ELEMENTARY SCHOOL ACTIVITIES

2020/2021 TRIMESTER 1

September 7th 2020 - November 13th 2020

INTERNATIONAL SCHOOL OF PRAGUE

Welcome!!!

Most Performance Arts Activities (PAA)* continue all year round and to their own schedules unless otherwise stated. Information detailing extra dates will come direct from the relevant Activity Leaders.

Most ASAs run from 3.40 - 4.25 pm unless otherwise stated (see Schedule and Descriptions below).
Maximum Number of Students are sometimes indicated if there is a limit due to the nature of the activity and size of location, however we try our best to accommodate all students where possible.

Mr Ed Knowles eknowles@isp.cz can be contacted to answer questions/queries or found outside the ES Changing Rooms or Cafeteria corridor between 3.30 p.m. and 3.50 p.m. on Mondays, Tuesdays and Thursdays during the first few weeks when the activities have started. Alternatively, he can be found in his office in the Big Gym (Room 323) at other times.

2020/2021
TRIMESTER 1

INTERNATIONAL
SCHOOL OF PRAGUE

WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
++Bollywood Dance* gr 1,2	++Modern Dance* gr 5	++Breakdance* gr 3,4,5	++Modern Dance*@4.25pm gr 4	Gymnastics on horseback* gr 1,2
++Bollywood Dance*@4.25gr3,4,5	Football/Soccer gr 3,4,5	++Strings Aboard* gr 3,4,5	Football/Soccer gr 1,2	Kung Fu* gr 1,2
Czech, Rattle and Roll gr 3,4,5	Gymnastics on horseback* gr 1,2	Yoga for Kids* gr 1,2/gr 3,4,5	FalconTech Robotics gr 3,4,5	Kung Fu*@4.25pm gr 3,4,5
Falcon News gr 3,4,5	Hiking in Nature gr 1,2/gr 3,4,5	Rock Climbing gr 3,4,5	Free Drawing gr 1,2	Spanish Songs+Games gr 1,2
Sidewalk Chalk gr 1,2	Fun with LEGOs gr 1,2	Children's Book Illustrations gr 1,2B		Young Film Set* gr 3,4,5
Rugby* gr 1,2	Book Love gr 3,4,5	Fun PE Games gr 1,2		
Rugby*@4.25pm gr 3,4,5	Magic Club* gr 1,2	Gymnastics*@4.25pm gr 3,4,5		
Children's Book Illustrations gr 1,2A	++Modern Dance* gr 3	Gymnastics* gr 1,2		
Children's Book Illustrations@4.25pm gr 3,4,5A	Magic Club*@4.25pm gr 3,4,5	Children's Book Illustrations@4.25pm gr3,4,5B		

INTERNATIONAL
SCHOOL OF PRAGUE

Falcon News - Grades 3-5

Meeting Day: Mondays 3.40-4.25pm
Venue: Idea Lab
Start Date: September 7th
Leader: Mr. Patrick F

This activity is for students interested in producing the weekly TV news show. Students will learn how to write, film and edit news segments and also assemble segments and read the news when we produce the full show live.

Bollywood Dance* Grades 1-2

Meeting Day: Mondays 3.40-4.25pm
Venue: ES Gym
Start Date: September 7th
Leader: Ms. Lucie P

Modern and various Indian film dances will surprise you with their expressive elements and colourful techniques in every step - a fusion of the ancient Indian tradition and wisdom with modern dance techniques.
- latest Bollywood dance hits
- improvement of body coordination through entertaining technique
- basics of acting skills and stage movement abilities
- dance performance for parents at the end of the whole course
- relaxing technique at the end of each class (consciousness of individual parts of the body and their relaxation)
Contact details: lucpechova@seznam.cz

Bollywood Dance* Grades 3-5

Meeting Day: Mondays 3.40-4.25pm/4.25-5.10pm
Venue: ES Gym
Start Date: September 7th
Leader: Ms. Lucie P

Modern and various Indian film dances will surprise you with their expressive elements and colourful techniques in every step - a fusion of the ancient Indian tradition and wisdom with modern dance techniques.
- latest Bollywood dance hits
- improvement of body coordination through entertaining technique
- basics of acting skills and stage movement abilities
- dance performance for parents at the end of the whole course
- relaxing technique at the end of each class (consciousness of individual parts of the body and their relaxation)
Contact details: lucpechova@seznam.cz

INTERNATIONAL
SCHOOL OF PRAGUE

Czech, Rattle and Roll Grades 3-5

Meeting Day: Mondays 3.40-4.25pm
Venue: ES Theatre
Start Date: September 7th
Leader: Ms. Kelly W

Czech, Rattle, and Roll is an instrumentally based program. It will be a great way for students to enhance their rhythmic and melodic reading but most importantly their love of making music together with others. We perform from time to time at school gatherings, school functions, concerts, and in the reception area for students and parents entering school. This ASA will run the whole year long but there will be an opportunity for new students to join or leave after the Christmas Holidays i.e. ASA 2. ASA Semester 1- Drums and Mallet instruments such as xylophones, metalphones..etc ASA Semester 2- Ukuleles- We may add other instruments to our songs but this Semester will focus on ukuleles and singing along! ASA Semester 3- Open- we will use a mix of different instruments and explore not only written music but different ways we can improvise together.

Modern Dance*- Grade 3

Meeting Day: Tuesdays 3.40-4.25pm
Venue: MultiPurpose Room
Start Date: September 8th
Leader: Ms Dasa H

Students will explore more advanced movement patterns based on various styles of modern dance, including modern jazz, street dance, lyrical dance etc. The whole class will be structured to include warm-up, stretching, strength building, choreography building and free dance expression. Fun movement will be complemented by an introduction to correct posture, body awareness and care. Dance students will perform for ISP students and parents. A fee of 500 CZK is required to cover the cost of performance costumes to be brought to the first session.
Contact details: dasahorvath.isp@gmail.com

Sidewalk Chalk

Meeting Day: Mondays 3.40-4.25pm
Venue: Outside - on ISP campus
Start Date: September 2nd
Leader: Janna Gibson

Sidewalk chalk is a fun activity of drawing and writing on a perfect canvas - pavement or concrete sidewalks around ISP.

Rugby* - Grades 1-2, Grades 3-5@4.25pm

Meeting Day: Mondays 3.40-4.25pm/4.25-5.10pm
Venue: ES Field
Start Date: September 7th
Leader: Mr. Jan M - Ragby Olymp

Through games and exercises, students will learn how to play touch rugby in a fun and safe format with the possibility of learning aspects of the contact version at a later stage. These sessions will be led by certified coaches and a former professional player. Suitable for boys and girls sessions include: evasive footwork, SAQ drills, ball handling, team communication, passes, basics of tackling, place/free kicking and tag rugby.

INTERNATIONAL
SCHOOL OF PRAGUE

Modern Dance* - Grade 5

Meeting Day: Tuesdays 3.40-4.25pm
Venue: Multi Purpose Room
Start Date: September 8th
Leader: Jana K

Students will explore and practice movement based on various styles of modern dance and street dance. The whole class will be structured to include warm up, stretching, strength building, choreography and free dance expression. Fun movement will be complemented by introduction to correct posture awareness and care. Dance students will perform for ES students and parents. A fee of 500 CZK is required to cover the cost of performance costumes to be brought to the first session.
Contact details: jkyriakouisp@gmail.com

Fun with LEGO's - Grades 1-2

Meeting Day: Tuesdays 3.40-4.25pm
Venue: ES 94
Start Date: September 8th
Leader: Ms. Ivana S

Do you enjoy LEGOs? Come explore and build amazing structures using LEGOs.

INTERNATIONAL
SCHOOL OF PRAGUE

Football/Soccer Grades 3-5

Meeting Day: Tuesdays 3.40-4.25pm
Venue: ES Field
Start Date: September 8th
Leader: Mr. Sam B - PEFS

Our sessions provide a fun, active environment for students to practice their football, motor and social skills. The program is delivered by internationally Certified Coaches who create a positive and inclusive environment for children of all abilities and experience levels. Implementing a carefully planned curriculum our members learn through hidden learning, fun games, technical development and small-sided matches. The focus is on creating an enjoyable atmosphere for children to develop individually and collectively.

Gymnastics on horseback* - Grades 1-2

Meeting Day: Tuesdays 3.40-4.25pm
Venue: Pony Garden Nebušice
Start Date: September 8th
Leader: Ms. Jana P/Pony Garden

PAID ACTIVITY - for payment details and sign up contact ASA leader Ms. Peskova. Gymnastics on horseback (Vaulting) features the best aspects of horseback riding and gymnastics, which are combined into one unique activity. When the weather at the farm is good, vaulters practice on the horse and learn horsemanship. Winter lessons take place in well-equipped gym. Vaulters gain confidence on horseback, improving their balance and coordination skills, as well as increasing their flexibility and strength.
Contact details: info@ponygarden.cz

Hiking in Nature - Grades 1-2/Grades 3-5

Meeting Day: Tuesdays 3.40-4.25pm
Venue: Outside
Start Date: September 8th
Leader: Ms. Sandra R/Marianna K

Immerse yourself in nature by taking peaceful walks through the woods, close to school or a bit further out (we will take the school bus!). Pick up hidden treasures along the way or enjoy a nice chat all while getting some exercise in the great outdoors!

INTERNATIONAL
SCHOOL OF PRAGUE

Book Love - Grades 3-5

Meeting Day: Tuesdays 3.40-4.25pm
Venue: Library
Start Date: September 8th
Leader: Ms. Tara R

Book lovers, this is the activity for you! We will do tons of fun activities regarding books we love: making posters, promoting reading around the school, making library displays--whatever we think would be cool to share the book we love.

Magic Club* - Grades 1-2/Grades 3-5@4.25

Meeting Day: Tuesdays 3.40-4.25pm/4.25-5.10pm
Venue: ES 91/205
Start Date: September 8th
Leader: Ms. Adela S

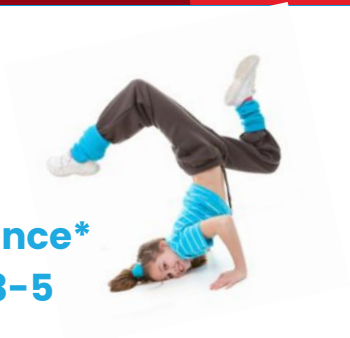
PAID ACTIVITY - Come learn magic with the award winning professional magician Adéla Svobodová and her highly experienced colleague Jarmila Svobodová. Adéla has been practising magic since the age of 10 and is keen to pass on her love of magic. Children will learn new tricks each week, gain experience in performing their tricks to their friends and develop self-confidence. Each session will be charged at 200 CZK per student. Ms Adela will collect monies at the 1st session for the whole trimester and can be contacted at adasvobodova@seznam.cz for further information.

Gymnastics* - Grades 1-2/Grades 3-5@4.25

Meeting Day: Wednesdays 3.40-4.25pm/4.25-5.10pm
Venue: ES Gym
Start Date: September 9th
Leader: Ms. Gabriela M

Gymnastics for all - sport for everybody. This is a sport for life with something for all abilities. We will cover the basic skills of landing, rolling and being upside-down, flexibility and strength. Also the basic gymnastic elements - rolls, cartwheels, handstands as well as drills for jumps, landings, rotations and balance.
These gymnastic sessions focus on the base elements of artistic gymnastics. The Floor is the main important discipline that gymnasts need to master. Through the elements of gymnastics the body becomes stronger, more flexible and will improve coordination, balance and spatial awareness e.g. rotations. Thanks to the good equipment in the gym, we can offer the basics of vault skills.

INTERNATIONAL
SCHOOL OF PRAGUE



Breakdance*
Grades 3-5

Meeting Day: Wednesdays 3.40-4.25pm
Venue: Multi Purpose Room
Start Date: September 9th
Leader: Mr. Matyas E

In Breakdance students will learn and master basic techniques of top-rock, footwork and basic freezes such as "Baby Freeze" or "Chair Freeze". Advanced dancers will work on power moves such as "Wind-mill", "Back-Spin" etc. An Important part of the class is of course a proper warm-up, stretching and strengthening exercises. We will work on routines implementing and combining all the techniques. Join us for a fun and challenging Breakdance class!! A fee for 400 CZK is required for a Breakdance t-shirt for performances only if a student is new to this activity.
Contact details: matyas.erml@gmail.com

Strings Aboard*
Grades 3-5

Meeting Day: Wednesdays 3.40-4.25pm
Venue: ES Theatre
Start Date: September 9th
Leader: Ms. Misha S

Violin, viola and cello players can play music in various ensembles, chamber groups and solo settings. The repertoire will challenge advanced players but will also be accessible for less advanced students. Unfortunately, students without previous experience i.e. never played an instrument before cannot be accepted. We will also regularly perform at ISP Gatherings and concerts.
Contact details: mstrausisp@gmail.com

Yoga for Kids*
Grades 1-2

Meeting Day: Wednesdays 3.40-4.25pm
Venue:
Start Date: September 9th
Leader: Ms. Linda N

Kids & Yoga, a class where kids enjoy yoga with natural physiological movements, joy and fun. A Sun Salutation is a welcoming ritual, followed by a themed lesson filled with hatha yoga poses/asanas adjusted to children, balancing and acro yoga poses. A calming down sequence finishes each lesson. Together we talk, laugh, enjoy ourselves and develop courage, balance, self-esteem, strength. We learn to trust ourselves and each other. Looking forward welcoming new yogis, Linda

INTERNATIONAL
SCHOOL OF PRAGUE

Yoga for Kids*
Grades 3-5

Meeting Day: Wednesdays 3.40-4.25pm
Venue: ES Gym
Start Date: September 9th
Leader: Ms. Patricia J

Rock Climbing*
Grades 3-5

Meeting Day: Wednesdays 3.40-4.25pm
Venue: Big Gym
Start Date: September 9th
Leader: Ms. Alzbeta Z

During these sessions students will learn the principles of safety on the climbing wall, correct climbing techniques and develop their climbing process. In addition they will learn: the basics of climbing movement, gear management and handling, safety principles of climbing on artificial walls, effective use of nodes needed for climbing, how to improve climbing technique climbing fitness training, 'bouldering' is a climbing form performed just above the ground without the use of ropes. It includes both transverse and vertical climbing, which quickly helps improve strength and climbing skills in a training format.
Preference will be given to students who have not done Wall Climbing before.

FUN PE Games

Meeting Day: Wednesdays 3.40-4.25pm
Venue: ES Field
Start Date: September 2nd
Leader: Nathan Heck

Inspire
Engage
Empower

INTERNATIONAL
SCHOOL OF PRAGUE

Children's Book Illustrations* Grades 1-2/Grades 3-5@4.25pm

Meeting Day: Mondays or Wednesdays 3.40-4.25pm/4.25-5.10pm
Venue: ES Art Room 203
Start Date: September 9th
Leader: Mr. Esteban A

In most of the fully illustrated children's books we know, an alternative narrative appears as a result of the combination between text and illustrations. Words and images might agree on certain aspects of the story, and differ in others. Sometimes what the drawings reveal the text conceal, and vice-versa. The aim of this club is for students to identify and make use of the different discourses inhabiting an illustrated book. Based on an existing tale or an original story, each student will be encouraged to create their own book. They will learn strategies to effectively distribute the information throughout their book while building up to a climax as graphic narrators. By the end of the trimester the students will have had explored storytelling through drawing, writing, and editing in a playful and stress free environment. Moreover, they will have their own album-book to take home.

Modern Dance - Grade 4

Meeting Day: Thursdays 4.25-5.10 PM
Venue: Multipurpose Room
Start Date: September 10th
Leader: Dasa Horvathova:
dasahorvath.isp@gmail.com

Students will explore more advanced movement patterns based on various styles of modern dance, including modern jazz, street dance, lyrical dance etc. The whole class will be structured to include warm-up, stretching, strength building, choreography building and free dance expression. Fun movement will be complemented by an introduction to correct posture, body awareness and care. Dance students will perform for ISP students and parents. A fee of 500 CZK is required to cover the cost of performance costumes to be brought to the first session.

Football / Soccer - Grades 1-2

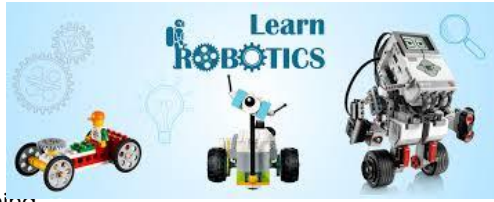
Meeting Day: Thursdays 3.40-4.25 PM
Venue: ES Field
Start Date: September 10th
Leader: PEFS Academy

Our sessions provide a fun, active environment for students to practice their football, motor and social skills. The program is delivered by internationally Certified Coaches who create a positive and inclusive environment for children of all abilities and experience levels. Implementing a carefully planned curriculum our members learn through hidden learning, fun games, technical development and small-sided matches. The focus is on creating an enjoyable atmosphere for children to develop individually and collectively.

Inspire
Engage
Empower

INTERNATIONAL
SCHOOL OF PRAGUE

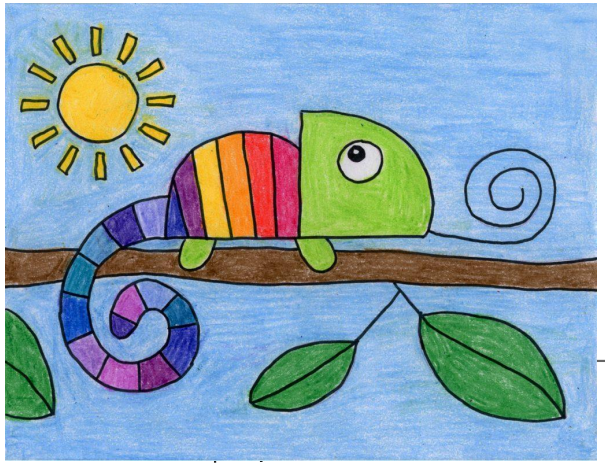
FalconTech Robotics - Grades 3-5



Meeting Day: Thursdays 3.40-4.25 PM
Venue: Room 210
Start Date: September 10th
Leaders: Ms Laura & Mr Tommy

Are you interested in robotics and block-programming, or would you like to improve your skills? The elementary school robotics team is for students interested in both building and block-programming robots. You do not need to have experience with robotics but you must have a strong interest in programming. You'll work in teams to complete challenges, individually to invent and discover, and as a group to further our knowledge and creativity! This year we will also compete in the FLL Explore competition.

INTERNATIONAL
SCHOOL OF PRAGUE



Free Drawing - Grades 1-2

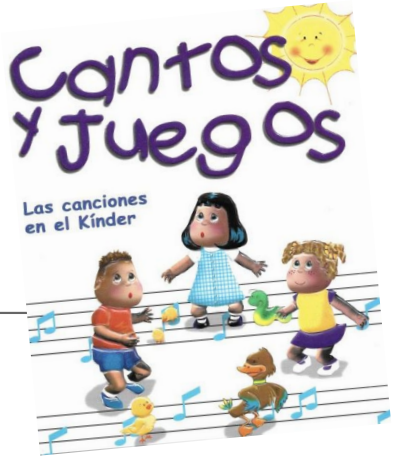
Meeting Day: Thursdays 3.40-4.25 PM
Venue: Room 96
Start Date: September 10th
Leader: Ms. Sawsan

Students like to draw freely , this activity will allow them to be creative and use their imagination. They can have the chance to make books without words or simply color pictures.

Spanish Songs and Games - Grade 1-2

Meeting Day: Fridays 3.40-4.25 PM
Venue: Room 104
Start Date: September 11th
Leader: Ms. Maria Achilles

Come to learn and practice Spanish while we sings songs and play fun games.



NON ISP ACTIVITIES

The following activities are **NOT** offered through the ISP After School Activity system. If you'd like more information on these activities or have interest in signing up your child for these activities please contact the sponsor directly.

INTERNATIONAL SCHOOL OF PRAGUE

Gymnastics on horseback, grade 1-2

Meeting Day: Fridays, 4.00-5.30 PM
Venue: Pony Garden Nebusice/SK Hradcany/Jump Arena Zlicin
Start Date: September 11th
Leader: Ms. Jana P: info@ponygarden.cz

PAID ACTIVITY
This activity is for students interested in producing the weekly TV news show. Students will learn how to write, film and edit news segments and also assemble segments and read the news when we produce the full show live.

Kung Fu, Grades 1-5

Training Days: Fridays 3.40- 4.40 PM Grade 1-2, 4.40-5.40 PM Grade 3-5
Venue: ES Gym
Start Date: September 11th
Leader: Master Quang: quangkungfu70@gmail.com

PAID ACTIVITY
There is an associated fee with this activity, please contact Master Quang directly for registration.

Young Film Set, Grades 3-5

Meeting Days: Fridays, 3.40-4.40 PM
Venue: ES Art Room 203
Start Date: September 11th
For registration and Information please email: info@youngfilmset.com or visit our website at www.youngfilmset.com

PAID ACTIVITY
In Young Film Set clubs, we teach our students to have fun learning about the Film and TV world. We do this by developing basic acting techniques specific to film and tv, by getting the students to act on camera and then jumping behind the camera to take on the role of director and cameraman (DOP Director of Photography). This is an activity run at ISP by an outside agency. There is an associated charge.