

Richmond Park School
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EXTRA-CURRICULAR ACTIVITIES
2026-27 SCHOOL YEAR PROGRAMME

SUMMARY OF EXTRA-CURRICULAR ACTIVITIES



RICHMOND PARK
THINKING SCHOOL AND SPORTS CENTRE

We have detailed below the range of extracurricular activities that will take place during the 2026/2027 school year. Before enrolling your children, please pay close attention to the scheduled days of the week as well as the age group for which each activity is intended

MONDAY ACTIVITIES

Nº	ACTIVITY	YEAR	TIME	PRICE
1	Chess	Year 1 - Year 10	16:30-17:30	55€
2	Cooking EYFS	Reception	16:30-17:30	55€
3	Football	Year 2 - Year 4	16:30-17:45	55€
4	Investment & Entrepreneurship Lab	Year 10 - Year 11	16:30-17:45	75€
5	Judo	Reception - Year 1	16:30-17:30	56€
6	Keyboards	Year 4 - Year 13	16:30-17:30	55€
7	Lego Education Science	Year 3 - Year 5	16:30-17:30	55€
8	Motor Skills	Pre-Nur-Rec	16:30-17:30	55€
9	Musical Theatre	Year 7 - Year 10	16:30 - 18:00	65€
10	Rhythmic gymnastics	Year 1 - Year 7	17:30-17:45	1 day/ week - 55€ 2 days/week - 95€
11	Sketchbook	Year 5 - Year 6	16:30-17:30	55€
12	Swimming	Pre- Nursery	16:15-16:45	65€
13	Swimming	Nursery & Reception	16:15-16:45	55€
14	Swimming	Year 1 - Year 4	16:45-17:30	55€

15	Waterpolo	Year 4 - Year 11	16:45-17:45	1 day/week - 55€ 2 days/week - 95€
16	Yoga	Year 4 - Year 7	16:30 - 17:30	55€

TUESDAY ACTIVITIES

Nº	ACTIVITY	YEAR	TIME	PRICE
1	Arts & Crafts	Reception	16:30-17:30	55€
2	Arts & Crafts	Year 1 - Year 2	16:30-17:30	55€
3	Ballet	Year 1 - Year 2	16:30-17:30	55€
4	Ceramics	Year 4 - Year 6	16:30-17:30	55€
5	Creative Coders Club	Year 3 - Year 6	16:30-17:30	55€
6	Cross Fit	Year 10 - Year 11	16:30-17:30	55€
7	French Cousine	Year 6 - Year 9	16:30 - 17:45	60€
8	Golf	Year 3 - Year 6	16:30-17:30	55€
9	Guitar	Year 3 - Year 8	16:30-17:30	55€
10	Judo	Year 2 - Year 3	16:30-17:30	56€
11	Keyboards	Year 4 - Year 13	16:30-17:30	55€
12	Padel	Year 1 - Year 6	16:45-17:30	60€
13	Pre-Sports	Nursery & Reception	16:30-17:30	1 day/week - 55€ 2 days/week - 95€
14	Skating	Year 1 - Year 7	16:30-17:45	55€
15	Steam	Reception	16:30-17:30	55€



16	Swimming	Pre-Nur	16:15-16:45	65€
17	Swimming	Nursery & Reception	16:15-16:45	55€
18	Swimming	Year 4 - Year 11	16:45-17:30	55€
19	Young Investors & Founder Club	Year 7 - Year 9	16:30-17:45	75€

WEDNESDAY ACTIVITIES

Nº	ACTIVITY	YEAR	TIME	PRICE
1	Artistic Swimming	Year 3 - Year 10	16:45-17:45	55€
2	Arts & Crafts	Year 1 - Year 2	16:30-17:30	55€
3	Ballet	Year 3	16:30-17:30	55€
4	Basketball	Year 1- Year 7	16:30 - 17:30	55€
5	Ceramics	Year 6 - Year 8	16:30-17:45	65€
6	Cooking	Year 1 - Year 2	16:30-17:30	55€
7	Cooking around the world	Year 5 - Year 11	16:30-17:30	55€
8	Football	Reception & Year 1	16:30-17:30	55€
9	Football	Year 5 - Year 11	16:30-17:45	55€
10	Judo	Year 4 - Year 5	16:30-17:30	56€
11	Ledo Education Science	Year 1 - Year 2	16:30 - 17:30	55€
12	Minecraft	Year 3 -Year 6	16:30-17:30	55€

13	Rhythmic Gymnastics	Reception	16:30 - 17:30	55€
14	Rhythmic Gymnastics	Year 1 - Year 7	16:30-17:30	1 day/week - 55€ 2 days/week 95€
15	Skating	Reception	16:30-17:45	55€
16	Swimming	Pre-Nur	16:15-16:45	65€
17	Swimming	Nursery & Reception	16:15-16:45	55€
18	Swimming	Year 1 - Year 4	16:45-17:30	55€

THURSDAY ACTIVITIES

Nº	ACTIVITY	YEAR	TIME	PRICE
1	Catechesis 1	Year 4	16:30-17:15	15€
2	Catechesis 2	Year 5	16:30-17:15	15€
3	Cross Fit	Year 10- Year 11	16:30-17:30	55€
5	Judo	Year 5 - Year 11	16:30-17:30	56€
7	Percussion	Year 4 - Year 11	16:30-17:30	55€
8	Pre-Sports	Nursery & Reception	16:30-17:30	1 day/week - 55€ 2 days/week - 95€
9	Skating	Year 1 - Year 7	16:30 - 17:45	55€
10	Tennis	Year 1 - Year 11	16:30-17:30	60€
11	Volleyball	Year 2 - Year 4	16:30-17:30	55€

12	Swimming	Pre-Nursery	16:15-16:45	65€
13	Swimming	Nursery & Reception	16:15-16:45	55€
14	Swimming	Year 4 - Year 11	16:45-17:30	55€
14	Waterpolo	Year 4 - Year 11	16:45-17:45	1 day/week - 55€ 2 days/week - 95€

FRIDAY ACTIVITIES

Nº	ACTIVITY	YEAR	TIME	PRICE
1	Catechesis 1	Year 4	16:30-17:15	15€
2	Catechesis 2	Year 5	16:30-17:15	15€
3	Swimming	Pre-Nursery	16:15-16:45	65€
4	Swimming	Nursery & Reception	16:15-16:45	55€
5	Swimming	Year 1 - Year 11	16:45-17:30	55€



ARTISTIC SWIMMING



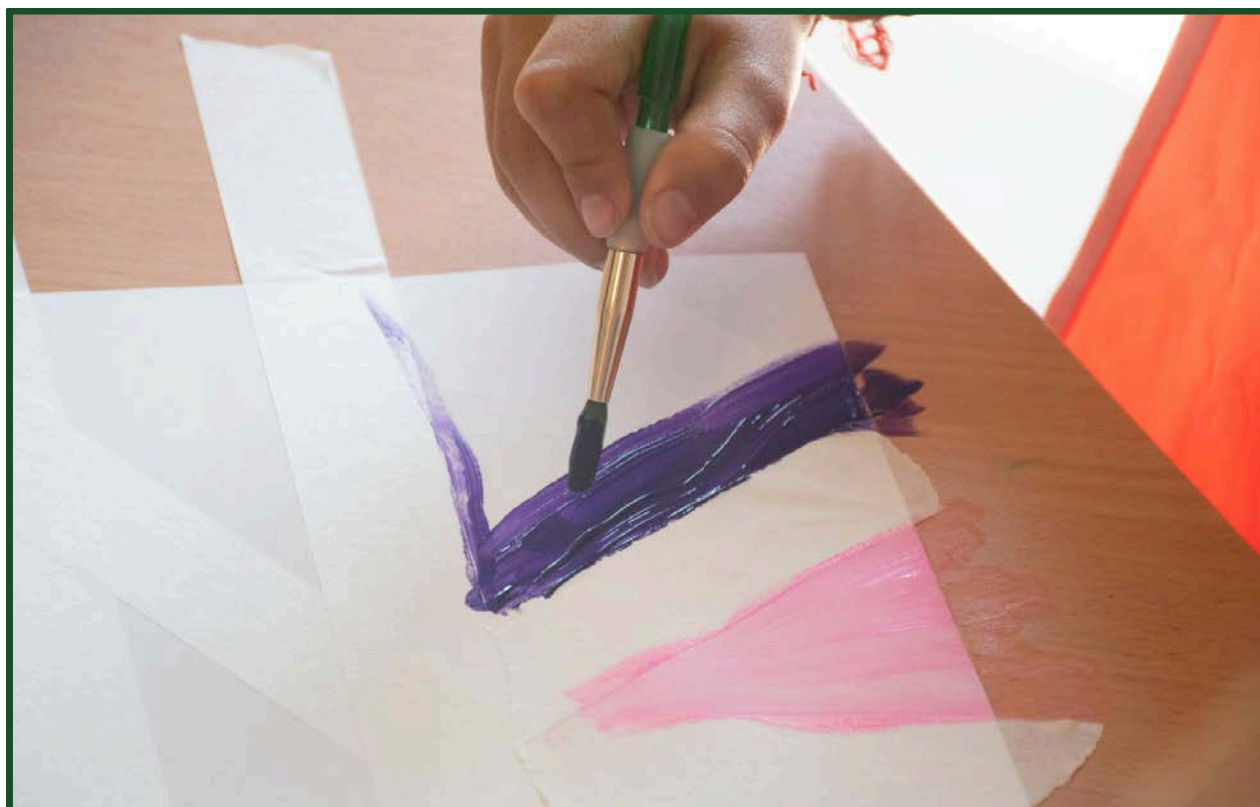
TEACHER	Swimming Team	AGE GROUP	Year 3 - Year 10
PARTICIPANTS	6-14	DAYS	Wednesdays
BRIEF DESCRIPTION	Unlike swimming, artistic swimming is a team sport that have an added value to communicative and sociable values. It combines apneas, gymnastics and dance.		
ASPIRATIONAL PHRASE	<i>"Life is simple, you just have to know how to swim"</i>	EQUIPMENT	Swimming costume, towel, goggles, flip flops and nose clips.

ARTS & CRAFTS



TEACHER	Luana / Stephanie Keyes	AGE GROUP	Year 1-2
PARTICIPANTS	8-10	DAYS	Tuesdays or Wednesdays
BRIEF DESCRIPTION	Creative learning projects can foster a child's natural imagination, and they also help them develop other essential life skills that will stay with them for years to come. In this club, the children will be encouraged to explore and experiment with different art techniques, learning about different materials, tools and media along the way.		
ASPIRATIONAL PHRASE	<i>"Inspiration exists, but it has to find you working" - Pablo Picasso</i>	EQUIPMENT	School Uniform Babi/Apron

ARTS & CRAFTS



TEACHER	Silvia Brown & Stephanie Keyes	AGE GROUP	Nursery & Reception
PARTICIPANTS	6-10	DAYS	Tuesdays
BRIEF DESCRIPTION	Creative learning projects can foster a child's natural imagination, and they also help them develop other essential life skills that will stay with them for years to come. In this club, the children will be encouraged to explore and experiment with different art.		
ASPIRATIONAL PHRASE	<i>"Inspiration exists, but it has to find you working" - Pablo Picasso</i>	EQUIPMENT	School Uniform Babi/Apron

BALLET



TEACHER	Laura Flynn	AGE GROUP	Year 1-3
PARTICIPANTS	6-12	DAYS	Tuesdays: Year 1 & 2 Wednesdays: Year 3

BRIEF DESCRIPTION	<p>Ballet training is highly beneficial to all children and young people, as it enhances co-ordination of spiritual and physical being. Ballet students learn how to express themselves using their own body as a means of expression. Ballet also provides a nurturing environment for the development of artistry and musical appreciation. This course is inspired by the RAD pre-primary and primary syllabus. The children will begin to learn basic ballet positions such as 1st position, and steps such as skipping, jumping and galloping. The use of turnout is now introduced with plies. The importance of imagination based learning is maintained with imaginative movement sequences that the children help the teacher choreograph. Props also play an integral part with use of pom poms, scarves, feathers and musical instruments</p>		
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ASPIRATIONAL PHRASE	<i>"Dance is the joy of movement and the joy of life"</i>	EQUIPMENT	Leggings with a T-shirt or leotard with tights. Ballet pumps should be worn
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BASKETBALL



TEACHER	Julián	AGE GROUP	Year 1- Year 7
PARTICIPANTS	10-40	DAYS	Wednesdays

BRIEF DESCRIPTION	<p>Main objectives and methodology: · Development of specific technical skills – starts, stops, pivots, passing, shooting, dribbling, defending. · Development of tactical understanding through games and exercises that help the child perceive situations, think, and choose the best decision at each moment. · Development of physical conditioning – both upper and lower body. · Most importantly, development of social factors such as the child’s integration into society, respect for rules, respect for opponents, teammates, and others.</p>
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ASPIRATIONAL PHRASE	<p><i>“Ask not what your teammates can do for you. Ask what you can do for your teammates”- Magic Johnson</i></p>	EQUIPMENT	P.E. Uniform
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CATECHESIS 1



TEACHER	Catechists	AGE GROUP	Year 4 (born in 2018)
PARTICIPANTS	Minimum: 5	DAYS	Thursdays or Fridays
BRIEF DESCRIPTION	Exceptionally, children in Year 3 who have a sibling in Year 4 enrolling as well, so that they can make their First Communion together		
ASPIRATIONAL PHRASE	"It is Christ who wishes to enter our lives and fill us with his grace" <i>Pope Francis</i>	EQUIPMENT	Reading books

CATECHESIS 2



TEACHER	Catechists	AGE GROUP	Year 5 onwards
PARTICIPANTS	Mininum: 5	DAYS	Thursdays or Fridays
BRIEF DESCRIPTION	Preparation for First Communion.		
ASPIRATIONAL PHRASE	"It is Christ who wishes to enter our lives and fill us with his grace" - Pope Francis	EQUIPMENT	Reading books

CERAMICS (BEGINNERS)



TEACHER	Petrina De Gouttes	AGE GROUP	Year 4- Year 6
PARTICIPANTS	6-14	DAYS	Tuesdays: Y4-6 (Beginners to Intermediate)
BRIEF DESCRIPTION	<p>Discover the calming, organic nature of clay in our ceramics club, where storytelling meets artistry. Students will embark on a creative journey, being inspired by artists and their creations as they develop their own artistic expression. They will learn the essential processes from preparing raw clay for modelling to firing finished, decorated pieces in our school kiln. Once they have mastered the basics, they will develop their creative and sculptural skills by creating models, household objects, and lovely seasonal gifts.</p>		
ASPIRATIONAL PHRASE	<i>"Shaping the earth to make art with our hands."</i>	EQUIPMENT	Apron

CERAMICS (INTERMEDIATE)



TEACHER	Gregory Williams	AGE GROUP	Year 6-8
PARTICIPANTS	6-14	DAYS	Wednesdays (75min): Y6 (intermediate) to Y8

BRIEF DESCRIPTION	<p>Discover the calming, organic nature of clay in our ceramics club, where storytelling meets artistry. Students will embark on a creative journey, being inspired by artists and their creations as they develop their own artistic expression. They will learn the essential processes from preparing raw clay for modelling to firing finished, decorated pieces in our school kiln. Once they have mastered the basics, they will develop their creative and sculptural skills by creating models, household objects, and lovely seasonal gifts. Intermediary includes; throwing pots on a wheel , advanced modelling skills and more in depth use of glazes and moulds</p>
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ASPIRATIONAL PHRASE	<i>"Shaping the earth to make art with our hands."</i>	EQUIPMENT	Apron
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CHESS



TEACHER	David	AGE GROUP	Year 1- Year 10
PARTICIPANTS	6-22	DAYS	Mondays

BRIEF DESCRIPTION	Chess is not only a game, an art, or a science based on the intellectual challenge between two people, but also an excellent resource closely connected to music and mathematics. From a very early age, chess activates the fundamental conditions of intelligence: attention, memory, creativity, and more
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ASPIRATIONAL PHRASE	<i>"The beauty of a movement is not reflected only in its appearance, but in the thought behind it." - Dr S. Tarrash</i>	EQUIPMENT	-
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COOKING (EYFS)



TEACHER	Ana Belén & Laura Fdez	AGE GROUP	Reception
PARTICIPANTS	6-18	DAYS	Mondays
BRIEF DESCRIPTION	This club provides the opportunity for children to start enjoying cooking and gastronomy whilst playing and learning about ingredients.		
ASPIRATIONAL PHRASE	<i>"Homemade food is health and happiness."</i>	EQUIPMENT	Apron, tupperware to bring food home, tote bag, kitchen towel (provided by pupil)

COOKING PRIMARY



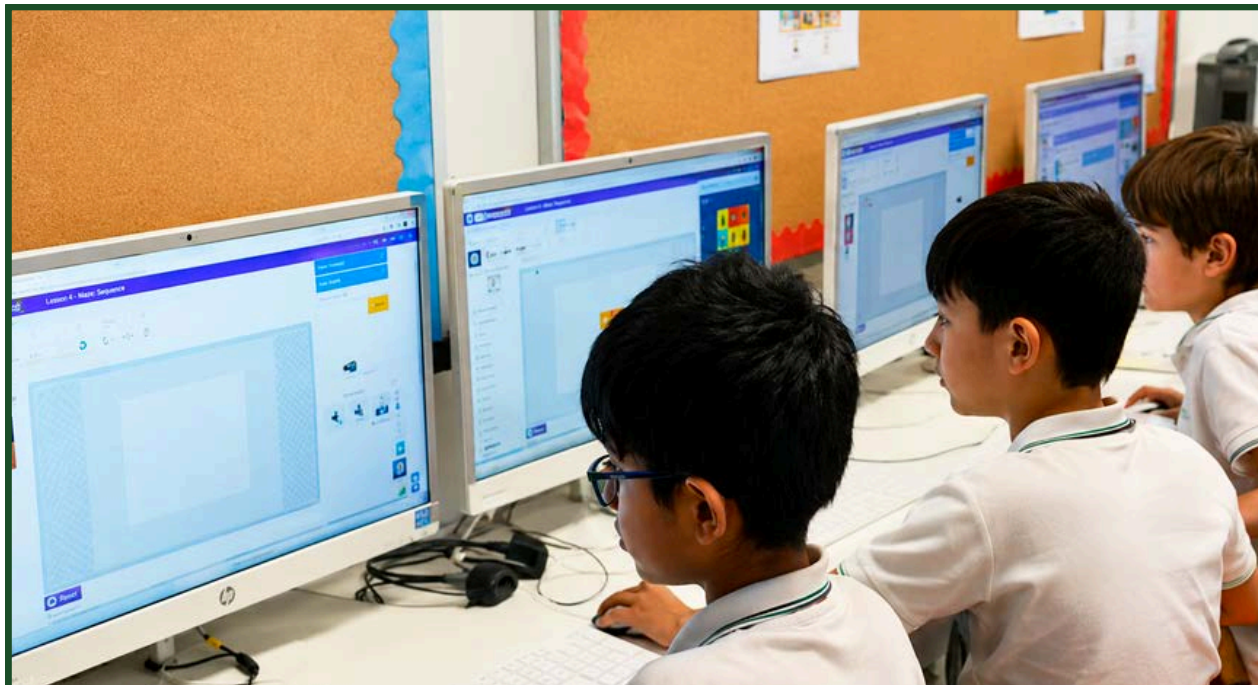
TEACHER	M ^a Vicaría	AGE GROUP	Year 1-2
PARTICIPANTS	10-19	DAYS	Wednesdays
BRIEF DESCRIPTION	This club provides the opportunity for children to start enjoying cooking and gastronomy whilst playing and learning about ingredients.		
ASPIRATIONAL PHRASE	<i>"Homemade food is health and happiness."</i>	EQUIPMENT	Apron, tupperware to bring food home, tote bag, kitchen towel (provided by pupil)

COOKING AROUND THE WORLD



TEACHER	Bishop	AGE GROUP	Year 5- Year 11
PARTICIPANTS	5-10	DAYS	Wednesdays
BRIEF DESCRIPTION	<p>“Cooking Around the World” is an exciting extra-curricular cooking club for children in Year 5 and above, where pupils will discover delicious recipes and explore cultures from across the globe through food. Each session will introduce children to new ingredients, cooking techniques, and traditional dishes from different countries, helping them build confidence in the kitchen while learning about the people, traditions, and stories behind the meals they create. Fun, hands-on, and full of flavour, this club is perfect for young food lovers and adventurous cooks alike!</p>		
ASPIRATIONAL PHRASE	<i>“Explore the World, One Recipe at a Time”.</i>	EQUIPMENT	Apron, tupperware to bring food home, tote bag, kitchen towel (provided by pupil)

CREATIVE CODERS



TEACHER	Luke Garland	AGE GROUP	Year 3- Year 6
PARTICIPANTS	8-24	DAYS	Tuesdays

BRIEF DESCRIPTION	Embark on a coding adventure with the Creative Coders Club! Through interactive projects and engaging challenges, we nurture inventive thinking, effective teamwork, and analytical problem-solving in a collaborative and enjoyable setting. This club is designed to spark curiosity and passion for coding, making it an excellent fit for students who are naturally drawn to the world of technology
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ASPIRATIONAL PHRASE	<i>"Coding is today's language of creativity. All our children deserve a chance to become creators instead of consumers of computer science." - Maria Klawe</i>	EQUIPMENT	School computers, iPads, micro:bits, robots etc.
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CROSSFIT/ HYBRID KIDS



TEACHER	Adego	AGE GROUP	Year 10 & Year 11
PARTICIPANTS	6-12	DAYS	Tuesdays and/or Thursdays

BRIEF DESCRIPTION	<p>A fun and safe fitness-based activity designed to help children improve their physical condition through age-appropriate circuits, games, and challenges. By combining exercises that develop strength, coordination, agility, speed, balance, and endurance, participants enhance their overall fitness, self-confidence, teamwork skills, and healthy lifestyle habits. The programme also includes Hyrox-inspired training sessions adapted for children, featuring running, functional workout stations, and fitness challenges that promote endurance, personal achievement, and teamwork in a motivating and engaging environment.</p>		
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ASPIRATIONAL PHRASE	Little athletes today, great champions tomorrow. Every jump, every race, and every effort counts.	EQUIPMENT	P.E Uniform
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FOOTBALL



TEACHER	Kirsten Young	AGE GROUP	Reception & Year 1
PARTICIPANTS	8-24	DAYS	Wednesdays
BRIEF DESCRIPTION	Football classes will focus on mastering the skills important for football such as passing, dribbling, shooting, tackling etc. The classes will involve a play approach meaning lots of conditioned games to increase enjoyment and to help enhance overall tactical development. Children will increase their physical fitness with the added bonus of learning new psychological skills such as concentration, mindfulness and discipline helping the child develop as a person		
ASPIRATIONAL PHRASE	<i>"You have to fight to reach your dream. You have to sacrifice and work hard for it"- Leo Mess</i>	EQUIPMENT	P.E Uniform, metallic water bottle

FOOTBALL



TEACHER	John & David (Nuno Term II)	AGE GROUP	Year 2- Year 4
PARTICIPANTS	6-12 (per group)	DAYS	Mondays
BRIEF DESCRIPTION	Football classes will focus on mastering the skills important for football such as passing, dribbling, shooting, tackling etc. The classes will involve a play approach meaning lots of conditioned games to increase enjoyment and to help enhance overall tactical development. Children will increase their physical fitness with the added bonus of learning new psychological skills such as concentration, mindfulness and discipline helping the child develop as a person		
ASPIRATIONAL PHRASE	<i>"You have to fight to reach your dream. You have to sacrifice and work hard for it"- Leo Mess</i>	EQUIPMENT	P.E Uniform, metallic water bottle

FOOTBALL



TEACHER	David Rea	AGE GROUP	Year 5- Year 11
PARTICIPANTS	6-12	DAYS	Wednesdays
BRIEF DESCRIPTION	Football classes will focus on mastering the skills important for football such as passing, dribbling, shooting, tackling etc. The classes will involve a play approach meaning lots of conditioned games to increase enjoyment and to help enhance overall tactical development. Children will increase their physical fitness with the added bonus of learning new psychological skills such as concentration, mindfulness and discipline helping the child develop as a person		
ASPIRATIONAL PHRASE	<i>"You have to fight to reach your dream. You have to sacrifice and work hard for it",-Leo Mess</i>	EQUIPMENT	P.E Uniform, metallic water bottle

FRENCH CUISINE



TEACHER	María José Jorge	AGE GROUP	Year 6- Year 9
PARTICIPANTS	6-16	DAYS	Tuesdays (75 min)
BRIEF DESCRIPTION	This club provides the opportunity for the children to enjoy cooking and improve their knowledge of French cuisine and gastronomy whilst immersing themselves in the French language.		
ASPIRATIONAL PHRASE	<i>"Get cooking, little chefs!"</i>	EQUIPMENT	Apron, tupperware to bring food home, tote bag, kitchen towel (provided by pupil)

GOLF



TEACHER	James McGarry	AGE GROUP	Year 3- Year 6
PARTICIPANTS	6-12	DAYS	Tuesdays
BRIEF DESCRIPTION	It is a great way to get kids excited about being outside and nurture mental, emotional and social skills that will prepare them for life. This sport provides a safe environment for kids to be physically active while still challenging them and helping them grow.		
ASPIRATIONAL PHRASE	<i>"To give yourself the best possible chance of playing to your potential you must prepare for every eventuality. That means practice." - Severiano Ballesteros</i>	EQUIPMENT	P.E Uniform

GUITAR



TEACHER	Moez Khan	AGE GROUP	Year 3 - Year 8
PARTICIPANTS	6-12	DAYS	Tuesdays
BRIEF DESCRIPTION	The objective is to train guitar players in a variety of styles and techniques. Together with the students from the other music clubs, we will have the chance to create bands or little orchestras, enriching the school musical performances.		
ASPIRATIONAL PHRASE	<i>"Trip over a rope a thousand times and you will draw out a melody."</i>	EQUIPMENT	Guitar

INVESTMENT & ENTREPRENEURSHIP LAB



TEACHER	VRC Valtheron Academy	AGE GROUP	Year 10 & Year 11
PARTICIPANTS	10-20	DAYS	Mondays (75min)

BRIEF DESCRIPTION	<p>The Investment & Entrepreneurship Lab helps students develop analytical thinking and real-world business understanding. Through case studies, simulations and team projects, students learn to build business plans, analyse markets, understand startup KPIs and investment metrics, and assess what makes a business investable. The programme concludes with the VRC Future Leaders & Investors Challenge, where students pitch business ideas and investment opportunities to a jury of entrepreneurs, investors and industry professionals.</p>
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ASPIRATIONAL PHRASE	<i>"The future belongs to those who can analyse the opportunities and turn ideas into action".</i>	EQUIPMENT	Laptop recommended for research, simulations and presentations.
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JUDO



TEACHER	Samuel Moreno	AGE GROUP	Reception - Year 11
PARTICIPANTS	6-26	DAYS	Mondays: Reception & Year 1 Tuesdays: Year 2 & Year 3 Wednesdays: Year 4 & Year 5 Thursdays: Y5 - Year 11

BRIEF DESCRIPTION	<p>Judo (1882), following the principles established by its founder Jigoro Kano, is conceived as a system for the integral development of the individual, encompassing spiritual well-being and the improvement of physical abilities.</p> <p>Federation Licence: This is mandatory for all club members. It provides internationally recognised grading, accident insurance, and allows participation in federation activities, competitions, and club exhibitions, as well as continuous assessment. The fees include all administrative procedures required for the proper functioning of the activity.</p>
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ASPIRATIONAL PHRASE	<i>"What matters is not being better than others but being better than you were yesterday." - Jigoro Kano</i>	EQUIPMENT	<p>Annual licence processing fee: €60</p> <p>Approved judogi with stripes: €40</p> <p>Grade promotion processing fee (if passed): €40</p>
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KEYBOARDS



TEACHER	Marcela Fdez. Lajús	AGE GROUP	Year 4- Year 13
PARTICIPANTS	6 maximum	DAYS	Mondays or Tuesdays

BRIEF DESCRIPTION	<p>When someone learns to play an instrument, develops a new skill, opens up the opportunity to perform as a soloist or as part of a group and generally enriches life in a way unlike other hobbies. There is a world of magic and emotions going on inside a brain throughout musical tuition while developing attention, concentration, motor skills (like coordination) and mental skills that can be transferred to other areas. Keyboard instruments give us the chance to put together melody, rhythm and harmony in a way no other instrument allows.</p>
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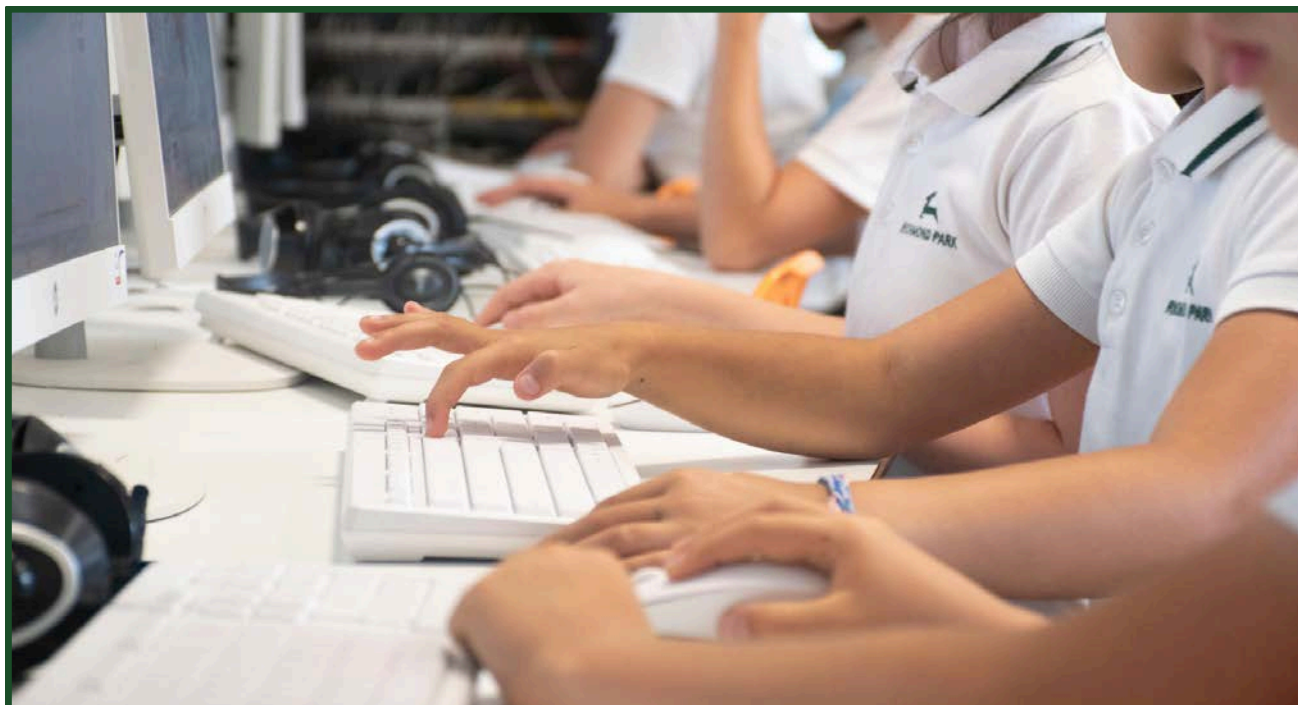
ASPIRATIONAL PHRASE	<i>"The point of good music is to affect the soul", Claudio Monteverdi</i>	EQUIPMENT	Keyboard, music scores (provided by school)
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LEGO EDUCATION



TEACHER	Aine Carroll	AGE GROUP	Year 1- Year 5
PARTICIPANTS	6-12	DAYS	Mondays: Year 3-5 Wednesdays: Year 1 & 2
BRIEF DESCRIPTION	<p>This club will offer children the opportunity to experience collaboration, resilience and problem-solving through the world of Lego. They will take part in collaborative, hands-on projects to create solutions for real world problems. The sessions align with the British curriculum for science as well as incorporating many skills that are also applied in other subjects such as thinking outside the box, reasoning and creativity.</p>		
ASPIRATIONAL PHRASE	<p>"Lego teaches us that nothing is impossible; just build it!", <i>David Hughes</i></p>	EQUIPMENT	-

MINECRAFT



TEACHER	Luke Garland	AGE GROUP	Year 3-Year 6
PARTICIPANTS	24	DAYS	Wednesdays

BRIEF DESCRIPTION	In Minecraft club we will explore real-world issues in immersive imaginative worlds. The children will develop their computational thinking skills within game coding and future-ready skills such as creativity, communication and problem solving through collaborative, enjoyable activities.		
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ASPIRATIONAL PHRASE	<i>"Minecraft equips our children with future ready skills through meaningful, interactive projects."</i>	EQUIPMENT	-
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MOTOR SKILLS



TEACHER	Ana Crego	AGE GROUP	Pre-Nursery - Reception
PARTICIPANTS	6-12	DAYS	Mondays
BRIEF DESCRIPTION	This activity is essential for studying the child's development. It allows us to analyse cognitive behaviour, the motor system, and the expression of emotions in an engaging and enjoyable way.		
ASPIRATIONAL PHRASE	"A moving child is a learning child", <i>Gill Connell</i>	EQUIPMENT	-

MUSICAL THEATRE



TEACHER	Anne Lydon	AGE GROUP	Year 7- Year 10
PARTICIPANTS	10 minimum	DAYS	Mondays

BRIEF DESCRIPTION	Students will have the opportunity to develop their singing, acting, dancing and musicianship with a view to performing a musical production at the end of the school year. Musical Theatre will entail a year-long commitment so the group can create and develop all the necessary skills. This will be a fun and extremely fulfilling activity.		
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ASPIRATIONAL PHRASE	<i>"There's no business-like show business!"</i>	EQUIPMENT	-
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PADEL



TEACHER	Club La Masó	AGE GROUP	Year 1 - Year 6
PARTICIPANTS	6-8	DAYS	Tuesdays

BRIEF DESCRIPTION	In this activity, children will exercise and have fun with this cooperative paddle sport played in pairs.		
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ASPIRATIONAL PHRASE	<i>"Skill is only developed by hours and hours of work".</i> Usain Bolt	EQUIPMENT	P.E Uniform, racquet
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PERCUSSION

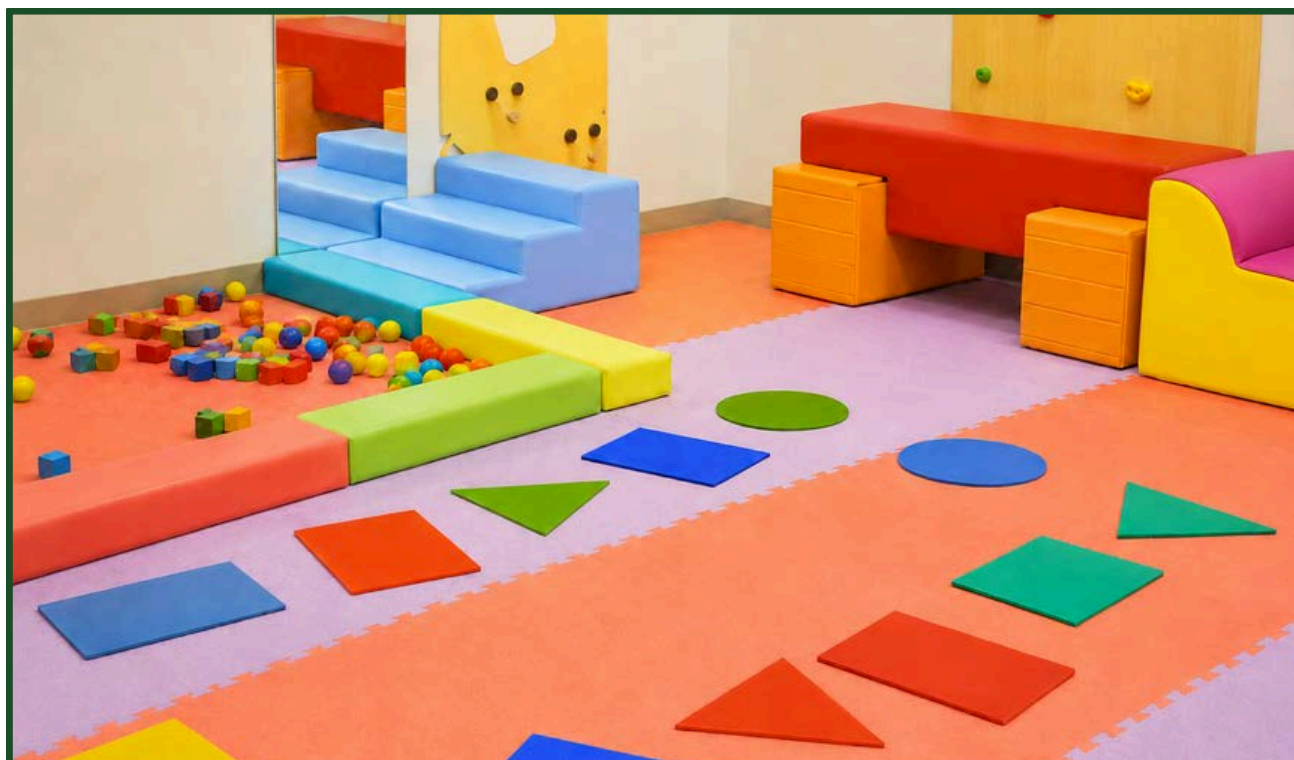


TEACHER	Max Cataldi	AGE GROUP	Year 4- Year 11
PARTICIPANTS	5-8	DAYS	Thursdays

BRIEF DESCRIPTION	<p>The Percussion class offers a 100% hands-on experience where students learn and enjoy playing as a group. Participants will have the opportunity to explore a variety of percussion instruments such as the drum set, frame drum, djembe, xylophone, and more. Through dynamic activities, students will improve their rhythmic skills and coordination while playing their favourite songs. This class is ideal for those who want to dive into the world of percussion and experience the joy of making music as a team. Join us and feel the rhythm!</p>		
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ASPIRATIONAL PHRASE	<i>"If you feel the rhythm, let yourself be carried away by its magic."</i>	EQUIPMENT	-
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PRE-SPORTS CLUB



TEACHER	Adego	AGE GROUP	Nursery & Reception
PARTICIPANTS	6-12	DAYS	Tuesdays and/or Thursdays

BRIEF DESCRIPTION	<p>We will work with quarterly objectives: 1st term: we will practise team sports such as football, basketball, rugby, hockey... where the priority will be coordination, agility, and accuracy, as well as teamwork and cooperation. 2nd term: we will focus on racket sports such as tennis, padel, and badminton, working on skills like hitting technique, accuracy, hand-eye coordination, as well as concentration and attention during movement. 3rd term: our students will explore individual gymnastic sports, where we will work on balance, control, and flexibility of the body.</p>
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ASPIRATIONAL PHRASE	<i>"It doesn't matter how you start, but how you finish."</i>	EQUIPMENT	P.E Uniform
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RHYTHMIC GYMNASTICS (EYFS)



TEACHER	Adego	AGE GROUP	Reception
PARTICIPANTS	6-15	DAYS	Wednesdays

BRIEF DESCRIPTION	<p>Rhythmic gymnastics is an extracurricular activity that combines elements of ballet, dance and gymnastics, using a variety of apparatus. It is designed to develop participants' flexibility, coordination, strength, rhythm and artistic expression. Objective: To promote the physical and artistic development of children through harmonious and coordinated movements. Contents: • Warm-up and stretching: Preparing the body to prevent injuries. • Basic techniques: Learning postures, jumps, turns and balances. • Apparatus handling: Practice and mastery of the hoop and ball. • Choreographies: Creating and rehearsing routines that combine movement and music. Events and Competitions: We will hold three annual sessions with all groups to showcase their progress. For pupils from Year 4 onwards, we will register for the Madrid Municipal Games, which consist of two competitive sessions involving participants from across the municipality of Madrid.</p>
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ASPIRATIONAL PHRASE	<i>"No matter how difficult it is, what truly matters is the effort you put into it."</i>	EQUIPMENT	PE uniform, maillot.
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RHYTHMIC GYMNASTICS



TEACHER	Adego	AGE GROUP	Year 1 - Year 7
PARTICIPANTS	6-15	DAYS	Mondays and/or Wednesdays
BRIEF DESCRIPTION	<p>Rhythmic gymnastics is an extracurricular activity that combines elements of ballet, dance and gymnastics, using a variety of apparatus. It is designed to develop participants' flexibility, coordination, strength, rhythm and artistic expression. Objective: To promote the physical and artistic development of children through harmonious and coordinated movements. Contents: • Warm-up and stretching: Preparing the body to prevent injuries. • Basic techniques: Learning postures, jumps, turns and balances. • Apparatus handling: Practice and mastery of the hoop and ball. • Choreographies: Creating and rehearsing routines that combine movement and music. Events and Competitions: We will hold three annual sessions with all groups to showcase their progress. For pupils from Year 4 onwards, we will register for the Madrid Municipal Games, which consist of two competitive sessions involving participants from across the municipality of Madrid.</p>		
ASPIRATIONAL PHRASE	<i>"No matter how difficult it is, what truly matters is the effort you put into it."</i>	EQUIPMENT	PE uniform, maillot.

SKATING (EYFS)



TEACHER	Adego	AGE GROUP	Reception
PARTICIPANTS	6-15 (per group)	DAYS	Wednesdays

BRIEF DESCRIPTION	<p>At the beginning of the year, we will conduct a level assessment and establish up to three levels: · LEVEL 0: An introductory group in which children will learn to stand, fall safely, move forward and brake. · TEACHING LEVEL: This group is for skaters who already have some control on wheels. We will begin working on slalom, circuits, roller hockey and urban skating. · ADVANCED LEVEL: For the most experienced participants, where we will teach skills such as jumps, one-leg slalom, roller dance and speed skating. We will carry out activities and demonstrations with families throughout the school year, organising games and exercises for children and parents to enjoy together.</p>		
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ASPIRATIONAL PHRASE	<i>"No matter how difficult it is, from every fall, one rises again, what truly matters is the effort you put into it."</i>	EQUIPMENT	PE uniform, helmet, skates and protective equipment.
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SKATING



TEACHER	Adego	AGE GROUP	Year 1 - Year 7
PARTICIPANTS	6-15 (per group)	DAYS	Tuesdays or Thursdays

BRIEF DESCRIPTION	<p>At the beginning of the year, we will conduct a level assessment and establish up to three levels: · LEVEL 0: An introductory group in which children will learn to stand, fall safely, move forward and brake. · TEACHING LEVEL: This group is for skaters who already have some control on wheels. We will begin working on slalom, circuits, roller hockey and urban skating. · ADVANCED LEVEL: For the most experienced participants, where we will teach skills such as jumps, one-leg slalom, roller dance and speed skating. We will carry out activities and demonstrations with families throughout the school year, organising games and exercises for children and parents to enjoy together.</p>		
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ASPIRATIONAL PHRASE	<i>"No matter how difficult it is from every fall, one rises again, what truly matters is the effort you put into it."</i>	EQUIPMENT	PE uniform, helmet, skates and protective equipment.
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SKETCHBOOK



TEACHER	Isobel Cash	AGE GROUP	Year 5 & Year 6
PARTICIPANTS	8-16	DAYS	Mondays

BRIEF DESCRIPTION	Each week, we explore different materials such as pencil, paint, chalk, collage, and mixed media. Pupils are encouraged to take creative risks, test ideas, and develop their own visual style through playful and open-ended activities. Each session is inspired by a different theme or approach from a range of artists and art styles, helping pupils discover new way of making and thinking creatively.
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ASPIRATIONAL PHRASE	<i>"Start with a mark. See where it takes you."</i>	EQUIPMENT	A5 Sketchbook
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STEAM

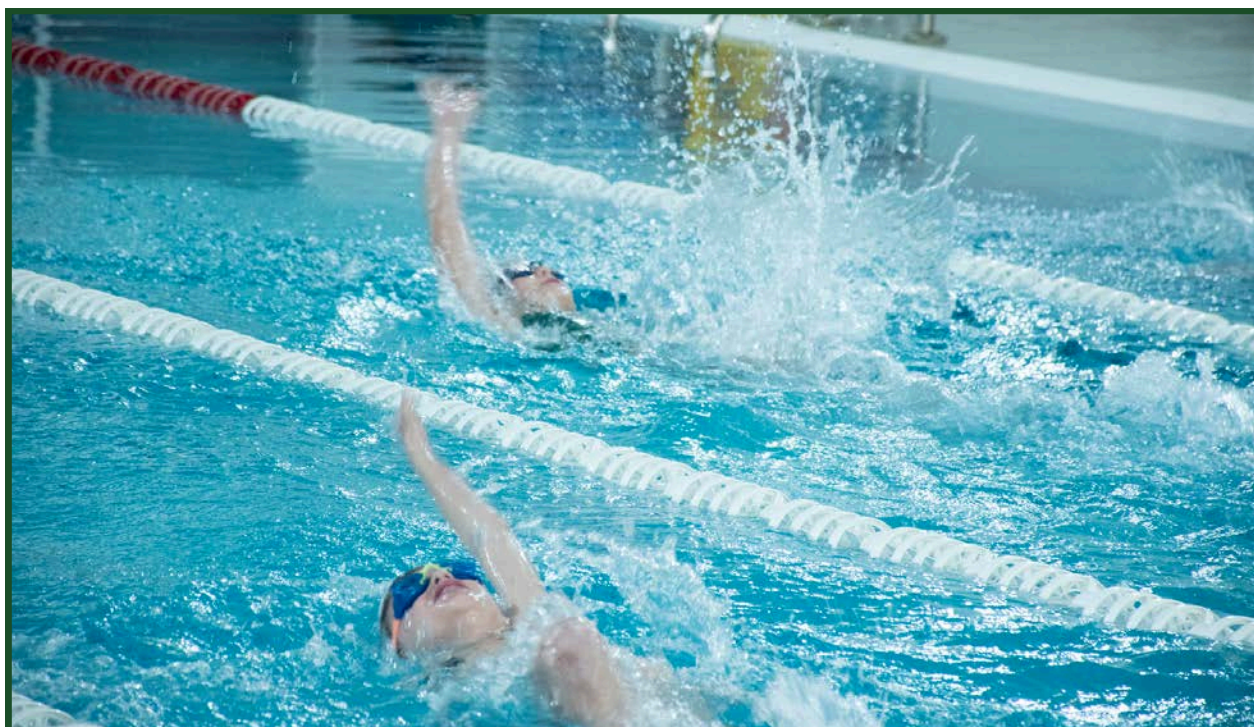


TEACHER	Noelia Calvo	AGE GROUP	Reception
PARTICIPANTS	8-14	DAYS	Tuesdays

BRIEF DESCRIPTION	<p>Our STEAM club offers a joyful introduction to Science, Technology, Engineering, Art and Mathematics for children. Through engaging, hands-on activities and playful exploration, our youngest learners are encouraged to ask questions, experiment, and express their creativity. Each session will be designed to nurture curiosity, confidence and early problem-solving skills in a caring and stimulating environment. By exploring, building and creating together, children develop a lifelong love of learning and the foundations for future success.</p>		
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ASPIRATIONAL PHRASE	<i>"A place where curiosity is valued and ideas come to life."</i>	EQUIPMENT	-
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SWIMMING CLUB (EYFS)



TEACHER	Swimming Team	AGE GROUP	Pre- Nursery - Reception
PARTICIPANTS	6-14	DAYS	Mondays - Fridays: EYFS
BRIEF DESCRIPTION	<p>In the swimming school, students will develop their swimming skills progressively, according to their age and level. They will first focus on water safety, confidence and independence, before moving on to stroke technique, coordination, breathing and endurance.</p> <p>Swimming supports physical development, cardiovascular fitness and healthy habits, while allowing students to progress from a recreational approach to a more technical level, with the possibility of taking part in school competitions when ready.</p>		
ASPIRATIONAL PHRASE	<i>"Life is simple, you just have to know how to swim"</i>	EQUIPMENT	Swimming costume, towel, goggles and flip flops

SWIMMING CLUB



TEACHER	Swimming Team	AGE GROUP	Year 1 - Year 13
PARTICIPANTS	6-14	DAYS	Mondays, Wednesdays and/or Fridays : Y1-Y4 Tuesdays, Thursdays and/or Fridays: Y4-Y11
BRIEF DESCRIPTION	<p>In the swimming school, students will develop their swimming skills progressively, according to their age and level. They will first focus on water safety, confidence and independence, before moving on to stroke technique, coordination, breathing and endurance.</p> <p>Swimming supports physical development, cardiovascular fitness and healthy habits, while allowing students to progress from a recreational approach to a more technical level, with the possibility of taking part in school competitions when ready.</p>		
ASPIRATIONAL PHRASE	<i>"Life is simple, you just have to know how to swim"</i>	EQUIPMENT	Swimming costume, towel, goggles and flip flops

TENNIS



TEACHER	Ciudad de la Raqueta	AGE GROUP	Year 1- Year 11
PARTICIPANTS	3-6 (per group)	DAYS	Thursdays
BRIEF DESCRIPTION	<p>The physical and psychological benefits of tennis at early ages can be summarised as follows: it improves coordination and psychomotor development, strengthens the muscles, helps increase speed, agility and flexibility, and boosts aerobic capacity. As for the psychological benefits, some of the most relevant include improved social skills and teamwork, the development of discipline, and the encouragement of competitiveness, motivation and self-improvement. Lessons take place on an indoor court. Students receive a 25% discount on the purchase of tennis rackets.</p>		
ASPIRATIONAL PHRASE	<i>"Tennis is mostly mental; you win or lose the match before you even go out there" - Venus Williams</i>	EQUIPMENT	P.E. Uniform, racquet.

VOLLEYBALL



TEACHER	ADEGO	AGE GROUP	Year 2- Year 4
PARTICIPANTS	6-16	DAYS	Thursdays

BRIEF DESCRIPTION	<p>This is an exciting and dynamic extracurricular activity played as a team. Participants work together to pass, hit and block the ball with the aim of sending it to the opposing side of the court and scoring points. This sport is ideal for developing agility, coordination and teamwork. Objective: To promote the development of physical, tactical and social skills through the practice of volleyball in a fun and educational environment.</p>		
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ASPIRATIONAL PHRASE	<i>"If you never lose, you will never enjoy the happiness of victory."</i>	EQUIPMENT	P.E Uniform
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WATERPOLO



TEACHER	Swimming Team	AGE GROUP	Year 4- Year 11
PARTICIPANTS	10-24	DAYS	Mondays and/or Thursdays
BRIEF DESCRIPTION	Unlike swimming, water polo is a team sport that has an added value to communicative and sociable values. Waterpolo works more on speed and strength		
ASPIRATIONAL PHRASE	<i>"Life is simple, you just have to know how to swim."</i>	EQUIPMENT	Swimming costume, towel, goggles and flip flops

YOGA



TEACHER	Alice Josselyn	AGE GROUP	Year 4- Year 7
PARTICIPANTS	6-12	DAYS	Mondays
BRIEF DESCRIPTION	<p>Yoga for kids is a fun and engaging way to improve strength, flexibility, focus and emotional resilience It supports children’s overall well-being by providing valuable skills for school and daily life.</p> <p>Yoga for Kids with Ms Josselyn, will be engaging sessions that keep kids moving, mindful, relaxed, and connected – supporting wellbeing through fun, focused activities.</p>		
ASPIRATIONAL PHRASE	<i>“Balancing in yoga, and in life, is a reflection of your inner state.”</i>	EQUIPMENT	P.E Uniform

YOUNG INVESTORS & FOUNDERS CLUB



TEACHER	VRC Valtheron Academy	AGE GROUP	Year 7 - Year 9
PARTICIPANTS	10-20	DAYS	Tuesdays (75min)

BRIEF DESCRIPTION	<p>The Young Investors & Founders Club introduces students to entrepreneurship, investing and real-world business thinking.</p> <p>Students learn how ideas become businesses, how investors evaluate opportunities, and what makes a project attractive and scalable. Through practical challenges and team projects, they build simple business plans, explore basic investment concepts and analyse real-world opportunities.</p> <p>The programme culminates in the VRC Future Leaders & Investors Challenge, where students pitch their ideas to a jury of entrepreneurs, investors and business professionals.</p>
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ASPIRATIONAL PHRASE	<i>"Curiosity becomes confidence. Confidence becomes capability."</i>	EQUIPMENT	Laptop or iPad recommended for selected projects and presentations.
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