



COLOGNE INTERNATIONAL SCHOOL
Internationale Friedensschule Köln

EXTRACURRICULAR ACTIVITIES

Primary School



CLUBS & LATE CLUBS 2022/23 Semester 1

Dear Parents,

Please find attached background information regarding our club program for the current school year. 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:

- Classical Ballet (Monday 16:15 - 17:30) - max. 20 students
- Athletics (Tuesday 14:45 - 16:15) - max. 20 students
- Dance & Cheerleading (Tuesday 14:45 - 16:15) - max. 20 students
- Football 1/2 (Tuesday 14:45 - 16:15) - max. 20 students
- Outdoor (Tuesday 14:45 - 16:15) - max. 20 students
- Self-Defence (Tuesday 16:15 - 17:30) - max. 20 students
- Ball Games (Wednesday 16:15 - 17:30) - max. 20 students
- Parkour (Thursday 16:15 - 17:30) - max. 20 students
- Football 3-5 (Friday 14:45 - 16:15) - max. 20 students
- Gymnastics (Friday 14:45 - 16:15) - max. 20 students
- Outdoor (Friday 14:45 - 16:15) - max. 20 students

Mind

Sharpen your thinking skills and your strategical mind. Clubs offered in this area:

- Chess (Tuesday 14:45-16:15) - max. 20 students

Performance

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

- Theater (Monday 16:15 - 17:30) - max. 20 students
- Arts & Crafts (Tuesday 14:45 - 16:15) - max. 20 students
- Singing Star (Tuesday 14:45 - 16:15) - max. 20 students
- Science Experiments (Tuesday 16:15 - 17:30) - max. 20 students
- Arts & Crafts (Friday 14:45 - 16:15) - max. 20 students
- Moviemaking (Friday 14:45 - 16:15) - max. 20 students

Communication

Improve your language skills. Clubs currently offered in this area:

- Spanish Grades 1-4 (Monday, Wednesday & Thursday 15:30-16:15) - **free**
- English for absolute beginners Grades 1-4 (Mo, We & Th 15:30-16:15) - **free**
- German for absolute beginners Grades 1-4 (Mo, We & Th 15:30-16:15) - **free**
- Italian for native speakers (Monday 15:30 - 17:00) - max. 15 students

Games

Have fun playing together. Clubs currently offered in this area:

- Games (Monday, Wednesday and Thursday 15:30-16:15) - **free**

Please be informed that the minimum number of 8 participants per club has to be reached in order for the club to take place. Club changes and cancellations should be sent per email to tatjana.zaric@if-koeln.de.

Please note that appropriate sports clothing and clean sports shoes are mandatory for all indoor sports and dance courses. It is not allowed to enter the sports hall without clean sports shoes!

For more detailed information regarding clubs, please see the next pages.

We wish all students a lot of fun!

Kind regards,

Tatjana Zarić

Marketing & Extracurricular Activities



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PRIMARY CLUB TIMETABLE

Semester 1	Monday	Tuesday	Wednesday	Thursday	Friday
14:45-16:15		Arts & Crafts (Shipra) B0.26 Singing Star (Cristina) A0.16 Dance/ Cheerleading (Julia/ Tatjana) SP1 Football 1/2 (Jan) SP3			Arts & Crafts (Pratibha) B0.26 Moviemaking (Shipra) A1.04 Football 3-5 (Sören) SP3 Gymnastics (Lea) SP1 Outdoor (Sebastian)
15:30-16:15	Spanish 1-4 (Antonia & Susana) ESL 1-4 GSL 1-4 Games (Michaela)	Athletics (Lea) SP2 Outdoor (Sebastian) Chess (Kiran) A1.02 Start: 6 Sep	Spanish 1-4 (Antonia & Susana) ESL 1-4 GSL 1-4 Games (Michaela)	Spanish 1-4 (Antonia & Susana) ESL 1-4 GSL 1-4 Games (Michaela)	
15:30-17:00	Italian native speakers (Stefania) A1.03				
16:15-17:30	Theater (Shipra) A1.04 Classical Ballet (Haley) Start: 19 Oct	Science Experiments (Lea) A2.22 Self-Defence (Jan) SP1	Ball Games (Carlo) SP2	Parkour (Jan) SP1	

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

Lea Schmid

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

Carlo Glasmacher

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!

Chess

Kiran Berger

A 1.02 - 110€/semester - **Start: 6 September**

Chess is a fun game that incorporates all major aspects of the IB learner profile: knowledgeable, inquirers, thinkers, communicators, principled, open-minded, caring, risk takers, balanced and reflective. The chess club is a great opportunity for students to exercise their logical and strategic mind while having fun. Please note that this club starts in September. If you need a supervision for your child in August as well, your child may join another club in the first 3 weeks. In this case please choose the option "Another club + Chess" for 120€/semester.

Classical Ballet

Haley O'Donnell

New Campus - 80€/semester - **Start: 19 October**

In this club, the students will get familiar with the fundamentals of classical ballet from the traditional positions of the feet and pliés to simple turns and jumps. Discover the beauty of this iconic dance and learn how to perform a variety of basic movements. Please note that this club starts after the fall break. If you need a supervision for your

child in August and September as well, your child may join the Theater club for the first 2 months. In this case, please choose the option "Theater + Classical Ballet" for 120€/semester.

Dance & Cheerleading

Julia Went until 28 September / Tatjana Zarić from October

Sports Hall 1 - 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. Join our dance club and discover the dancer in you! Sports clothes and clean sports shoes are mandatory!

Football

Jan Reckhaus (Tuesdays) & Sören Schuschke (Fridays)

Sports Hall 3 - 120€/semester

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

Games

Michaela Kienle

A 1.01 - free

Outdoor and indoor games, depending on the weather.

Gymnastics

Lea Schmid

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!

Italian for native speakers

Stefania Tassone

A 1.03 - 120€/semester

Mother tongue lessons for native Italian students: Improve reading, writing and speaking skills in your mother tongue.

Moviemaking

Dr. Shipra Saksena

A 1.04 - 120€/semester

In this club, the students will learn how to film, edit and create short videos using simple editing softwares. Everyone will graduate with knowledge and joy for the moviemaking!

Outdoor

Sebastian Seifert

School playground - 120€/semester

Take part in various ball activities, outdoor games and hiking. A lot of fun and good mood are guaranteed! Please ensure that your child has suitable outdoor weather-dependent clothing and outdoor sports shoes!

Parkour

Jan Reckhaus

Sports Hall 1 - 120€/semester

Parkour is a great way for children to test their body in overcoming obstacles by running, climbing, jumping and balancing. It's a full-body workout with a high fun factor. Sports clothes and clean sports shoes are mandatory!

Science Experiments

Lea Schmid

A 2.22 - 120€/semester

A range of science experiments such as lava lamps, colour bombs, building volcanos, coke and mentos fountain, quicksand, slime will be performed in order to arouse the pupils' interest and build up their knowledge in nature sciences. Through fun we'll learn about physics and the natural world. It's the perfect club for the students who love science and nature, or just making things blow up.

Self-Defence

Jan Reckhaus

Sports Hall 1 - 120€/semester

In this club, the students develop skills in quick and effective self-defence. In addition, they are trained how to act in various critical situations and find the optimal solution. Sports clothes and clean sports shoes are mandatory!

Singing Star

Cristina Grego Nazaré-Marques

A 0.16 - 120€/semester

Join our karaoke club and unleash the star potential that you have inside of you! Have fun singing your favourite songs in a group, duet or solo. Good vibes and a lot of fun are guaranteed!

Spanish

Antonia Manceras & Susana Martinez

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 theater 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.

