





# **AFTER-SCHOOL ACTIVITIES**

Catalogue 2023-2024

## **SPORT WORKSHOPS**



#### **ZUMBA**

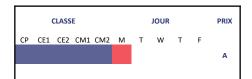
#### Mrs Ekaterina KYRMYZ

Ms. Kyrmyz is an enthusiastic dancer who has been giving modern dance lessons at Pinocchio e.V. for several years.

Zumba is fun! Zumba does not require you to be a good dancer. There is no sense of competition between children, it's all about having a good time! A mix of Latin dance and fitness, Zumba combines the fun of dance with the multiple benefits of exercise. Zumba is a great workout for the whole body. It encourages teamwork, improves memory, develops imagination and creativity. It boosts the confidence and self-esteem and promotes coordination and positioning in space.

Sportswear is required

#### **16 PLACES**





#### **TAEKWONDO**

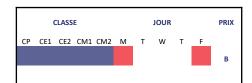
#### Mr Kido PARK

Kido Park is a multiple Korean champion and has 40 years of martial arts experience in the discipline. In addition to his degree at the Korean National Sports University, he has been active in Germany as a state coach in the DTU (German Taekwondo Union) for Bundesland Niedersachsen.

Taekwondo is an all-round martial art. As a sport, Taekwondo is a complete and very demanding Korean martial art form that was originally taught for warfare, self-defense and physical fitness. Today, it is an Olympic sport with over 60 million members worldwide, which makes it the most popular martial art in the world. Taekwondo is an activity that develops many skills: concentration, self-confidence, perseverance, self-discipline and respect.

Sportswear is required

#### 18 PLACES









#### **YOGA**

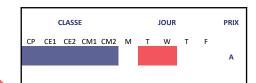
#### Mrs Françoise VIVES CARBONNE

Françoise Vives Carbonne is trained in Vinyasa Yoga and Hatha Yoga, certified by the Yoga Alliance, and has completed a specific training in Yoga for children and adolescents.

Yoga helps with self-control, an important part of a child's development. Children are, therefore, better at maintaining friendships, making decisions, it helps them to reduces stress and anxiety. They develop the ability to concentrate for longer periods of time, a skill that is greatly demanded during the school hours. The sessions focus on learning postures (asanas) to strengthen, soften and relax the body as well as working on breathing and relaxation. Awareness and control of the breath is a key to managing emotions and stress.

Sportswear is required

#### 12 PLACES



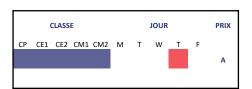


#### **GYMNASTIQUE ACROBATIQUE**

#### Mrs Mira ALLOU

Ms Allou worked as an acrobatic gymnastic trainer at the Kazakh circus in Almaty, where she trained children. Since 2019, she has been teaching children in German schools.

This sport is at the heart of children's motor development, by developing their physical, mental and social skills. It increases their motor skills: strength, flexibility, coordination and speed, develops balance and a sense of rhythm, and corrects poor body posture. Gymnastics is an excellent way to provide the physical activity required for school-age children to prevent injuries when they jump, land, roll and fall. Sportswear is required



## SPORT WORKSHOP







## **BALLET**

#### Mrs Alexandra YUST

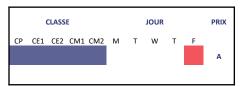
With a diploma from the Almaty Choreographic Academy, Alexandra Yust has worked as a ballering at the Opera and Ballet Abai (Almaty/Kazakhstan), as well as in various theatres in Germany.

There is so much to love about ballet: the grace, the balance, the suppleness with which the dancers glide across the stage...

It's all about the body and the mind - good posture, strong muscles and supple joints, stamina. In addition, the child's attention, muscle memory and visual memory are improved. Ballet classes help develop willpower and discipline. They help overcome natural shyness and teach children to communicate better. Regular classes teach inner discipline from early childhood - one of the best gifts you can give your child!

Sportswear is required

#### 12 PLACES



#### **HIP-HOP UND MODERNER TANZ**

#### Mrs Ekaterina KYRMYZ

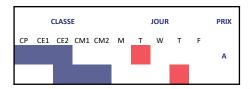
Ms. Kyrmyz is an enthusiastic dancer who has been giving modern dance lessons at Pinocchio e.V. for several years.

Hip-hop and modern dance are among the most popular and demanded dance styles for children and teenagers. With hip-hop, children learn to follow the rhythm of popular songs, to react quickly and to adapt. All this requires stamina and training.

It is also a great opportunity to let off excess energy and have fun at the same time.

Sportswear is required

#### 16 PLACES



## **FOOTBALL**

#### Mr Marin LILIC

Marin Lilic is a qualified trainer and has been coaching at the LfiSV for several years.

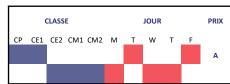
Football is an all-round sport that promotes the physical development of the child by stimulating the respiratory and circulatory systems. It requires a great deal of teamwork and provides an excellent cardio workout. It enhances the strength and the gross motor coordination.

Football is an excellent opportunity for children to learn the spirit of competition as well as good sportsmanship.

They learn empathy and understanding of one another's feelings when it comes to winning and losing.

Sportswear is required

#### 16 PLACES





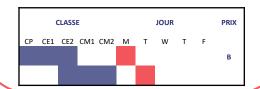


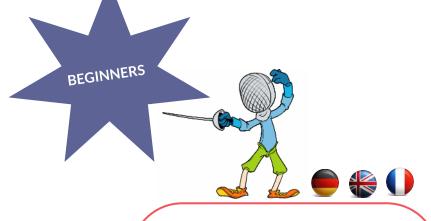
#### **ÉCHECS**

#### Mr Aljoscha BAßENHOFF

Having initially concentrated on online chess, where he is among the top 10% of players in the world, Mr. Baßenhoff plays chess with great passion in chess clubs and tournaments.

Checkmate: an absolute and final end - the game is over. Players can either learn the basics of the game or choose to improve their existing knowledge. The game of chess is rich in pedagogical values that are particularly useful for pupils in their learning phase. Chess is an exciting workshop, with many advantages in terms of memorization and concentration. These results are to be added to the very positive emotional sports qualities such as the spirit of competition and success, self-esteem, respect for the opponent, acceptance of defeat and the relativity of success.





#### **ESCRIME**

#### **M Gabor PAPP**

Gabor Papp is a certified fencing master. He has been working at the LfiSV for several years.

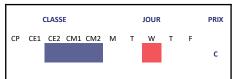
Pupils learn to develop their agility, concentration and reflexes through adapted and playful motricity exercises.. Prior to learning the techniques of fencing, the children are given introductory safety briefings and explanations. They are taught the rules of the sport.

The beginners group will be introduced to epee fencing techniques, the basics of fencing - footwork (attack and defence), how to deliver a thrust (wall target drill) and much more. Students will experience 'real combat' with electric scoring equipment, and all will compete in friendly matches against other international schools.

Equipment is provided by the instructor.

Sportswear is required

#### 12 PLACES





#### **ESCRIME**

#### M Gabor PAPP

Gabor Papp is a certified fencing master. He has been working at the LfiSV for several years.

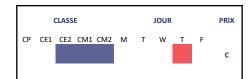
Pupils learn to develop their agility, concentration and reflexes through adapted and playful motricity exercises...

Footwork, epee skills and technical aspects are taught at a higher level. As they progress, they test the skills they have learned against each other.

The advanced group will consolidate all the techniques learnt, learn or consolidate fencing and refereeing skills, and experience 'real combat' with electric scoring equipment. All students will have the opportunity to compete in friendly matches against other international schools.

All equipment is provided by the instructor.

Sportswear is required







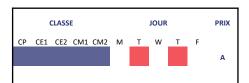
#### **Mme Irina MOOR**

Irina Moor graduated from the Almaty Academy of Music as an orchestra and violin ensemble professor.

Singing in a choir means finding your place in a group, it's both an individual and a collective experience that doesn't give way to competition but rather to cooperation and listening to others. It helps pupils to develop their ability to express themselves, their selfesteem and their self-confidence, all in a fun, happy atmosphere.

Through choral singing, pupils work on their voice, breathing and posture. They learn about rhythm, melody, interpretation and musical thinking, and practise memorisation, movement and lyrics. Students will work on songs in French and German. This enables them to improve their syntax, comprehension, vocabulary and diction in both languages.

#### **20 PLACES**





#### **PIANO**

#### Mrs Irina MOOR

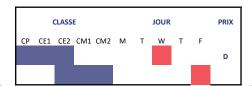
Irina Moor graduated from the Almaty Academy of Music as an orchestra and violin ensemble professor.

The piano is a good way to express oneself, it helps to reduce stress during busy days, to relax and to free up problems. Moreover, playing the piano gives the child self-confidence and pleasure.

Playing the piano is exciting, but not so easy! It stimulates thinking and creativity, improves hand-eye coordination. It also helps with concentration and discipline.

Pupils will learn musical notes and values, work on their posture and hand position and study different pieces of music, organised by age and skill level.

#### **5 PLACES**





#### **KIDS MIX CLUB**

#### Mr Sylvain LE MERCIER

With 26 years of experience as a DJ and more than 600 shows in Europe, Mr Le Mercier has a broad musical culture and a great mastery of the history of modern music.

An activity for children who love music! Children will discover the history of contemporary music (from jazz to techno, via rock, soul, funk, rap...), the history of DJs and mixing techniques.

If you want to become an expert on modern music and a budding DJ, find out what all the buttons on a mixer are for, understand how to mix two songs and become a turntable star at the school party, sign up now!



## ARTISTIC WORKSHOPS



#### **ART & RECYCLING**

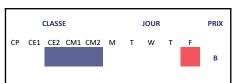
#### **Mme Saloua REJEB**

Saloua REJEB is a craftswoman and interior designer, graduated from the School of Art and Decoration of Tunis. She has giving workshops at the LfiSV for several years

Art & recycling is more than an attempt to exercise creativity with recycled materials, it's about transforming these objects into truly unique and eyecatching creations, using what's at hand to bring inspiration to life. In this workshop we encourage pupils to care for the environment, to promote recycling and to raise awareness of waste and its infinite potential for transformation.

Our principles are 0% pollution and 100% reuse, combined with 100% creativity.

#### 12 PLACES





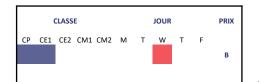
### **ART PLASTIQUE**

#### Mrs Saloua REJEB

Saloua REJEB is a craftswoman and interior designer, graduated from the School of Art and Decoration of Tunis. She has giving workshops at the LfiSV for several years.

Throughout the year, this activity offers a variety of artistic opportunities. Children learn to work independently over the time. Small sculptures are created with different materials: animals, robots, anything the children can think of. Houses/gardens are built from paper/residual waste. Pupils experiment with different types of painting, such as drawing and painting their own bodies on the floor. Once the creation is finished, the children can take it home.

#### 12 PLACES





#### **CRÉATION BIJOUX**

#### **Mrs Saloua REJEB**

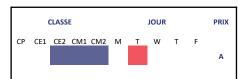
Saloua REJEB is a craftswoman and interior designer, graduated from the School of Art and Decoration of Tunis. She has giving workshops at the LfiSV for several years.

A creative workshop that will sure keep little children's hands busy. They will be accompanied step by step in the discovery of jewelry techniques (exploration of the materials used in the composition of jewelry, tools and assembly techniques). The manual assembly of fine pieces stimulates the children's motor skills.

From reproducing a model to gradually acquiring a skill while stimulating their imagination, children will have a super time and the opportunity to express all their creativity.

Once the creation is finished, the pupils can take it home.

#### 10 PLACES





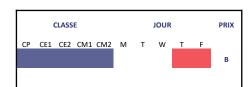
#### **PEINTURE & DESSIN**

#### Mrs Maud DEFLANDRE

Educated since 2007 in the field of creative arts, Mrs Deflandre is a textile designer. She leads with great enthusiasm several art workshops for children.

In this activity, pupils will learn the different drawing techniques, from sketching to painting, drawing and watercolor, telling a story through the different characters they draw while having fun.

They will discover the basics of perspective drawing, composition, proportions, shades of grey, color, light and much more.



## HANDICRAFT WORKSHOPS







#### **BRICOLAGE**

#### Mrs Saloua REJEB

Saloua REJEB is a craftswoman and interior designer, graduated from the School of Art and Decoration of Tunis. She has giving workshops at the LfiSV for several years.

Handicrafts and manual activities stimulate children's creativity. They provide them with many benefits. Painting, molding, coloring, drawing, manipulating modelling clay, cutting out, DIY, painting... All these leisure activities help to develop the imagination and fine motor skills of the children and help to stimulate their concentration.

Once the creation is finished, the pupils can take it home.

## **CRÉATION COUTURE**

#### Mrs Saloua REJEB

Saloua REJEB is a craftswoman and interior designer, graduated from the School of Art and Decoration of Tunis. She has giving workshops at the LfiSV for several years.

Learning to sew takes a lot of patience, love and enthusiasm. Sewing is an excellent way to develop children's creativity and fine motor skills. They will learn how to put a pattern on fabric, how to cut, how to pin, how to handle a pair of scissors, how to sew by hand in a fun and personal way and experiment with the main basic stitches: running baste stitch, running stitch, back stitch, slip stitch or catch stitch. They will have fun creating pouches, bags, accessories, comforters and decorative pillows. Once the creation is finished, they can take it home.

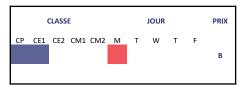
## **THÉÂTRE**

#### Mrs Natalia MOROZOVA

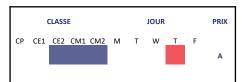
Natalia MOROZOVA is an actress, musician and writer for news magazines. She has been giving workshops at the LfiSV for several years.

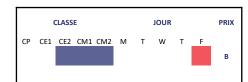
Theatre is a very fun activity that allows children to learn the tools and techniques of performing on stage. The children become familiar with the stage and its traditions, such as rehearsals, role allocation and line play. They gradually learn to perform their lines in front of their peers and improve their expressive skills.

#### 12 PLACES



#### 10 PLACES







#### **ART IN ENGLISH**

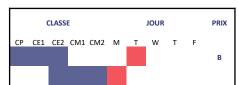
#### **Mrs Sarah LERNOUT**

Sarah Lernout teaches English at LfiSV. She is a qualified and experienced art teacher in the UK secondary education system.

Art creates an enthusiastic and motivating learning environment. It empowers children to express their personalities, helping them to learn and strengthen their English skills without even realising it! Throughout the year, pupils learn to use different media such as collage, painting, sculpture and pastel. The projects are carried out over one or more lessons with a final result.

All instructions are given in English.

#### 12 PLACES





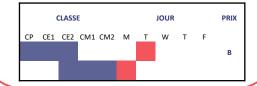
#### **DEUTSCH LERNEN**

#### **Mme Anna STETSENKO**

In this workshop, children learn German with the help of various supports such as games, poems, stories, songs and why not with a wild karaoke session.

Pupils learn to use simple structures of the German language, to speak with pleasure, to use new words and to communicate with others in a foreign language.

#### 12 PLACES



## LANGUAGE AND STUDY WORKSHOPS



NEW

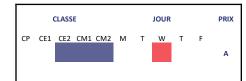
## 1, 2, 3, HISTOIRE!

#### **Mme Elodie BALLAND**

Passionate about history all her life, Ms Balland has been organizing workshops with children for the last 3 years as part of an association. She is an ICN graduate with additional training in European history (Training in European Cultures) and a semester of study in European history at the University of Saarland (Germany).

This activity enables pupils to expand their knowledge of history (mainly French and European history) in as fun a way as possible. The primary school history syllabus focuses on the discovery of the different major periods in history, so the various materials provided will always refer to the timeline as much as possible. The pupils will enjoy playing individual or group games such as Timeline, Tempo chrono, qui est qui, Trivial Poursuit (history), the Mille bornes de l'Histoire de France. Vauban, etc.

#### 12 PLACES





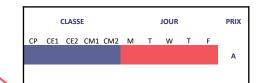
#### ÉTUDE

Guided homework is available every afternoon. Pupils do their homework and can deepen any notion studied in class if they wish.

The small size of the groups allows for individual monitoring and support of the pupils by the teacher.

Pupils are grouped together by grade level to allow fresh exchanges and additional stimulation to that received in class.

Once homework has been completed, they are invited to take part at different activities in the classroom, school library or on the playground, depending on the weather.



| YEAR | MONDAY        | TUESDAY            | WEDNESDAY         | THURSDAY                    | FRIDAY                |
|------|---------------|--------------------|-------------------|-----------------------------|-----------------------|
|      |               |                    |                   |                             |                       |
|      | Bricolage (B) | Chorale (A)        | Piano (D)         | Chorale (A)                 | Peinture & Dessin (B) |
|      | Échecs (B)    | Art in English (B) | Art plastique (B) | Peinture & Dessin (B)       | Taekwondo (B)         |
|      | Zumba (A)     | Deutsch lernen (B) | Yoga (A)          | Gymnastique acrobatique (A) | Ballet (A)            |
| СР   | Taekwondo (B) | Hip-Hop (A)        | Étude (A)         | Étude (A)                   | Football (A)          |
|      | Étude (A)     | Football (A)       |                   |                             | Étude (A)             |
|      |               | Yoga (A)           |                   |                             |                       |
|      |               | Étude (A)          |                   |                             |                       |
|      |               |                    |                   |                             |                       |
|      | Bricolage (B) | Chorale (A)        | Piano (D)         | Chorale (A)                 | Peinture & Dessin (B) |
|      | Échecs (B)    | Art in English (B) | Art plastique (B) | Peinture & Dessin (B)       | Taekwondo (D)         |
|      | Zumba (A)     | Deutsch lernen (B) | Yoga (A)          | Gymnastique acrobatique (A) | Ballet (A)            |

Hip-Hop (A)

Football (A)

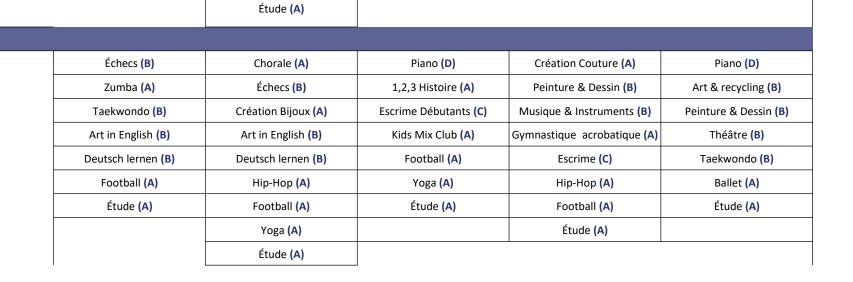
Yoga (A)

CE1

CE2

Taekwondo (B)

Étude (A)



Étude (A)

Étude (A)



| Category | Price |
|----------|-------|
| Α        | 290 € |
| В        | 340 € |
| С        | 440 € |
| D        | 650 € |

Fees per session for the school year

Football (A)

Étude (A)



| YEAR | MONDAY               | TUESDAY             | WEDNESDAY                 | THURSDAY                               | FRIDAY                |
|------|----------------------|---------------------|---------------------------|--|-----------------------|
|      | Art in English (B)   | Chorale (A)         | 1,2,3 Histoire <b>(A)</b> | Chorale (A)                            | Piano (D)             |
|      | Deutsch lernen (B)   | Échecs (B)          | Escrime Débutants (C)     | Escrime Avancés (C)                    | Art & recycling (B)   |
|      | Taekwondo <b>(B)</b> | Création Bijoux (A) | Kids Mix Club (A)         | Création Couture (A)                   | Peinture & Dessin (B) |
|      | Football (A)         | Yoga (A)            | Football (A)              | Peinture & Dessin (B)                  | Théâtre (B)           |
| CM1  | Zumba (A)            | Étude (A)           | Yoga (A)                  | Gymnastique acrobatique (A)            | Taekwondo (B)         |
|      | Étude (A)            |                     | Étude (A)                 | Hip-Hop (A)                            | Ballet (A)            |
|      |                      |                     |                           | Football (A)                           | Étude <b>(A)</b>      |
|      |                      |                     |                           | Étude (A)                              |                       |
|      |                      |                     |                           |  |                       |
|      | Art in English (B)   | Chorale (A)         | 1,2,3 Histoire <b>(A)</b> | Chorale (A)                            | Piano (D)             |
|      | Deutsch lernen (B)   | Échecs (B)          | Escrime Débutants (C)     | Création Couture (A)                   | Art & recycling (B)   |
|      | Taekwondo (B)        | Création Bijoux (A) | Kids Mix Club (A)         | Peinture & Dessin (B)                  | Peinture & Dessin (B) |
| CB42 | Football (A)         | Yoga (A)            | Football (A)              | Gymnastique acrobatique (A) Théâtre (B |                       |
| CM2  | Zumba (A)            | Étude (A)           | Yoga (A)                  | Hip-Hop (A)                            | Taekwondo (B)         |
|      | Étude (A)            |                     | Étude (A)                 | Escrime (C)                            | Ballet (A)            |
|      |                      |                     |                           | Football (A)                           | Étude <b>(A)</b>      |
|      |                      |                     |                           | Étude (A)                              |                       |

| Category | Price |
|----------|-------|
| Α        | 290 € |
| В        | 340 € |
| С        | 440 € |
| D        | 650 € |

Fees per session for the school year

#### **Timetable**

Activities are held from Monday 04 September 2023 to Tuesday 02 July 2024, from 2.30pm to 4pm.

### **Registration and payment**

All registrations will be done via eduka in the dedicated APS module.

Registration is on an annual basis. However, in special cases, enrolment may be made during the year (e.g. arrival at the school during the year, change in the family's timetable). Each workshop has a quota of places. Once the quota is reached, the activity is considered complete.

Each workshop has a quota of places. When this quota is reached, the activity is considered full; a waiting list may be drawn up. All other registration requests can be made by email to aps-Ifdd@lfisv.de

There are no pre-requisites for registration. Pupils can register for as many workshops as they wish (no limit in the number of workshops).

The utmost effort will be made to accommodate all families. Nevertheless, a workshop can only be held if a minimum number of participants is reached.

Invoices are issued after the beginning of the workshops.

#### **Registration fees**

Workshops are grouped into four categories, A, B C and D. The annual fees are as follows (fees per session for the school year):

| Category A | Category B | Category C | Category D |
|------------|------------|------------|------------|
| 290 €      | 340 €      | 440 €      | 650€       |



#### Cancellation and reimbursement

In the event of cancellation of registration for personal reasons, reimbursement will be made on the quarterly basis already explained above.

Example: a cancellation on 15 January 2023 will result in reimbursement for the sessions of the third quarter, i.e., 9 weeks out of the 35 annual weeks.

In the event of cancellation for medical reasons (on production of a medical certificate), the refund will consider the exact number of weeks cancelled.

#### **Internal regulations**

The school's internal rules apply to extracurricular activities. Any infringement of the school rules may lead to exclusion from the extracurricular activity. Please note that supervision of your children in primary school is provided until 4pm, but not beyond. From 4pm onwards, the pupil is under the responsibility of his/her parents or, if applicable, under the responsibility of the AWO after-school care service

#### **Absences**

In case your pupil is exceptionally unable to participate in an activity, kindly notify the coordinator beforehand by e-mail at <a href="mailto:aps-lfdd@lfisv.de">aps-lfdd@lfisv.de</a> to avoid unnecessary concerns for the coordinator. In the event of a teacher's absence, an alternative solution will be proposed during the session: replacement of the teacher, taking your children to the library, participation in another workshop, etc.

In the event of prolonged or repeated absence of a teacher, make-up sessions for the workshop concerned will be offered.

#### Contact

Mrs Luminita Gherghe is the APS coordinator.

For information on after-school activities, you can contact her at the following email address: aps-lfdd@lfisv.de

## **REMINDER**

Please identify the posters that represent the activities you have registered your children for

and remind them when they have an activity (the day and the poster).









**POSTERS** 











**1,2,3, HISTOIRE** 







CHORALE PIANO

#### **REMINDER**

Please identify the posters that represent the activities you have registered your children for and remind them when they have an activity (the day and the poster).





**KIDS MIX CLUB** 



**BRICOLAGE** 



**ART PLASTIQUE** 















