

RESUMEN GENERAL DE ACTIVIDADES



RICHMOND PARK

THINKING SCHOOL AND SPORTS CENTRE



A continuación, les detallamos la oferta de actividades extra-escolares que se llevarán a cabo en 2025/2026. Por favor, antes de inscribir a sus hijos, presten especial atención a los días de la semana programados así como a la edad a la que está dirigida cada actividad.

ACTIVIDADES DEL LUNES				
Nº	ACTIVIDAD	EDAD	HORA	PRECIO
1	Chess	Year 1 - Year 9	16:30 - 17:30	49€
2	Cooking	Reception	16:30 - 17:30	49€
3	Football	Year 1 - Year 5	16:30 - 17:45	49€
4	Judo	Reception - Year 1	16:30 - 17:30	49€
5	Keyboards	Year 3 - Year 11	16:30 - 17:30	49€
6	Lego Education Science	Year 3 - Year 5	16:30 a 17:30	49€
7	Musical Theatre	Year 7 - Year 10	16:30 - 18:00	59€
8	Motor Skills	Pre-Nur - Rec	16:30 - 17:30	49€
9	Rhythmic gymnastics	Year 1 - Year 7	16:30 - 17:45	1 day/week - 49 € 2 days/week - 85 €
10	Swimming	Pre-Nursery	16:15 - 16:45	1 day/week - 65 € 2 days/week - 117 €
11	Swimming	Nursery & Reception	16:15 - 16:45	1 day/week - 49 € 2 days/week - 90 €
12	Swimming	Year 1 - Year 3	16:45 - 17:30	1 day/week - 49 € 2 days/week - 90 €
13	Tag Rugby	Year 5 - Year 6	16:30 - 17:30	49€
14	Yoga	Year 7 - Year 11	16:30 - 17:30	49€
15	Waterpolo	Year 4 - Year 11	16:45 - 17:45	1 day/week - 49 € 2 days/week - 90 €
ACTIVIDADES DEL MARTES				
Nº	ACTIVIDAD	EDAD	HORA	PRECIO
1	Artistic Swim.	Year 4 - Year 11	16:45 - 17:45	1 day/week - 49 € 2 days/week - 90 €
2	Arts & Crafts	Reception	16:30 - 17:30	49€
3	Arts & Crafts	Year 1 & Year 2	16:30 - 17:30	49€
4	Ballet	Year 1	16:30 - 17:30	49€
5	Ceramics	Year 4 - Year 6 (beginners)	16:30 - 17:30	49€
6	Creative Coders Club	Year 3 - Year 6	16:30 - 17:30	49€
7	French Cuisine	Year 6 - Year 9	16:30 - 17:30	49€
8	Golf	Year 3 - Year 6	16:30 - 17:30	49€
9	Guitar	Year 3 - Year 8	16:30 - 17:30	49€
10	Judo	Year 2 & Year 3	16:30 - 17:30	49€
11	Keyboards	Year 3 - Year 5	16:30 - 17:30	49€
12	Padel	Year 1 - Year 6	16:30 - 17:30	49€
13	Pre-Sports	Nursery & Reception	16:30 - 17:30	1 day/week - 49 € 2 days/week - 85 €
14	Skating	Year 1 - Year 7	16:30 - 17:45	49€



16	Swimming	Pre-Nur	16:15 - 16:45	1 day/week - 65 € 2 days/week - 117 €
17	Swimming	Nursery & Reception	16:15 - 16:45	1 day/week - 49 € 2 days/week - 90 €
18	Swimming	Year 4 - Year 11	16:45 - 17:30	1 day/week - 49 € 2 days/week - 90 €

ACTIVIDADES DEL MIÉRCOLES

Nº	ACTIVIDAD	EDAD	HORA	PRECIO
1	Artistic Swim.	Year 4 - Year 11	16:45 - 17:45	1 day/week - 49 € 2 days/week - 90 €
2	Arts & Crafts	Year 1 & Year 2	16:30 - 17:30	49€
3	Basketball	Year 1 - Year 5	16:30 - 17:45	49€
4	Ballet	Year 2 & Year 3	16:30 - 17:45	49€
5	Ceramics	Year 6 (intermediate) - Year 8	16:30 - 18:00	49€
6	Cooking	Year 1	16:30 - 17:30	49€
7	Football	Reception	16:30 - 17:45	49€
8	Football	Year 6 - Year 11	16:30 - 17:45	49€
9	Judo	Year 4 & Year 5	16:30 - 17:30	49€
10	Minecraft	Year 3 - Year 6	16:30 - 17:30	49€
11	Mini Musician	Year 1 & Year 2	16:30 - 17:30	49€
12	Netball	Year 7- Year 10	16:30 - 17:30	49€
13	Rhythmic gymnastics	Reception	16:30 - 17:45	49€
14	Rhythmic gymnastics	Year 1 - Year 7	16:30 - 17:45	1 day/week - 49 € 2 days/week - 85 €
15	Skating	Reception	16:30 - 17:45	49€
16	Swimming	Pre-Nursery	16:15 - 16:45	1 day/week - 65 € 2 days/week - 117 €
17	Swimming	Nursery & Reception	16:15 - 16:45	1 day/week - 49 € 2 days/week - 90 €
18	Swimming	Year 1 - Year 3	16:45 - 17:30	1 day/week - 49 € 2 days/week - 90 €

ACTIVIDADES DEL JUEVES

Nº	ACTIVIDAD	EDAD	HORA	PRECIO
1	Catechesis 1	Year 4	16:30 - 17:15	15€
2	Catechesis 2	Year 5	16:30 - 17:15	15€
3	Judo	Year 6 - Year 8	16:30 - 17:30	49€
4	Keyboards	Year 3 - Year 5	16:30 - 17:30	49€
5	Percussion	Year 4 - Year 11	16:30 - 17:30	49€
6	Pre-Sports	Nursery & Reception	16:30 - 17:30	1 day/week - 49 € 2 days/week - 85 €
7	Skating	Year 1 - Year 7	16:30 - 17:45	49€
8	Swimming	Pre-Nursery	16:15 - 16:45	1 day/week - 65 € 2 days/week - 117 €
9	Swimming	Nursery & Reception	16:15 - 16:45	1 day/week - 49 € 2 days/week - 90 €
10	Swimming	Year 4 - Year 11	16:45 - 17:30	1 day/week - 49 € 2 days/week - 90 €



11	Tennis	Year 1 - Year 11	16:30 - 17:30	52€
12	Volleyball	Year 2 - Year 11	16:30 - 17:45	52€
13	Waterpolo	Year 4 - Year 11	16:45 - 17:45	1 day/week - 49 € 2 days/week - 90 €

ACTIVIDADES DEL VIERNES				
Nº	ACTIVIDAD	EDAD	HORA	PRECIO
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	1 day/week - 65 € 2 days/week - 117 €
4	Swimming	Nursery & Reception	16:15 - 16:45	1 day/week - 49 € 2 days/week - 90 €
5	Swimming	Year 1 - Year 11	16:45 - 17:30	1 day/week - 49 € 2 days/week - 90 €



ARTS & CRAFTS



TEACHER	Ms. Silvia Brown	AGE GROUP	Reception
PARTICIPANTS	8-14	DAYS	Martes 16:30 a 17:30
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	"Inspiration exists, but it has to find you working" <i>Pablo Picasso</i>	EQUIPMENT	School uniform Babi/Apron

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



ARTS & CRAFTS



TEACHER	Ms. Karina García & Ms Raquel Montarroso	AGE GROUP	Year 1 - Year 2
PARTICIPANTS	8-16	DAYS	Martes o Miércoles 16:30 a 17:30
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	"Inspiration exists, but it has to find you working" <i>Pablo Picasso</i>	EQUIPMENT	School uniform Babi/Apron

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



BALLET



TEACHER	Ms Flynn	AGE GROUP	Year 1 - Year 3
PARTICIPANTS	6-12	DAYS	Martes: Year 1 Miérc: Year 2 y Year 3 16:30 a 17:30
BRIEF DESCRIPTION	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.		
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 (+monitores)	AGE GROUP	Year 1 - Year 5
PARTICIPANTS	10-40	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. Si pertenece al equipo de RPS se recomienda esta actividad como complemento a la competición.		
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)



CATECHESIS 1



TEACHER	Catequista Parroquia Virgen de las Nieves	AGE GROUP	Year 4 en adelante *
PARTICIPANTS	Minimum: 5	DAYS	Jueves o Viernes 16:30 a 17:15
BRIEF DESCRIPTION	Preparación para la Primera Comunión. * Excepcionalmente se aceptarán niños nacidos en 2016 que estén en Year 3, o alumnos de Year 3 con un hermano en Year 4 que se apunte también, para hacer juntos la 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



CATECHESIS 2



TEACHER	Catequista Parroquia Virgen de las Nieves	AGE GROUP	Year 5 en adelante *
PARTICIPANTS	Minimum: 5	DAYS	Jueves o Viernes 16:30 a 17:15
BRIEF DESCRIPTION	Preparación para la Primera Comunión * Excepcionalmente se aceptarán niños nacidos en 2015 que estén en Year 4, o alumnos de Year 4 con un hermano en Year 5 que se apunte también, para hacer juntos la 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



CERAMICS



TEACHER	Ms de Gouttes Y4-Y6 Mr Williams Y6-8	AGE GROUP	Year 4 - Year 8
PARTICIPANTS	6-14	DAYS	Martes: Y4-Y6 beginners to intermediate 16:30 to 17:30 Mierc.: Yr 6 (intermediate) to Y8 16:30 to 18:00
BRIEF DESCRIPTION	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 modeling skills and more in-depth use of glazes and molds.		
ASPIRATIONAL PHRASE	<i>"Shaping the earth to make art with our hands"</i>	EQUIPMENT	

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



CHESS



TEACHER	Mr. David Rodríguez Escobar	AGE GROUP	Year 1 - Year 9
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	



COOKING CLUB



TEACHER	Ms Pedrera & Ms Rojas	AGE GROUP	Reception - Year 1
PARTICIPANTS	6-18	DAYS	Miércoles - Year 1 Lunes - Reception 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.



CREATIVE CODERS CLUB



TEACHER	Mr Luke Garland	AGE GROUP	Year 3 - 6
PARTICIPANTS	6 - 24	DAYS	Martes 16:30 - 17:30
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.		
ASPIRATIONAL PHRASE	"Coding is today's language of creativity. All our children deserve a chance to become creators instead of consumers of computer science." - Maria Klawe	EQUIPMENT	School computers, iPads, micro:bits, robots etc.

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



FOOTBALL



TEACHER	DOS (Deporte, Ocio y Salud)	AGE GROUP	Reception
PARTICIPANTS	12-24	DAYS	Miércoles 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.



FOOTBALL



TEACHER	Mr. John Brougham Mr. Andrei Clark Mr. Novo	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.



FRENCH CUISINE CLUB



TEACHER	Ms Jorge	AGE GROUP	Year 6 - Year 9
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.



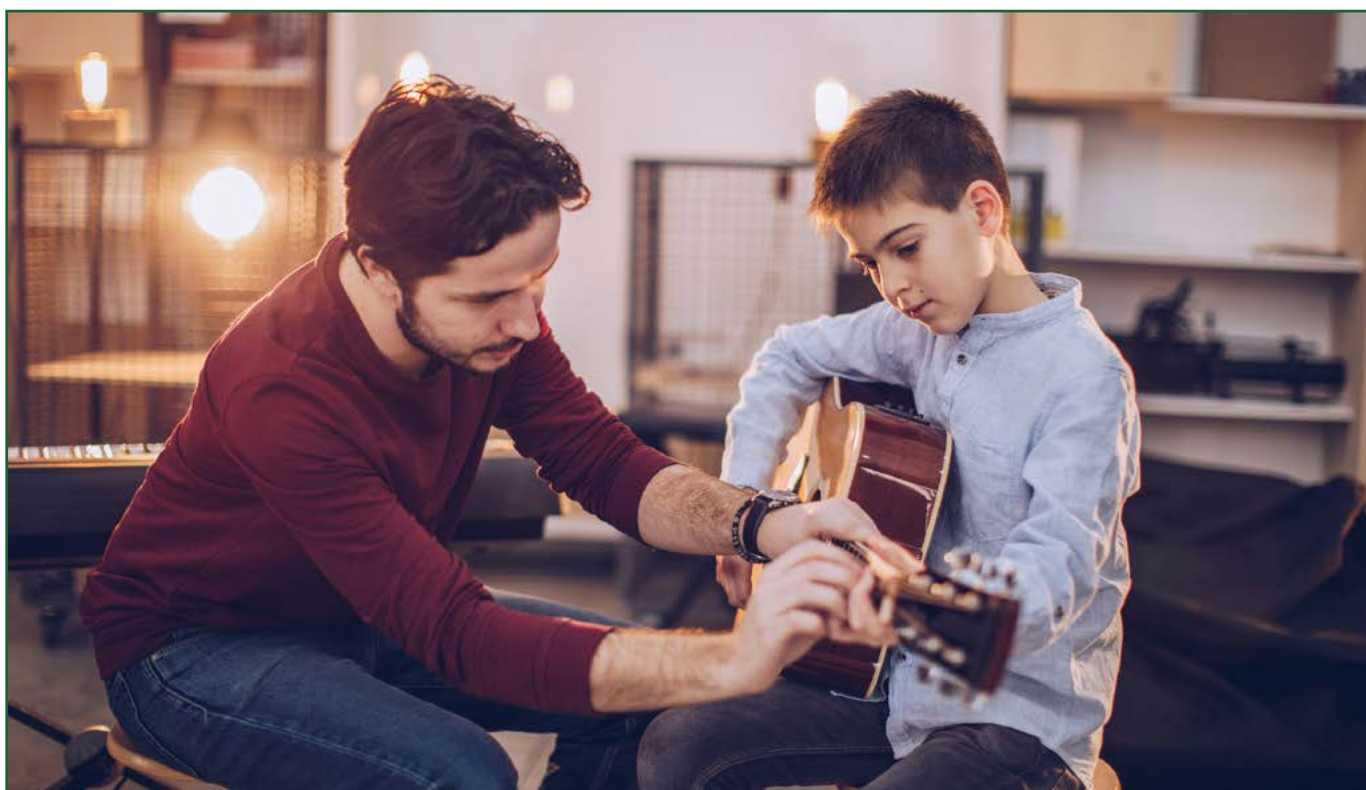
GOLF



TEACHER	Mr. McGarry	AGE GROUP	Year 3 - Year 6
PARTICIPANTS	Min: 6 - Max: 12	DAYS	Martes 16:30 a 17:30
BRIEF DESCRIPTION	It's 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	"To give yourself the best posible chance of playing to your potential you must prepare for every eventuality. That means practice", Severiano Ballesteros	EQUIPMENT	None



GUITAR



TEACHER	Ms. Masternak	AGE GROUP	Year 3 - Year 8
PARTICIPANTS	4-8	DAYS	Martes 16:30 a 17:30
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	"Tropieza mil veces con una cuerda y sacarás una melodía"	EQUIPMENT	Guitar



JUDO



TEACHER	Mr Samuel Moreno	AGE GROUP	Reception - Year 8
PARTICIPANTS	6-26	DAYS	Lunes: Reception + Y1 Martes: Y2 + Y3 Miércoles: Y4 + Y5 Jueves: Y6 - Y8 16:30 a 17:30
BRIEF DESCRIPTION	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 transmisión de valores. <u>Licencia Federativa</u>: Es obligatoria para todos los miembros del club, aporta reconocimiento de grado a nivel internacional, seguro de accidentes, permite la participación en actividades federativas, competiciones, exhibiciones con el club, evaluación continua, etc. Las tarifas incluyen las gestiones y trámites necesarios para el correcto funcionamiento de la actividad.		
ASPIRATIONAL PHRASE	"Lo importante no es ser mejor que otros, sino ser mejor que ayer," Jigoro Kano	EQUIPMENT	Tramitación de Licencia (anual): 60€ Judogi homologado con bandas: 40€ Tramitación pase de grado (en caso de aprobar): 40€



KEYBOARDS



TEACHER	Ms. Marcela Fernández-Lajús	AGE GROUP	Year 3 en adelante
PARTICIPANTS	6 maximum	DAYS	Lunes y/o Martes 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)



KEYBOARDS



TEACHER	Ms. Masternak	AGE GROUP	Year 3 - Year 5
PARTICIPANTS	Máximo 6	DAYS	Jueves 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)



LEGO EDUCATION SCIENCE



TEACHER	Ms Field	AGE GROUP	Year 3 - Year 5
PARTICIPANTS	6-12	DAYS	Lunes 16:30 a 17:30
BRIEF DESCRIPTION	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. Actividad condicionada al lanzamiento oficial de unidades didacticas por parte de LEGO, previsto para finales de agosto de 2025. Su comienzo puede sufrir retraso		
ASPIRATIONAL PHRASE	"Lego teaches us that nothing is impossible; just build it!" – David Hughes	EQUIPMENT	-



MINECRAFT



TEACHER	Mr Luke Garland	AGE GROUP	Year 3 - Year 6
PARTICIPANTS	6-24	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



MINI MUSICIAN



TEACHER	Ms Alice Orton	AGE GROUP	Years 1&2
PARTICIPANTS	5-16	DAYS	Wednesday 16:30 to 17:30
BRIEF DESCRIPTION	For who would like to develop their musical skills. They will participate in a range of rhythmic, melodic and singing game activities as they explore music from around the world. Children can expect to play percussion instruments, including xylophones and glockenspiels. They will learn to collaborate as part of a musical ensemble.		
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	-



MOTOR SKILLS



TEACHER	Ms. Ana Crego	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

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

NOTA IMPORTANTE: esta actividad tiene previsto su inicio en octubre, para respetar el período de adaptación natural de los más pequeños al nuevo año académico.



MUSICAL THEATRE



TEACHER	Ms Anne Lydon & Ms Alice Orton	AGE GROUP	Year 7 - Year 10
PARTICIPANTS	10 minimum	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. 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!		
ASPIRATIONAL PHRASE	There's no business like show business!	EQUIPMENT	

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



NETBALL



TEACHER	Ms Young	AGE GROUP	Year 7 - Year 10
PARTICIPANTS	Min. 8 / Max. 16	DAYS	Miércoles 16:30 a 17:30
BRIEF DESCRIPTION	The extracurricular netball club will run next year as a fun and active opportunity for students to develop teamwork, coordination, and fitness. Netball is a fast-paced, non-contact sport similar to basketball, where players pass the ball and aim to score goals by shooting into a raised net. The game encourages communication, strategy, and fair play. Students will learn basic rules, positions, and game techniques through weekly training sessions and friendly matches. No prior experience is needed—just enthusiasm and a willingness to learn!		
ASPIRATIONAL PHRASE	-	EQUIPMENT	-



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
Parents pick up from Club de Padel La Masó at 17.30h.



PERCUSSION



TEACHER	Jorge Valtuille	AGE GROUP	Years 4-11
PARTICIPANTS	4-8	DAYS	Jueves 16:30 a 17:30
BRIEF DESCRIPTION	La clase extraescolar de Percusión ofrece una experiencia 100% práctica para que los estudiantes aprendan y disfruten tocando en grupo. Los participantes tendrán la oportunidad de explorar una variedad de instrumentos de percusión como la batería, frame drum, djembe, xilófono y más. A través de actividades dinámicas, los estudiantes mejorarán sus habilidades rítmicas y coordinación mientras tocan sus canciones favoritas. Esta clase es ideal para quienes desean sumergirse en el mundo de la percusión y experimentar la alegría de la música en equipo. ¡Únete y siente el ritmo!		
ASPIRATIONAL PHRASE	"Si sientes el ritmo, déjate llevar por su magia"	EQUIPMENT	



PRE-SPORTS CLUB



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



RHYTHMIC GYMNASTICS



TEACHER	Maria, Lucía y Arancha	AGE GROUP	Year 1 - Year 7
PARTICIPANTS	6-15	DAYS	Lunes y/o Miérc: Y1 - Y7 Miérc.: Reception 16:30 a 17:45
BRIEF DESCRIPTION	La gimnasia rítmica es una actividad extraescolar que combina elementos de ballet, danza y gimnasia, utilizando diversos aparatos. Está diseñada para desarrollar la flexibilidad, la coordinación, la fuerza, el ritmo y la expresión artística de los participantes. Objetivo: Fomentar el desarrollo físico y artístico de los niños y niñas a través de movimientos armoniosos y coordinados. Contenidos: • Calentamiento y estiramientos: Preparación del cuerpo para evitar lesiones. • Técnicas básicas: Aprendizaje de posturas, saltos, giros y equilibrios. • Manejo de aparatos: Práctica y dominio del aro y pelota. • Coreografías: Creación y ensayo de rutinas combinando movimientos y música. Eventos y Competiciones: Realizaremos 3 jornadas anuales con todos los grupos para mostrar el progreso. Para las alumnas de Y4 en adelante, nos inscribiremos a los Juegos Municipales de Madrid que consisten en 2 Jornadas competitivas de todo el municipio de Madrid (Marzo y Abril).		
ASPIRATIONAL PHRASE	"No importa lo difícil que sea, solo importa el empeño que le pongas"	EQUIPMENT	PE Uniform, Maillot



SKATING



TEACHER	HUGO y HENAR	AGE GROUP	Reception Year 1 - Year 3 Year 4 - Year 7
PARTICIPANTS	6-15 (per group)	DAYS	Miérc.: Reception Martes y/o Jueves: Y1-7 16:30 a 17:45
BRIEF DESCRIPTION	Realizaremos dinámicas y exhibiciones con las familias durante el curso escolar en las que organizaremos juegos y ejercicios en familia. Durante el comienzo de curso realizaremos una prueba de nivel y estableceremos hasta 3 niveles: NIVEL 0: grupo de iniciación en el que se enseñará a mantenerse de pie, caer, desplazarse hacia delante, frenar. ENSEÑANZA: este grupo es para los patinadores que tienen algo de control sobre ruedas. Empezaremos a ver slalon, circuitos, hockey sobre ruedas, patinaje urbano... PERFECCIONAMIENTO: para los más experimentados de la actividad en la que enseñaremos habilidades como saltos, slalon ana pierna, rollerdance, patinaje de velocidad...		
ASPIRATIONAL PHRASE	"De las caídas, uno se levanta"	EQUIPMENT	Uniforme P.E., casco, patines, etc, los debe traer el alumno.



SWIMMING CLUB



TEACHER	Escuela de Natación RPS	AGE GROUP	Pre-Nursery - Year 11
PARTICIPANTS		DAYS	Lunes - Viernes
BRIEF DESCRIPTION	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. 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. i		
ASPIRATIONAL PHRASE	"Life is simple, you just have to know how to swim"	EQUIPMENT	Swimming costume, towel, goggles and flip flops



TAG RUGBY



TEACHER	Mr Appleby	AGE GROUP	Year 5 - Year 6
PARTICIPANTS	Mínimo 8 Máximo 20	DAYS	Lunes 16:30 a 17:30
BRIEF DESCRIPTION	Come and experience the fast-paced, exciting world of Tag Rugby! This non-contact version of rugby is perfect for all abilities – it's all about teamwork, speed, and strategy. Rugby is a rapidly growing sport in Spain – and it's an exciting time to get involved. Spain have qualified for the 2027 Rugby World Cup and are aiming to host the tournament in 2035.		
ASPIRATIONAL PHRASE	"Rugby teaches you more than just the game – it teaches you discipline, respect, and teamwork.", Richie McCaw	EQUIPMENT	PE Uniform (provided by pupil)



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 beneficio psicológicos, se pueden citar alguno 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
Parents pick up from Ciudad de la Raqueta at 17:30h.



VOLLEYBALL



TEACHER	JOSE Y MIGUEL	AGE GROUP	Y2-Y11
PARTICIPANTS	6-16	DAYS	Jueves 16:30 a 17:45
BRIEF DESCRIPTION	Se trata de una actividad extraescolar emocionante y dinámica que se juega en equipo. Los participantes trabajan juntos para pasar, golpear y bloquear el balón con el objetivo de enviarlo al campo contrario y anotar puntos. Este deporte es ideal para desarrollar la agilidad, la coordinación y el trabajo en equipo. Objetivo: Fomentar el desarrollo de habilidades físicas, tácticas y sociales a través de la práctica del voleibol en un entorno divertido y educativo. Contenidos: • Calentamiento y estiramientos: Preparación física para evitar lesiones. • Técnicas básicas: Enseñanza de los fundamentos del voleibol, como el saque, el pase, el remate, el bloqueo y la recepción. • Tácticas de juego: Introducción a las formaciones de equipo, estrategias ofensivas y defensivas, y la comunicación en la cancha. • Ejercicios y Drills: Prácticas específicas para mejorar la técnica individual y la cohesión del equipo. • Partidos de práctica: Simulación de situaciones de juego real para aplicar las habilidades y tácticas aprendidas.		
ASPIRATIONAL PHRASE	"Si nunca pierdes, no disfrutarás la felicidad de la victoria"	EQUIPMENT	PE Uniform



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 us help 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

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