



INTERNATIONAL SCHOOL OF RIGA

SECONDARY ARTS, SPORTS, ACADEMICS, AND ACTIVITIES PROGRAMME 2019/20 3RD TRIMESTER (from the 9th of March to the 5th of June)	
Activity - Age group - Day of the week	Description
Biology Study Help/Group - Grades 9-12 - Monday	The teacher will be available to help students who need extra help in understanding the materials or need extra work to challenge themselves.
Volleyball - Grades 6-12 - Monday & Wednesdays (finishes at 17:00)	Practice volleyball after school and be part of ISR's Team! We will adapt the training in a way that will be enjoyable and fun for everyone. At the same time, we will prepare the team(s) to represent the school in different tournaments and compete against other international schools.
Mindfulness - Grades 10-12 - Monday	Meet each week to learn and practise different meditation techniques. Meditation is a process of training your mind to focus and redirect your thoughts. You can use it to increase awareness of yourself and your surroundings. Many people think of it as a way to reduce stress and develop concentration. Mindfulness is a still activity with very little movement. It may be useful as preparation for exams as a possible stress reduction approach.
French Support Group - Grades 6-10 - Monday	Bonjour! Join the French Language Support group if you would like to catch up or improve your skills. We will use games, songs, short movies... It is open to anyone who would like to practice the language in a friendly and positive atmosphere.
Latvian - Grade 9-12 and Teachers - Monday	Come and learn the basics of the Latvian language from zero or improve existing knowledge.
Programming	The goal of the programming club is to teach students the essential



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<ul style="list-style-type: none"> - Grades 6-12 - Tuesday and Thursday 	<p>concepts of coding, as well as provide students the skills necessary to further their ability and be able to research and code independently. Please, sign up only if you are ready to work hard. This will be a student lead activity, Karlis (G11), supervised by Mr. Romey.</p>
<p>Swimming - Mornings (60 or 120 eur/tri)</p> <ul style="list-style-type: none"> - Grades 6-12 - Tuesday and/or Thursday 	<p>This activity runs in the morning, from 07:00 to 08:00 at the Olympic Center!</p> <p>Join our Swimming Squad, participate in Swimming events representing ISR and get your workout done first thing in the morning. We will learn and practice different swimming strokes/styles.</p> <p><i>*This activity takes place twice a week. However, you can go to one of the groups only (60 eur/tri). If you sign up for both you will be charged 120 eur/tri.</i></p>
<p>Math Support Group</p> <ul style="list-style-type: none"> - Grades 8-11 - Wednesday 	<p>Time to study maths outside of the lesson with the support of your maths teacher. Bring your questions, homework or revision to work through.</p>
<p>IELTS</p> <ul style="list-style-type: none"> - Grades 10-11 - Wednesday 	<p>Preparation Course for the International English Language Testing System Test. The score of this test is required for university admission for English non-natives who have not done their education in English for 4 years and more.</p>
<p>Running Club</p> <ul style="list-style-type: none"> - Grades 6-8 - Wednesday 	<p>An active, healthy club for students who like to run, jog, walk, and improve their physical fitness. We will also get ready for Rimi Riga Marathon on May 17, 2020.</p>
<p>English Language Support</p> <ul style="list-style-type: none"> - Grades 9-12 - Wednesday 	<p>This is a time to get language support for any of your writing or speaking assignments. High school students not receiving EAL help may most profit from this.</p>
<p>Drama Club</p> <ul style="list-style-type: none"> - Grades 6-12 - Thursday 	<p>Now the musical is finished let's continue with some drama games and maybe put together our own small plays. This will be guided by participants of the Drama Club.</p>
<p>Star Wars Miniature Game</p> <ul style="list-style-type: none"> - Grades 6 - 9 - Thursday 	<p>Command armies of Clone Troopers or Battle Droids and fight for control of the galaxy in this tabletop miniatures game. No experience necessary.</p>
<p>Baseball</p> <ul style="list-style-type: none"> - Grades 6 - 	<p>Come learn the beautiful game of baseball! Don't worry if you have never played or don't know the rules. We will be learning the game</p>



INTERNATIONAL SCHOOL OF RIGA

<p>12 - Thursday</p>	<p>from the basics. Boys and girls welcome. Practices will likely be Thursdays after school (at school) and Saturdays at the baseball field on Lomonosova iela.</p>
<p>Makerspace - Grades 6-11 - Friday</p>	<p>Makerspace is about building the machines of tomorrow. This is a student-led class hosted by Mr. Bazin. Outside advisory comes from Mr. Matīss Brunavs, Chief Executive Officer of Robotic Solutions SIA and Squad Robotics Ltd.</p> <p>Interested students should bring a Windows computer to class. Unfortunately, Chromebooks are not recommended. LEGO Mindstorm robotics kits will be supplied by ISR. Lessons will follow the Ev3lessons template.</p> <p>The aim is to prepare ISR students to compete in the LEGO League.</p>
<p>Book Club - Grades 6-8 - Friday</p>	<p>This group will choose a book to read and discuss.</p>