



COLOGNE INTERNATIONAL SCHOOL
Internationale Friedensschule Köln

EXTRA-CURRICULAR ACTIVITIES

Primary School



Photo: Catja Vedder

CLUBS & LATE CLUBS 2021/22 Semester 1

Dear Parents,

Please find attached background information regarding our club program for the school year 2021/22 semester 1. Our club structure will facilitate student development in the following areas:

Body

Experience how physical activity influences well-being in a positive way. Clubs currently offered in this area:

- Ball Games (Tuesday 14:45 - 16:15) - max. 15 students
- Dance & Cheerleading (Tuesday 14:45 - 16:15) - max. 15 students
- Football 1/2 (Tuesday 14:45 - 16:15) - max. 15 students
- Rock Climbing 3/4 (Tuesday 14:45 - 16:15) - max. 8 students
- International Sports Games (Wednesday 16:15 - 17:30) - max. 15 students
- Yoga (Thursday 16:15 - 17:30) - max. 15 students
- Athletics (Friday 14:45 - 16:15) - max. 15 students
- Football 3/4 (Friday 14:45 - 16:15) - max. 15 students
- Gymnastics (Friday 14:45 - 16:15) - max. 15 students

Mind

Expand your brain capacity, imagination and concentration. Clubs offered in this area:

- Reading Time (Monday, Wednesday and Thursday 15:30-16:15) - max. 15 st. - **free**

Performance

Increase creativity and improve your skills. Clubs currently offered in this area:

- Theater (Monday 16:15 - 17:30) - max. 15 students
- Arts & Crafts (Tuesday 14:45 - 16:15) - max. 15 students
- Primary Choir (Tuesday 14:45 - 16:15) - max. 15 students - **free**
- Music & Games (Tuesday 14:45 - 16:15) - max. 15 students - **free**
- Science Experiments (Tuesday 16:15 - 17:30) - max. 15 students
- Arts & Crafts (Friday 14:45 - 16:15) - max. 15 students

Relationship

Improve your public speaking, communication and collaboration skills. Clubs currently offered in this area:

- Spanish (Monday, Wednesday and Thursday 15:30-16:15) - **free**
- Games Club (Tuesday 14:45 - 16:15) - max. 15 students - **free**
- Games Club (Friday 14:45 - 16:15) - max. 15 students - **free**

DETAILED CLUB DESCRIPTIONS IN ALPHABETICAL ORDER

Arts & Crafts

Dr. Shipra Saksena (Tuesdays) & Pratibha Mantri (Fridays)

B 0.26 - 120€/semester

Painting, drawing and sculpting... Come and use a variety of paints, pencils and materials to create beautiful works of art!

Athletics

Julia Went

Sports Hall 2 - 120€/semester

Develop your track and field skills and take part in various competitions. Sports clothes and clean sports shoes are mandatory!

Ball Games

Stefan Reiff

Sports Hall 2 - 120€/semester

Take part in a range of traditional and improvised games with a ball: Brennball, dodge ball, basketball, football, handball, floorball, hockey, tennis, football tennis, volleyball. Sports clothes and clean sports shoes are mandatory!

Dance & Cheerleading

Julia Went

A 0.16 - 120€/semester

Learn easy dance moves mixed with dance lifts, stunts, jumps and basic gymnastics elements. This class trains body control, self-confidence and team spirit. Sports clothes and clean sports shoes are mandatory!

Football

Sören Schuschke

Sports Hall 3 - 120€/semester

Practise your ball skills with drills and team games, run by a qualified football trainer. Sports clothes and clean sports shoes are mandatory!

Games

Francisco Lara (Tuesdays) & Pengfei Yang (Fridays)

A 1.01 - free

Outdoor and indoor games, depending on the weather.

Gymnastics

Stefan Reiff

Sports Hall 1 - 120€/semester

Bild and develop your skills using a range of gymnastic equipment, both floor and mounted, with a qualified coach. Sports clothes and clean sports shoes are mandatory!

International Sports Games

Carlo Glassmacher

Sports Hall 2 - 120€/semester

Take part in various international games and learn the games of different cultures. Sports clothes and clean sports shoes are mandatory!

Music & Games

Julie Maas

A 1.02 - free

Join our music & games club and learn to be creative. We will also have fun listening to music and playing indoor and outdoor games together.

Primary Choir

Jan Gerwing

A 0.04 - free

Join our primary choir and have fun learning to sing a variety of easy songs, as well as canons and simple polyphonic pieces.

Reading Time

Julie Maas, Jan Gerwing & Pengfei Yang

A 0.01 Library - free

In our reading club on Mondays, Wednesdays and Thursdays, children can read and be read to.

Rock Climbing 3/4

Lea Schmid

Outside climbing wall - 120€/semester

Use our school climbing wall to develop your climbing skills and experience the excitement and fulfilment of scaling a high wall. Outdoor sports clothes are necessary. In case of bad weather, clean sports shoes and indoor sports clothing are needed in order to enter the sports hall.

Science Experiments

Lea Schmid

A 2.22 - 120€/semester

A range of science experiments such as lava lamps, colour bombs, coke and mentos fountain quicksand, slime will be performed in order to arouse the pupils' interest and build up their knowledge in nature sciences.

Spanish

Antonia Manceras, Susana Martinez and Francisco Lara

A 2.18 / A 2.21 / A 1.18 - free

Mondays, Wednesdays and Thursdays, we offer Spanish lessons for our primary pupils. Please be aware that the participation on all three days is required.

Theater

Dr. Shipra Saksena

A 1.04 - 120€/semester

Students will have a chance to experience the excitement and rewards of theatre arts while developing acting and social skills, confidence and the ability to work in a team. They will learn how to perform, how to modulate voice and their facial expressions.

Yoga

Saskia Höppner

A 0.16 - 120€/semester

Take a deep breath and leave school day behind! Become a brave lion, a happy frog or a relaxed turtle. Find out how practicing yoga postures (asanas) can challenge you, but also calm you down and keep you and your body healthy!

For timetable, please see the next page.

We wish our students a lot of fun!

Best regards,

Tatjana Zarić

Extra-Curricular Activities & Marketing

TIMETABLE WITH LOCATION INFORMATION



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PRIMARY CLUB TIMETABLE

Semester 1	Monday	Tuesday	Wednesday	Thursday	Friday
14:45-16:15		Arts & Crafts B0.26 Ball Games SP 2 Dance A0.16 Football 1/2 SP 3 Rock Climbing 3/4 Games A1.01 Primary Choir A0.04 Music & Games A1.02			Arts & Crafts B0.26 Athletics SP 2 Football 3/4 SP 3 Gymnastics SP 1 Games A1.01
15:30-16:15	Spanish A2.18, A2.21, A1.18 Reading Time Library		Spanish A2.18, A2.21, A1.18 Reading Time Library	Spanish A2.18, A2.21, A1.18 Reading Time Library	
16:15-17:30	Theater A1.04	Science Experiments A2.22	International Sports Games SP 2	Yoga A0.16	

