



INTERNATIONAL SCHOOL OF RIGA

Primary Arts, Sports, Academics, and Athletics Programme 2019/20 1st Trimester (from the 2nd of August to the 29th of November)	
Activity - Age group - Day of the week	Description
Swimming (1) (60 eur/tri) - Grades 1-2 - Monday	<p>IMPORTANT!! THIS ACTIVITY ENDS AT 17:00</p> <p>Beginners will learn how to swim, and swimmers will improve their skills! Children will also learn how to be safe near and in water, as well as play some games and have some fun!</p> <p>This ASA will be at the Ķīpsala swimming pool (16:15 - 17:00) and children will take the school bus. You will need to arrange transportation/pick-up from the pool. As this ASA takes place off-campus, we need to rent the pool facilities and hire a professional instructor. Therefore, this year, swimming will have a cost of 60 euros per trimester/per student. You will be invoiced by the school's office. Also, please provide a small/light snack to eat at the pool when we arrive, as well as appropriate swimming gear: swimsuit/pants, swim cap, goggles (preferable), towel and slippers/crocks/flip</p>
Gardening - Pre - KG - Monday	<p>Come and learn about different plants and the plant's needs.</p>
Computer Club - Grades 1-3 - Monday	<p>Do you know how to make your presentation to pop out or how to make a super cool party invitation? Together we are going to play around with different features and let our creativity to guide us in making something amazing!</p>
German Language for beginners - Grade 2-5 - Monday	<p>No previous knowledge of German is required. The activities will be designed around basic grammar concepts, vocabulary development, language games and conversations. We will also use information technology. Traditional German stories and literature will help spark simple conversations.</p>
Photo trickery Club (90 eur/tri) - Grades 3-5	<p>An opportunity for your child to learn photo basics, tips and tricks in photography and work in photoshop to create some fun and creative projects. Through games and practical tasks, they will learn how to</p>

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<ul style="list-style-type: none"> - Wednesday 	<p>handle a camera, get an introduction to photoshop, become superheroes and magic creatures in photos, shrink elephants and make things levitate, but most importantly have fun while learning new skills!</p>
<p>Swimming (2) (60 eur/tri)</p> <ul style="list-style-type: none"> - Pre 2-KG - Tuesday 	<p>IMPORTANT!!</p> <p>We will learn the basics of swimming techniques, how to be safe near and in water, and have some fun games and activities! This ASA is for children who have reached the age of 4 (four) by September 2019. This ASA will be at the Ķīpsala swimming pool (15:30 - 16:10) and you will need to arrange transportation (can be car sharing etc.). As this ASA takes place off-campus, we need to rent the pool facilities and hire a professional instructor. Therefore, this year, swimming will have a cost of 60 euros per trimester/per student. You will be invoiced by the school's office.</p> <p>More information will follow once you have signed-up (this includes needed items, logistics, car sharing, permissions, pick-up times, etc.).</p>
<p>Russian Language (180 eur/tri)</p> <ul style="list-style-type: none"> - Pre - Gr 5 - Wednesday and Friday 	<p>Learn the Russian language, the lessons will be adapted to the needs and level of the students.</p>
<p>Textile Crafts</p> <ul style="list-style-type: none"> - Grades 1-5 - Monday 	<p>Learn and improve your skills to use needles, threads, and fabrics. We will make different art projects from embroidery and textile collages to simple weaving!</p>
<p>Math games and puzzles</p> <ul style="list-style-type: none"> - Grades 1-3 - Monday 	<p>Challenge your thinking skills with exciting games and puzzles! Will you be the puzzle master?</p>
<p>Lego</p> <ul style="list-style-type: none"> - Toddlers - KG - Monday 	<p>Let's release our imagination and explore what can we build out of Lego-blocks</p>
<p>Clay</p> <ul style="list-style-type: none"> - Toddlers - Pre - Tuesday 	<p>Come and enjoy working and playing with clay.</p>
<p>Singing Club</p> <ul style="list-style-type: none"> - Grades 2-5 	<p>Students will sing different songs from a variety of cultures and styles and will be involved in school assemblies and events. Students will</p>

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<ul style="list-style-type: none"> - Thursday 	<p>also represent ISR at several charity events during December.</p>
<p>Swimming (3) (60 eur/tri)</p> <ul style="list-style-type: none"> - Grades 3-5 - Tuesday 	<p>IMPORTANT!! THIS ACTIVITY ENDS AT 17:00</p> <p>Swimmers will work and improve their swimming skills and techniques, as well as learn the basics of life-guarding and water safety.</p> <p>This ASA will be at the Ķīpsala swimming pool (16:15 - 17:00) and children will take the school bus. You will need to arrange transportation/pick-up from the pool. As this ASA takes place off-campus, we need to rent the pool facilities and hire a professional instructor. Therefore, this year, swimming will have a cost of 60 euros per trimester/per student. You will be invoiced by the school's office.</p> <p>Also, please provide a small/light snack to eat at the pool when we arrive, as well as appropriate swimming gear: swimsuit/pants, swim cap, goggles (preferable), towel and slippers/crocks/flip</p>
<p>Math and general science</p> <ul style="list-style-type: none"> - Grades 3-5 - Tuesday 	<p>Join in the fun and solve maths puzzles, do experiments, and learn more about biology!</p>
<p>Judo (90 eur/tri)</p> <ul style="list-style-type: none"> - Grades 1-5 - Wednesday 	<p>Join our Judo Club, activity lead by an outside company (Dinamo Lat). The practice of judo techniques helps people develop basic and fundamental physical fitness in a number of ways, such as the development of strength, flexibility, agility, speed, dynamic and static balance, explosive power, and endurance. The practice of active attack and defense helps develop reaction time, coordination, and overall physical self-confidence. Judo students become physically bigger, stronger, and faster through their practice of judo.</p>
<p>Rhythm and dance</p> <ul style="list-style-type: none"> - Grades 1-5 - Tuesday 	<p>We'll explore and play around with different rhythms, make some ourselves and learn some fun dances.</p>
<p>Sew your own soft toy</p> <ul style="list-style-type: none"> - Grade 1-3 - Thursday 	<p>Students sew small soft toys out of fleece. They follow patterns and use real sewing needles. Students develop fine motor skills as they cut fabric and learn stitches of different complexity.</p> <p>Patience is necessary!</p>
<p>Fun sports</p> <ul style="list-style-type: none"> - Toddlers - Pre - Tuesday 	<p>The right game can boost the kid's cognitive, physical, and emotional skills, so come and explore such a basic games like: "Simon Says", "Hot and Cold", "One for you, one for me", "HoKey - Pokey", "Parachute" and so on. Feel free to try them out!</p>



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<p>Ceramics (two groups, 90 euro each group per/tri)</p> <ul style="list-style-type: none"> - Pre - Gr 5 - Wednesday and/or Friday 	<p>This is the place to make art! Paint, hand build and sculpt pottery amongst other things!</p>
<p>Basketball</p> <ul style="list-style-type: none"> - Grades 1-5 - Thursday 	<p>Get ready to learn the rules, how to play, scoring, shot types, and much more with basketball basics.</p>
<p>Jewelry making</p> <ul style="list-style-type: none"> - Grades 1-5 - Thursday 	<p>Enjoy making bracelets, necklaces, earrings, etc. using proper tools and materials. Also, learn to make your own beads and other designs from polymer clay.</p>
<p>Fun Math</p> <ul style="list-style-type: none"> - Pre - KG - Thursday 	<p>Children will broaden their understanding of Math</p>
<p>Play-dough</p> <ul style="list-style-type: none"> - Toddler - Gr 1 - Thursday 	<p>We will make our own play dough and explore what we can do with it.</p>
<p>Woodworking (60 eur/tri)</p> <ul style="list-style-type: none"> - KG - Gr 2 - Thursday 	<p>Join our woodworking after school activity in order to learn to use tools and building materials as well as Bob the Builder!</p>
<p>Recorders Club</p> <ul style="list-style-type: none"> - Grades 2-5 - Friday 	<p>Learn to play the soprano recorder in only 6 weeks! Did you know this simple woodwind instrument has the same fingering as saxophone and flute? This means, later on you will be able to switch to those, if you would like to! Students will be asked to purchase their own soprano recorder (Preferable Yamaha, price starting 14 EUR and up). Maximum of 12 people, Music Room.</p>
<p>Paper art</p> <ul style="list-style-type: none"> - Grades 1-3 - Friday 	<p>Making different things from paper.</p>
<p>Zumba</p> <ul style="list-style-type: none"> - KG-Gr 5 - Friday 	<p>If you want to be active and jam out to your favorite music, zumba is for you! Zumba is a great tool for keeping kids' lifestyle healthy and to incorporate fitness as a natural part of their lives by making fitness fun. Classes incorporate key</p>



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	childhood development elements like leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, cultural awareness. Join us!
Science Club <ul style="list-style-type: none">- Pre-KG- Friday	This science club will encourage children to explore different senses, including sight, touch, sound, smell, and even taste. Children will naturally start to pick up simple science concepts presented through having a fun conversation and doing science experiments and activities.
Playing music instruments <ul style="list-style-type: none">- Grades 3-5- Thursday	This activity is for highly motivated students who would like to improve their guitar (or ukulele, or keyboard) playing skills. As this is a group activity, the teacher can't provide an individual tutorial, but will mentor and differentiate the lesson to meet every students' needs.