, they will be combined with traditional, cooperative and symbolic games and we will even let our imagination run wild, allowing the pupils to create their own sports or games.



# INITIATION TO FOOTBALL

| TIMETABLE         | DAYS    | AGES     | MONTHLY PRICE |
|-------------------|---------|----------|---------------|
| 16:35 h - 17:50 h | Tuesday | E15 - 2K | 40 €          |

This is an introductory football activity, **perfect for stimulating the physical development and psychomotor skills** of the pupils through exercises in ability, strength, dexterity, speed, flexibility, passing, shooting, skill circuits, improved vision of the game, etc., and which also stimulates cognitive development and certain values such as teamwork, companionship, effort and strategies, which will be fundamental for the pupils to teach them basic concepts of life, such as companionship or the importance of effort to achieve a common good.

This activity is aimed at initiation but with the intention of creating a small football school so that later, from 3K onwards, those who wish to, can continue outside the school in teams that compete with a **base of preparation** already acquired.

That is why we will try to play friendly matches periodically with other neighbouring schools to create extra motivation and help in this preparation.





# CHESS

| TIMETABLE | DAYS | AGES    | MONTHLY PRICE |
|-----------|------|---------|---------------|
| Midday    | *    | 1K - 6K | *             |

Patxi will teach the fundamental techniques of Chess and will offer the opportunity to put them into practice in very participative classes, through games, challenges, games and tournaments.

Ideal for stimulating analytical skills, speeding up your cognitive system, helping you to better understand and manage the situations that may arise.

\*Consult PATXI ([patxi@zurichschule.com](mailto:patxi@zurichschule.com)) for prices, days and registration procedures.



# GERMAN FOR ADULTS

| TIMETABLE         | DAYS            | AGES   | MONTHLY PRICE |
|-------------------|-----------------|--------|---------------|
| 16:35 h - 17:50 h | *1 day per week | Adults | 20 €          |

This activity is designed for families who want to learn German quickly, efficiently and in a more playful way in order to acquire basic knowledge, communicate easily in everyday life, understand simple texts, help their children with their homework...

It will take place in small groups at AV. Pearson.

\*You must register and then we will contact you to determine the preferred days.





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