

Dukesbridge

EXTRA CURRICULAR ACTIVITIES

Term 2 - 2023



THERE IS SOMETHING FOR EVERYONE





Extra Curricular Activities

"After-school activities are any activity that a child can do outside of school that will further their learning and help them develop other skills. For one, it's a great way to teach children how to work together with other kids. This then helps develop positive relationships that can go beyond their school years".

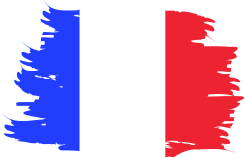
Dukesbridge offers a range of different activities for your children. There is something for everyone!

- Languages
- Sports
- Arts
- Other Activities



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French Club Pre-Primary & Primary

We offer a fun and educational program with various activities for different age groups. French Club is packed with songs, rhymes, jokes and tongue twisters designed to be engaging, memorable and enjoyable. The themes and content differ for pre-primary and primary level:

- Pre-Primary: focuses on basic reading, sounds and syllables
- Primary: focuses on new vocabulary, reading comprehension, grammar and conjugation. This includes conversational skills.

These sessions are ideal for beginner students with no prior knowledge of French or little as well as those who are looking to enrich their French language skills.





Spanish Club

This extra curricular activity is an excellent introduction to Spanish for absolute beginners or for students with very limited Spanish. It is an essential starting point for anyone interested in acquiring the basic knowledge of the Spanish language. Each term focuses on a theme i.e. My family, animals, all about me. Conversational skills, reading and writing are further developed with vocabulary picked up in these themes



Readers' Club

is all about encouraging young readers to discover great books, explore important topics, and have some bookish fun! Your kids will explore, and enjoy many fun activities around books and reading such as:

- Introduction to new books and stories
- Rhyming words
- Role play
- Phonics
- New vocabulary



Coding

Coding is a fun way for children to engage with technology in ways they may not be used to. However, to make the experience worthwhile and meaningful, it must be taught developmentally appropriately. Gone are the days when coding was only accessible and understood by those trained in the language.

Technological advances have made coding something that all ages and experience levels can do.

Programming is what the children are able to do once they learn to code. Once they have learned the different “language” of the computer, such as JavaScript, HTML, CSS and Python, they can begin to write a series of instructions they would like the computer to follow.

Coding will also help your children in:

- Computational thinking
- Logical thinking
- Being creative / structural thinking
- Solving mathematical problems - algorithms
- Anticipating and resolving problems / perseverance
- Think out of the box ... and so many more positive aspects.





Drama

This international drama program is fun-packed. The lessons are available for all age groups starting from 3years. It instills the beauty of the spoken word. The lessons enable individuals to have something to say and the confidence to say it & the creativity to make it interesting.

In each session we play simple percussion instruments, create simple movement sequences and play drama games. All designed to help children gain mastery over their own growing bodies. Drama has the ability to create strong friendships between children as they laugh, learn and grow together week after week!

We provide a self-development program through drama for children, to encourage:

- Enthusiasm, energy and a positive approach to life
- Ongoing confidence, self-esteem
- Skills in verbal communication and improving clarity of speech
- Development of social interaction skills





Ballet

Classical Ballet is taught in classes at Dukesbridge and follows the curriculum of the Royal Academy of Dance from London.

Ballet has been proven to:

- improve concentration abilities
- muscle coordination
- brain and other body functions
- balance
- muscle control
- general stance and posture
- self-confidence

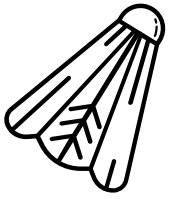


Roller-skating

Roller skating is a great physical activity for kids. Skating can promote fun exercise, balance and coordination , and provide so much fun.

Course Benefits:

- Basic training of skating
- Regular physical activity
- a fun way for total body conditioning
- Learn and develop new gross & fine motor skills
- Develops self-esteem, patience & controlling emotion



Speedminton

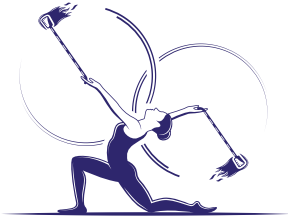
An outdoor version of badminton, predominantly played individually between two players. The sport has its origin from badminton, with modifications to make it suitable for playing in outdoor conditions.

Your child's body is in a developing state, and it is important to gradually develop physical coordination. In fact, the child's overall body shape has not yet fully grown, and some parts must be strengthened.

Speedminton will help your child's physiological functions develop well. **How?**

In order to successfully hit the shuttlecock, your child must always maintain their body's mobility, keep a good distance from the shuttlecock, and make a correct shot posture to hit the shuttlecock back to their opponent. They will be aware of their body, ability, and limitations in space. This is an integral part of psychomotor learning.





Play-Poi

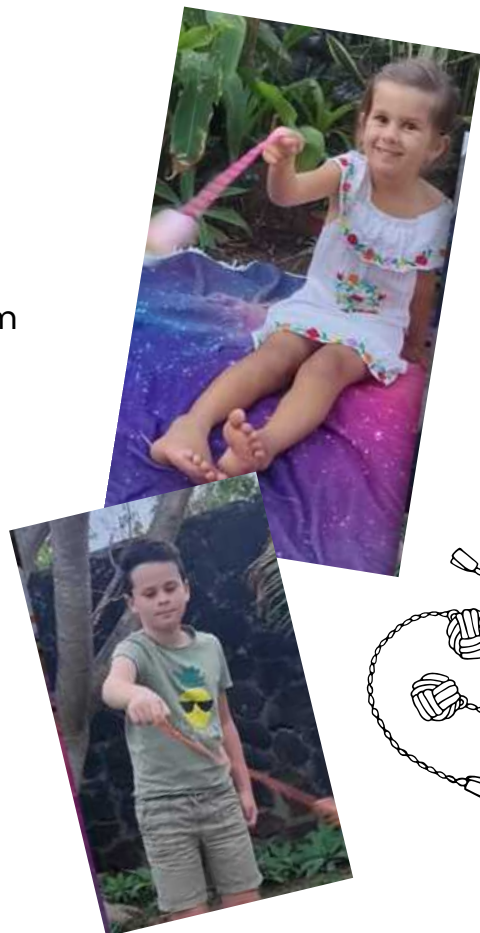
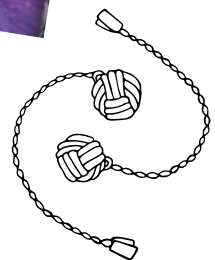
Poi is both the name of the object (a weight on the end of a flexible cord) and what you do with that object (spin it in circles around your body). An activity born in New Zealand, poi has now been brought to our island by Spin Poi Certified Instructor, Alexa Mamet!

Play-Poi Allows For:

- In depth learning experience
- Crossover between school learning and poi
- End of term performance

What are the benefits?

- Boosts your mood
- Improves focus & attention
- Works both brain hemispheres
- Promotes creativity
- Helps to Increase confidence & self-esteem
- Helps relieve stress
- Improves concentration & determination





Gymnastics

You think gymnastics is only suitable for professional athletes and not for children, you are probably wrong. Kids can benefit significantly by practising gymnastics whether they make it to the big league or not.

Gymnastics offer children an excellent opportunity for physical, mental, and social development and gymnastics is one such artistic sport that can help your child in many ways.

What are the benefits?

- Improves gross-motor skills and bone health
- Increases flexibility
- Builds Personal Discipline
- Encourages Focus



Juggling

The juggling workshop is a circus tent-like box containing gravity defying objects. Kids are exposed to the different juggling instruments, and learn how to play with them alone and in groups. Instruments include:

Juggling Balls, Flower Sticks, Hula Hoops, Diabolo and Spinning Plates





Karate

Kyokushin Karate - 'The Strongest Karate' . Traditional - but quite different! It is respected in Karate circles and in the wider martial arts as a 'hard' style with its own very high standards. Strenuous training and contact sparring build the kind of spirit and endurance needed to help prepare realistically for serious physical confrontation.

What Can Your Child Benefit from Karate Training?

- It Encourages Physical Fitness
- It Fosters Discipline and Self-Control
- It Improves Social Skills
- It Lessens Screen Time
- It Instils Respect

Karate focuses on controlling one's body and mind. This control helps children develop patience and respect differences of opinion. As they grow, they start feeling confident in their abilities, including to control their anger. Patience and anger management are great skills to develop early on in childhood.





Football

Football is usually a fun and healthy activity for the children. It is played between two teams on a usually rectangular field having goalposts or goals at each end and whose object is to get the ball over a goal line into a goal or between goal posts by running, passing, or kicking the ball.

Football is one of the main activities which helps children to stay fit. It increases stamina and flexibility. Running for long hours helps us build strong leg muscles which helps us stay healthy. Learning to play a team sport coordinating eleven players to achieve a common goal helps build a sense of belonging. And in turn to be a team player, taking everyone into account.

Let's kick-off
together





Music & Movement (for toddlers)

Family music for toddlers can enhance many aspects of your child's development:

- Impulse control and body awareness which enables them to sit still, be calm, listen and move gracefully
- Self-expression, asking questions and speaking up in front of others.
- Learning to share and take turns.
- Practising fine motor skills
- Discovering a love of music



Sign-Up

Should you be interested in any of our extra-curricular activities, please fill up the agreement & waiver form to enrol.