



RICHMOND
PARK

ARTS & CRAFTS



TEACHER	Ms. Melissa Brown & Ms. Silvia Brown	AGE GROUP	Pre-Nur - Reception
PARTICIPANTS	8-16	DAYS	Lunes: Reception Martes: Pre-Nur & Nursery 16:30 a 17:30
BRIEF DESCRIPTION	Creative learning projects can foster a child's natural imagination, and also helps 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	"Inspiration exists, but it has to find you working" <i>Pablo Picasso</i>	EQUIPMENT	School uniform

Internal activity: complements the curriculum, led by our own staff.

ARTS & CRAFTS



RICHMOND
PARK



TEACHER	Ms. Karina García & Ms Raquel Montaroso	AGE GROUP	Year 1 - Year 2
PARTICIPANTS	8-16	DAYS	Martes y Miércoles 16:30 a 17:30
BRIEF DESCRIPTION	Creative learning projects can foster a child's natural imagination, and also helps 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	"Inspiration exists, but it has to find you working" <i>Pablo Picasso</i>	EQUIPMENT	School uniform

Internal activity: complements the curriculum, led by our own staff.



BALLET



TEACHER	Ms Flynn	AGE GROUP	Year 1 - Year 3
PARTICIPANTS	6-12	DAYS	Lunes 16:30 a 17:30
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.</p> <p>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>		
ASPIRATIONAL PHRASE	“Dance is the joy of movement and the joy of life”	EQUIPMENT	leggings with a T-shirt or leotard with tights. Ballet pumps should be worn

Internal activity: complements the curriculum, led by our own staff.



BASKETBALL



TEACHER	Mr. Julián Muñoz Sánchez	AGE GROUP	Year 1 - Year 5
PARTICIPANTS	6-20	DAYS	Miércoles 16:30 a 17:45
BRIEF DESCRIPTION	Objetivos y metodología: - Desarrollo de las cualidades técnicas específicas: salidas, paradas, pivotes, pases, tiro, bote, defensa. - Desarrollo de la táctica, mediante juegos y ejercicios que hagan percibir, pensar al niño y buscar la mejor decisión en cada momento. - Desarrollo de las condiciones físicas: tanto tren superior como inferior. - Lo más importante, factores de: integración del niño en la sociedad, del respeto a las normas, al contrario, al compañero, a la persona que te enseña, de espíritu de superación, mejora de la autoestima, creación del espíritu de grupo, etc.		
ASPIRATIONAL PHRASE	"Ask not what your teammates can do for you. Ask what you can do for your teammates", <i>Magic Johnson</i>	EQUIPMENT	PE Uniform (provided by pupil)

External activity

CATECHESIS



TEACHER	Catequista Parroquia Virgen de las Nieves	AGE GROUP	Year 4 - Year 6
PARTICIPANTS	Minimum: 5	DAYS	Viernes 16:30 a 17:15
BRIEF DESCRIPTION	Preparación para la Primera Comunión		
ASPIRATIONAL PHRASE	"It is Christ who wishes to enter our lives and fill us with his grace" <i>Pope Francis</i>	EQUIPMENT	Reading books

External activity

CERAMICS



TEACHER	Mr Greg Williams	AGE GROUP	Year 4 - Year 6
PARTICIPANTS	6-14	DAYS	Martes 16:30 to 17:30
BRIEF DESCRIPTION	We will discover the many reasons why clay is such a calming, organic substance to create with. Students will learn all the essential processes, from how to prepare the raw clay for modelling to how to fire the finished pieces for decoration with our own school kiln. Once the basics are mastered, students will be able to increase their natural sculptural skills towards making models, household objects and lovely gifts during different seasons of the year.		
ASPIRATIONAL PHRASE	<i>"Shaping the earth to make art with our hands"</i>	EQUIPMENT	

Internal activity: complements the curriculum, led by our own staff.



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CHESS



TEACHER	Mr. David Rodríguez Escobar	AGE GROUP	Year 1 - Year 11
PARTICIPANTS	6-22	DAYS	Lunes 16:30 a 17:30
BRIEF DESCRIPTION	El ajedrez no es solo un juego, arte o ciencia, que consiste en el desafío intelectual entre dos personas, sino un excelente recurso con relación con la música o con las matemáticas. Desde edad muy temprana, el ajedrez activa las condiciones fundamentales de la inteligencia: atención, memoria, creatividad, etc.		
ASPIRATIONAL PHRASE	"La belleza de un movimiento no se refleja sólo en su apariencia, sino en el pensamiento detrás de él". <i>Dr. S. Tarrash</i>	EQUIPMENT	

External activity

COOKING CLUB



TEACHER	Ms Pedrosa & Ms Rojas	AGE GROUP	Reception - Year 1
PARTICIPANTS	6-18	DAYS	Miércoles - Reception Lunes - Year 1 16:30 a 17:30
BRIEF DESCRIPTION	This extra-curricular club provides the opportunity for the Reception children to start enjoying cooking and gastronomy whilst playing and learning about ingredients.		
ASPIRATIONAL PHRASE	"Homemade food is health and happiness"	EQUIPMENT	apron, tupperware to bring food home, tote bag, kitchen towel (provided by pupil)

Internal activity: complements the curriculum, led by our own staff.

DANCE & RHYTHM



TEACHER	ADEGO	AGE GROUP	Reception
PARTICIPANTS	6-12	DAYS	Miércoles 16:30 a 17:30
BRIEF DESCRIPTION	Realizaremos dinámicas y exhibiciones con las familias durante el curso escolar en las que organizaremos juegos y ejercicios en familia. Trabajaremos con metodología de enseñanza mediante el juego y la música a través de la cuál nuestros alumnos aprenderán a tener conciencia de su cuerpo y movimiento. Veremos diferentes estilos como pre-ballet, baile moderno, street dance, flamenco...		
ASPIRATIONAL PHRASE	"Let your soul be"	EQUIPMENT	

External activity



RICHMOND
PARK

FOOTBALL



TEACHER	Mr. John Brougham & Mr. Simon Goodey	AGE GROUP	Year 1 - Year 11
PARTICIPANTS	12-24	DAYS	Lunes - Y1-Y5 Miércoles - Y6-Y11 16:30 a 17:45
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	"You have to fight to reach your dream. You have to sacrifice and work hard for it", Leo Messi	EQUIPMENT	PE school uniform, metallic water bottle.

Internal activity: complements the curriculum, led by our own staff.

FRENCH CUISINE CLUB



TEACHER	Ms Jorge	AGE GROUP	Year 6 - Year 11
PARTICIPANTS	6-16	DAYS	Martes 16:30 a 17:30
BRIEF DESCRIPTION	This extra-curricular 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	“Homemade food is health and happiness”	EQUIPMENT	apron, tupperware to bring food home, tote bag, kitchen towel (provided by pupil)

Internal activity: complements the curriculum, led by our own staff.

GLEE MUSIC & DRAMA



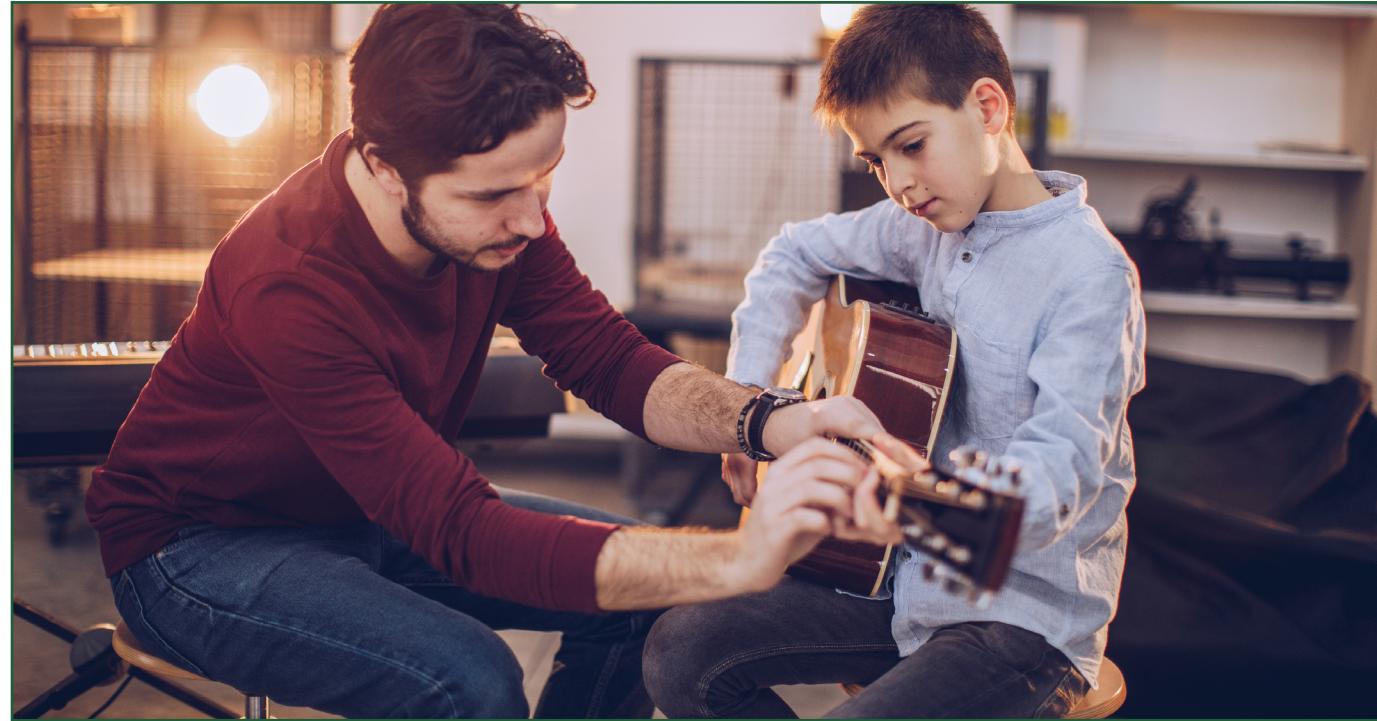
RICHMOND
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TEACHER	Ms Anne Lydon & Ms Alice Orton	AGE GROUP	Year 7 - Year 10
PARTICIPANTS	20-35	DAYS	Lunes 16:30 a 18:00
BRIEF DESCRIPTION	Students will have the opportunity to develop their singing, acting, dancing and musicianship with a view to performing a musical production at the end of the school year. The Glee Music & Drama 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!		
ASPIRATIONAL PHRASE	There's no business like show business!	EQUIPMENT	

Internal activity: complements the curriculum, led by our own staff.

GUITAR



TEACHER	Jonnathan El Barouki	AGE GROUP	A partir de Y3
PARTICIPANTS	4-8	DAYS	Lunes - Y3-Y5 Jueves - Y6-Y8 16:30 a 17:30
BRIEF DESCRIPTION	As part of the music department expansion plan, RPS is opening a new extra-curricular guitar club. 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	"Tropieza mil veces con una cuerda y sacarás una melodía"	EQUIPMENT	Guitar

External activity



RICHMOND
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HANDBALL



TEACHER	ADEGO	AGE GROUP	Year 1 - Year 6
PARTICIPANTS	6-16	DAYS	Martes 16:30 a 17:45
BRIEF DESCRIPTION	La actividad de Balonmano se realizará en el Sports Hall en el que practicaremos la iniciación en este deporte. En el caso de haber suficientes alumnos por categoría se realizarán encuentros con otros clubes. Se formarán grupos según edad y categoría		
ASPIRATIONAL PHRASE	"Si nunca pierdes, no disfrutarás la felicidad de la victoria"	EQUIPMENT	PE Uniform

External activity

HOCKEY



TEACHER	ADEGO	AGE GROUP	Year 1 - Year 7
PARTICIPANTS	6-16	DAYS	Jueves 16:30 a 17:30
BRIEF DESCRIPTION	La actividad de Hockey Hierba se realizará en el campo de césped del colegio en el que practicaremos la iniciación en este deporte. En el caso de haber suficientes alumnos por categoría se realizarán encuentros con otros clubes. Aprenderemos el manejo del STICK, conducción de la pelota, lanzamientos, recepciones y tácticas del juego dependiendo del nivel.		
ASPIRATIONAL PHRASE	"Si nunca pierdes, no disfrutarás la felicidad de la victoria"	EQUIPMENT	PE Uniform

External activity



TEACHER	Mr Samuel Moreno	AGE GROUP	Reception - Year 11
PARTICIPANTS	6-22	DAYS	Lunes - Reception Martes y/o Miér. - Y1-Y3 Jueves - Y4-Y11 16:30 a 17:30
BRIEF DESCRIPTION	<p>El Judo (1882), desde los principios defendidos por su fundador Jigoro Kano, se configura como un sistema de formación integral de la persona, incluyendo el bienestar espiritual y la mejora de las condiciones físicas. Su fin último, como técnica de autodefensa, es evitar o minimizar la violencia en lugar de permitirla. La UNESCO destaca sus beneficios en el desarrollo de la lateralidad, coordinación y percepción del cuerpo en el espacio. Es un deporte ideal para jóvenes por su trasmisión de valores.</p> <p><u>Licencia Federativa:</u> Es obligatoria para todos los participantes en la actividad, aporta reconocimiento de grado a nivel internacional, seguro de accidentes, permite la participación en actividades federativas, competiciones y exhibiciones. Su coste es de 50€ anuales, a lo que hay que añadir unos 30€ anuales por el examen de pase de grado, Kyu y cinturón.</p>		
ASPIRATIONAL PHRASE	"Lo importante no es ser mejor que otros, sino ser mejor que ayer," Jigoro Kano	EQUIPMENT	Licencia federativa (anual): 58€ Judogi: 38€ (si no lo tiene ya) Pase de grado / cinturón (en caso de aprobar): 38€



KEYBOARDS



TEACHER	Ms. Marcela Fernández-Lajús	AGE GROUP	Year 3 – Year 6
PARTICIPANTS	3-7	DAYS	Lunes - A partir de Y5 Martes - A partir de Y4 16:30 a 17:30
BRIEF DESCRIPTION	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.		
ASPIRATIONAL PHRASE	“The point of good music is to affect the soul”, Claudio Monteverdi	EQUIPMENT	Keyboard, music scores (provided by school)

Internal activity: complements the curriculum, led by our own staff.



KEYBOARDS



TEACHER	Ms. Alice Orton	AGE GROUP	Year 3 - Year 6
PARTICIPANTS	3-7	DAYS	Miércoles 16:30 a 17:30
BRIEF DESCRIPTION	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.		
ASPIRATIONAL PHRASE	"The point of good music is to affect the soul", Claudio Monteverdi	EQUIPMENT	Keyboard, music scores (provided by school)

Internal activity: complements the curriculum, led by our own staff.



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MINECRAFT



TEACHER	Mr Luke Garland	AGE GROUP	Year 3 - Year 6
PARTICIPANTS	6-16	DAYS	Miércoles 16:30 a 17:30
BRIEF DESCRIPTION	In Minecraft Club we will explore real-world issues in immersive imaginative worlds. The children will develop their computational thinking skills with in-game coding and future-ready skills such as creativity, communication and problem solving through collaborative, enjoyable activities.		
ASPIRATIONAL PHRASE	Minecraft equips our children with future-ready skills through meaningful, interactive projects.	RESOURCES	Including Minecraft license per child

Internal activity: complements the curriculum, led by our own staff.



PADEL



TEACHER	La Masó Sport Club	AGE GROUP	Year 1 - Year 6
PARTICIPANTS	6-8	DAYS	Martes 16:30 a 17:30
BRIEF DESCRIPTION	En esta actividad los niños realizarán ejercicio y se divertirán con este deporte de pala de cooperación entre dos alumnos.		
ASPIRATIONAL PHRASE	"Skill is only developed by hours and hours of work". <i>Usain Bolt</i>	EQUIPMENT	PE Uniform, racquet (provided by pupil)
		RESOURCES	Balls, cones, ...

External activity



PERCUSSION



TEACHER	TBD	AGE GROUP	A partir de Y4
PARTICIPANTS	4-8	DAYS	Miércoles 16:30 a 17:30
BRIEF DESCRIPTION	Con esta actividad ayudaremos al alumno a interaccionar con el mundo de la música a través de diferentes instrumentos de percusión. Además mejoraremos la psicomotricidad del alumno puesto que es una actividad puramente rítmica Se realizarán juegos con sonidos y actividades que les ayudarán a descubrir un universo de sensaciones.		
ASPIRATIONAL PHRASE	"Si sientes el ritmo, déjate llevar por su magia"	EQUIPMENT	

PRE-SPORTS CLUB



TEACHER	ADEGO	AGE GROUP	Nursery - Reception
PARTICIPANTS	6-10	DAYS	Martes y/o Miércoles y/o Jueves 16:30 a 17:30
BRIEF DESCRIPTION	<p>Trabajaremos por objetivos trimestrales:</p> <p>1er trimestre: practicaremos deportes de equipo como fútbol, baloncesto, rugby, hockey... en los que la prioridad será la coordinación, agilidad y precisión.</p> <p>Además del trabajo en equipo y compañerismo</p> <p>2º trimestre: fomentaremos el deporte de raqueta como el tenis, pádel y bádminton trabajando cualidades como el golpeo, precisión y coordinación ojo-manual, así como la concentración y atención en el movimiento.</p> <p>3er trimestre: nuestros alumnos experimentarán con deportes individuales gimnásticos en los que trabajaremos el equilibrio, control y flexibilidad de nuestro cuerpo.</p> <p>Los alumnos deberán traer uniforme de P.E.</p>		
ASPIRATIONAL PHRASE	"No importa cómo empieces, sino cómo terminas"	EQUIPMENT	PE Uniform

External activity



RICHMOND
PARK

PSYCHOMOTOR DEVELOPMENT CLUB



TEACHER	Ms. Ana Crego & Ms. Elena Mora	AGE GROUP	Pre-Nursery - Reception
PARTICIPANTS	8-16	DAYS	Lunes 16:30 a 17:30
BRIEF DESCRIPTION	Esta actividad resulta indispensable para el estudio de la evolución del niño. Con ella se permite analizar el comportamiento cognitivo, el sistema motor y la expresión de los sentimientos de una forma atractiva y divertida.		
ASPIRATIONAL PHRASE	"A moving child is a learning child". <i>Gill Connell</i>	EQUIPMENT	Provided by the school

External activity

RHYTHMIC GYMNASTICS



TEACHER	ADEGO	AGE GROUP	Year 1 - Year 7
PARTICIPANTS	6-15	DAYS	Lunes 16:30 a 17:45
BRIEF DESCRIPTION	<p>Al comienzo de curso realizaremos una prueba de Nivel y organizaremos los grupos en función a ese nivel. Deberán traer a la actividad maiot/mallas/leggins, rodilleras, coderas.</p> <p>Para Y1 trabajaremos mediante el juego dándole un carácter de iniciación y PRE-RÍTMICA en la que veremos movimientos y conceptos básicos de la disciplina deportiva.</p> <p>A partir de Y2 se establecerán grupos por categorías.</p>		
ASPIRATIONAL PHRASE	"No importa lo difícil que sea, solo importa el empeño que le pongas"	EQUIPMENT	PE Uniform, Maillot

External activity



RUGBY



TEACHER	Ms Naomi Dartnell	AGE GROUP	Year 2 - Year 6
PARTICIPANTS	According to physical conditions/abilities	DAYS	Martes 16:30 a 17:45
BRIEF DESCRIPTION	El rugby es uno de los deportes con los que mas se identifican valores como el trabajo en equipo, respeto, sacrificio, compañerismo. En la actualidad es un deporte en auge en España, debido al aumento del número de clubes y colegios que optan por esta actividad, así como, por los resultados de las selecciones nacionales masculinas y femeninas , en la élite del rugby-7 y subiendo de forma imparable en el rugby-15, que están haciendo que aumente de forma espectacular la afición por este deporte.		
ASPIRATIONAL PHRASE	"I do not believe in magic, I believe in hard work", Ricchie McCaw	EQUIPMENT	PE Uniform (provided by pupil)

Internal activity: complements the curriculum, led by our own staff.



SKATING



TEACHER	ADEGO	AGE GROUP	Year 1 - Year 7
PARTICIPANTS	6-15	DAYS	Martes 16:30 a 17:45
BRIEF DESCRIPTION	<p>Realizaremos dinámicas y exhibiciones con las familias durante el curso escolar en las que organizaremos juegos y ejercicios en familia.</p> <p>Durante el comienzo de curso realizaremos una prueba de nivel y estableceremos hasta 3 niveles:</p> <p>NIVEL 0: grupo de iniciación en el que se enseñará a mantenerse de pie, caer, desplazarse hacia delante, frenar.</p> <p>ENSEÑANZA: este grupo es para los patinadores que tienen algo de control sobre ruedas. Empezaremos a ver slalon, circuitos, hockey sobre ruedas, patinaje urbano...</p> <p>PERFECCIONAMIENTO: para los más experimentados de la actividad en la que enseñaremos habilidades como saltos, slalon ana pierna, rollerdance, patinaje de velocidad...</p>		
ASPIRATIONAL PHRASE	"De las caídas, uno se levanta"	EQUIPMENT	Uniforme P.E., casco, patines, etc, los debe traer el alumno.

External activity

STREET DANCE



TEACHER	ADEGO	AGE GROUP	Year 1 - Year 4
PARTICIPANTS	6-12	DAYS	Jueves 16:30 a 17:30
BRIEF DESCRIPTION	<p>Al comienzo de curso realizaremos una prueba de Nivel y organizaremos los grupos en función a ese nivel.</p> <p>Para Y1 utilizaremos una metodología lúdica de iniciación y en la que practicarán movimientos básicos de baile urbano siempre siendo conscientes del movimiento que realiza su cuerpo.</p> <p>A partir de Y2 se establecerán grupos según niveles:</p> <p>ENSEÑANZA: los alumnos que no hayan realizado nunca una actividad de baile y se quieran iniciar.</p> <p>PERFECCIONAMIENTO: los alumnos que hayan realizado al menos un año de baile y conozcan los aspectos básicos del mismo.</p> <p>Los alumnos diseñarán y realizarán diferentes coreografías, una a mitad de curso y otra a final, además de una evaluación trimestral con las familias sobre los avances de la actividad.</p>		
ASPIRATIONAL PHRASE	"La vida es el bailarín, tú eres el baile"	EQUIPMENT	Deberán traer a la actividad ropa cómoda y zapatillas deportivas.

External activity

SWIMMING CLUB



TEACHER	Mr. Javier Sánchez-Toril	AGE GROUP	Pre-Nursery - Year 11
PARTICIPANTS		DAYS	Lunes - Viernes
BRIEF DESCRIPTION	<p>Within the swimming school we will teach 3 aquatic disciplines: swimming, water polo and artistic swimming, all of them mixed. The initial objective is the adaptation to the environment in the initial ages (early years) as the students develop, we will introduce other technical aspects for the day we are ready to compete as a club in sports school competitions.</p> <p>The benefits of these aquatic disciplines are already well known to all, being surely the most complete with respect to other sports. The backbone where the school is sustained is a good teaching of swimming that will complement the disciplines of water polo and artistic swimming in more advanced ages (from Yr4). Unlike swimming, water polo and artistic swimming are team sports that have an added value to communicative and sociable values. On the other hand, water polo works more on speed and strength and artistic swimming combines apneas, gymnastics and dance</p>		
ASPIRATIONAL PHRASE	"Life is simple, you just have to know how to swim"	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	Jueves 16:30-17:30 - una hora desde la llegada a pista
BRIEF DESCRIPTION	Los beneficios físicos y psicológicos del tenis en edades tempranas se pueden resumir en la mejora la coordinación y el desarrollo psicomotriz, el fortalecimiento de la musculatura, favorece a ganar velocidad, agilidad y flexibilidad y aumenta la capacidad aeróbica. En cuanto a los beneficios psicológicos, se pueden citar algunos como la mejora la sociabilización y se aprende a trabajar en equipo; desarrolla la disciplina y fomenta la competitividad, la motivación y capacidad de superación. Clases en pista cubierta. 25% de descuento en la compra de raquetas para nuestros alumnos.		
ASPIRATIONAL PHRASE	"Tennis is mostly mental; you win or lose the match before you even go out there". <i>Venus Williams</i>	EQUIPMENT	PE Uniform, racquet.
		RESOURCES	Balls, cones,...

External activity



VOLLEYBALL



TEACHER	ADEGO	AGE GROUP	Year 1 - Year 11
PARTICIPANTS	6-16	DAYS	Miércoles 16:30 a 17:45
BRIEF DESCRIPTION	<p>Al comienzo de curso realizaremos una prueba de Nivel y organizaremos los grupos en función a ese nivel. Deberán traer a la actividad ropa deportiva y rodilleras. Para Y1 y Y2 utilizaremos una metodología lúdica de iniciación y en la que practicarán iniciación al deporte de PRE-VOLEIBOL en la que aprenderán movimiento básicos de golpeo, recepción y reglas del juego. A partir de Y3 se establecerán grupos según categorías En el caso de haber alumnos interesados en competir en ligas municipales en las categorías antes mencionadas se creará equipo y se inscribirá, realizando una reunión a comienzo de curso sobre las competiciones y bases de las mismas.</p>		
ASPIRATIONAL PHRASE	"Si nunca pierdes, no disfrutarás la felicidad de la victoria"	EQUIPMENT	PE Uniform

External activity



TEACHER	Ms Alice Orton	AGE GROUP	Years 5 to 8
PARTICIPANTS	3-8	DAYS	Tuesdays 16:30 to 17:30
BRIEF DESCRIPTION	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.		
ASPIRATIONAL PHRASE	"I would teach children music, physics, and philosophy; but most importantly music, for the patterns in music and all the arts are the keys to learning." <i>Plato</i>	EQUIPMENT	Musical scores (provided by school) Clarineo/flute (provided by the pupil)

Internal activity: complements the curriculum, led by our own staff.



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YOGA



TEACHER	Ms Josselyn	AGE GROUP	Year 7 - Year 11
PARTICIPANTS	6-12	DAYS	Lunes 16:30 a 17:30
BRIEF DESCRIPTION	Through practising yoga, we can develop self-awareness, self-confidence and happiness as well as improving strength and flexibility. Discover how traditional yoga postures and breathing techniques can help us find our physical and mental balance. Come and join Ms Josselyn on the mat for a variety of dynamic movement, breathwork and relaxation in a creative, safe and non-competitive space.		
ASPIRATIONAL PHRASE	"Balancing in yoga, and in life, is a reflection of your inner state"	EQUIPMENT	PE Uniform