



COLOGNE  
INTERNATIONAL  
SCHOOL  
Internationale Friedensschule Köln

# EXTRACURRICULAR ACTIVITIES

## Primary School



**CLUBS & LATE CLUBS 2022/23 Semester 2**

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:

## Sports

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
- Tennis (Monday 16:15 - 17:30) - max. 16 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

## Brainpower & Research

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

- Reading Time (Monday, Wednesday, Thursday 15:30-16:15) - free
- Chess & Board Games (Tuesday 14:45-16:15) - max. 20 students
- Science Experiments (Tuesday 16:15 - 17:30) - max. 20 students

## Creativity

Let your imagination fly and develop your creative 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
- Arts & Crafts (Friday 14:45 - 16:15) - max. 20 students
- Moviemaking (Friday 14:45 - 16:15) - max. 20 students

## Languages

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. 12 students
- Spanish for native speakers (Tuesday 14:45 - 16:15) - max. 12 students

Please be informed that the minimum number of 6 participants per club has to be reached in order for the club to take place. Club changes and cancellations are to be sent per email to [tatjana.zaric@if-koeln.de](mailto: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!

In addition to the clubs, we offer individual music lessons on the following instruments in cooperation with the International Music School Butzweilerhof: piano, trumpet, saxophone, clarinet, flute, violin, viola and cello. Soon to follow: drums, guitar & electric bass. Please send all inquiries regarding private lessons to Sebastian Oetker, [sebastian.oetker@if-koeln.de](mailto:sebastian.oetker@if-koeln.de).

For more detailed information regarding clubs and individual music lessons, please see the next pages.

We wish all students a lot of fun!

Kind regards,

Tatjana Zaric  
Marketing & Extracurricular Activities



| Semester 2  | Monday                                                                                     | Tuesday                                                                                                    | Wednesday                                                                       | Thursday                                                                        | Friday                                                                                    |
|-------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| 14:45-16:15 |                                                                                            | Arts & Crafts (Shipra) F0.108<br>Dance/ Cheerleading (Haley) SH2                                           |                                                                                 |                                                                                 | Arts & Crafts (Pratibha) F0.108<br>Moviemaking (Shipra) D2.406                            |
| 15:30-16:15 | Spanish 1-4 (Antonia & Susana)<br>ESL 1-4<br>GSL 1-4<br>Reading Time (Michaela)            | Football 1/2 (Jan) SH1<br>Athletics (Lea) SH3<br>Outdoor (Sebastian)<br>Chess & Board Games (Kiran) D2.406 | Spanish 1-4 (Antonia & Susana)<br>ESL 1-4<br>GSL 1-4<br>Reading Time (Michaela) | Spanish 1-4 (Antonia & Susana)<br>ESL 1-4<br>GSL 1-4<br>Reading Time (Michaela) | Football 3-5 (Sören) SH1<br>Gymnastics (Sebastian) SH3<br>Outdoor (Cedric) Football field |
| 15:30-17:00 | Italian native speakers (Stefania) D1.412                                                  | Spanish for native speakers (Alberto)                                                                      |                                                                                 |                                                                                 |                                                                                           |
| 16:15-17:30 | Theater (Shipra) D2.407<br>Classical Ballet (Haley)<br>Tennis (Tennis Club Bocklemünd) SH3 | Science Experiments (Lea) D2.406<br>Self-Defence (Jan) SH3                                                 | Ball Games (Carlo) SH3                                                          | Parkour (Jan) SH3                                                               |                                                                                           |

## DETAILED CLUB DESCRIPTIONS IN ALPHABETICAL ORDER

### Arts & Crafts

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

F0.108 - 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 3 - 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 3 - 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 & Board Games

Kiran Berger

D2.406 - 120€/semester

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. In addition to chess, students will also learn to play different board games.

### Classical Ballet

Haley O'Donnell

Sports Hall 3 - 120€/semester

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. Sports clothes are mandatory!

## Dance & Cheerleading

Haley O'Donnell

Sports Hall 2 - 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 1 - 120€/semester

Practise your ball skills with drills and team games run by our qualified football trainers. The students of Grades 1-4 will be prepared for the football tournament in these two clubs. If you would like your child to take part in the LöWi football tournament on 3rd June, your child will have to take part in one of these two clubs. Sports clothes and clean sports shoes are mandatory!

## Gymnastics

Sebastian Seifert

Sports Hall 3 - 120€/semester

Build 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

D1.412 - 120€/semester

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

## Moviemaking

Dr. Shipra Saksena

D2.406 - 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 (Tuesdays) & Cedric Marschall (Fridays)

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 3 - 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!

## Reading Time

Michaela Kienle

Library - free

In this club, children can read or be read to.

## Science Experiments

Lea Schmid

D2.406 - 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 3 - 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!

## Spanish for native speakers

Alberto Caballero

D2.407 - 120€/semester

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

## Spanish

Antonia Manceras & Susana Martinez

Mondays, Wednesdays and Thursdays, we offer Spanish lessons for our primary pupils. Participation in all three days is recommended.



## Tennis

Tennis Club DJK Köln-Bocklemünd e.v. 1967 e.V.

Sports Hall 3 - 120€/semester

A lot of fun and varied competition games are awaiting you in this club. Qualified trainers of the DJK Tennis Club will bring you closer to the fascination of the yellow felt ball. Sports clothes and clean sports shoes are mandatory!

## Theater

Dr. Shipra Saksena

D2.407 - 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.

## INDIVIDUAL MUSIC LESSONS

### Internationale Musikschule Butzweilerhof

Manager: Sebastian Oetker

By playing an instrument, the child learns a craft that is also an art. Such a highly complex matter can only be mastered satisfactorily if already started in childhood and if continued support through individual lessons take place!

The experience "I can do something very special!" has an enormously positive effect on the personality development of the child! Last but not least, it is an important experience for later professional life.

In the afternoon we already offer individual lessons in the following instruments: piano, trumpet, saxophone, clarinet, flute, violin, viola and cello. Other instruments such as drums, guitar and electric bass will soon follow.

If you are interested, also regarding other instruments, please contact us at [sebastian.oetker@if-koeln.de](mailto:sebastian.oetker@if-koeln.de).

Any incoming expression of interest will be placed on the waiting list first. As soon as a place is available for your child, we will contact you.