

Extra-Curricular Activities

September 2009 - April 2010

Dear Student,

We all know that school should prepare you for life, but life is too varied, complicated and rich to be limited to the few subjects which are usually taught at schools! To avoid being surprised by something which was not mentioned in any school subject we have organized ECAs for you! The ECAs are not academic, but will bring surprise, challenge, fun and inspiring experiences to your life. If you think that we have missed something, please see us. Read all the instructions carefully and make a wise choice: you never know what life will bring!

Good luck!

Lisa Švejdová and Martina Filipovičová

ECA

All ECA's run by our teachers are free of charge. Only if students keep the products of their ECA, do they contribute to the material (**Bead-ing - cca 200 Kč**). **Theatre, Concert, Cinema tickets** and entrance for **swimming** are paid by students as well.

ECA courses

(**Cricket with team coach, Aerobic, Kung Fu, Salsa club**) are taught by experts from outside school. Students' contribution is 1.000,-Kč for the whole school year and must be paid at the beginning of the school year (Bursar's office, Jana Šmídová). Payment for salsa club will be confirmed in due course. Courses will only run if there is a minimum of 10 students.

Trial week

First week of school (2.9. – 8.9.) you may visit any ECA and choose the best for you.

Registration

You must register by 9.9. with your tutor. It is not possible to withdraw after registration is finished.

Regular attendance

ECAs run from **8.9. 2009– 27.4. 2010**. Many ECAs will continue after that but attendance will not be registered. Students in **Years 1 - 4** are required to participate in at least **ONE** ECA during this time. Any exception must be discussed with LŠ. Students in **Year 5 - 6** are encouraged to participate, as the programme is designed to help IB students to fulfil their CAS requirement. If there is a **limit** of students, make sure you make a **reservation** with the ECA teacher.

Candidates for the Student Council should choose **one more** ECA in case that they are not elected as representatives.

Grades

Teachers keep attendance registers and you will receive an effort grade on your report. If you fail to attend the ECA for which you are registered, you will have to work on a set project over the summer holidays.

Whole school ECA presentations

ECA presentations for the whole school will be held on 28.4. 2010. The form of the presentation can be chosen by the ECA participants. You might, for example, choose to make a display board, prepare a demonstration or give a presentation. The aim is for all students to see what each activity involves and to inspire others for the next school year.

ECA September 2009 - April 2010

Monday				
Time	Subject	Room	Teachers	Max. students
Lunch time	Ping-Pong (Yr.3-6)	Gym	AB	
Lunch time	Chess 1	301	HS	
15:00 - 16:00	Creative writing	308	JW	
15:00 - 16:00	Sports and Games	Gym	VG	
15:00 - 16:20	Rock Climbing	Palmovka	DG	

Tuesday				
Time	Subject	Room	Teachers	Max. students
Lunch time	Amnesty International	306	CB	
Lunch time	Student Council	117	LŠ	
Lunch time	Ping-pong (Yr. 1,2)	Gym	MJ	
Lunch time	One world film club	313	AD	
15:00 - 16:30	Band	School cellar	HC	
15:00 - 16:00	Salsa course	009	GF	
15:00 - 16:00	Art club	Art room	ST	
15:00 - 16:00	World music	306	CB	
15:00 - 16:00	POI Dance	Gym	MB	

Wednesday				
Time	Subject	Room	Teachers	Max. students
Lunch Time	Chess 2	119	RI	
15:10- 16:50	Beading	106	AKL	10
15:00 -16:00	Cricknet with Czech National Coach	Gym/Olišanka	Scott Page	
15:00 - 17:00	Ceramics	Once in two weeks	IR	12
15:15 - 16:15	Aerobic course	Vysočanská - Jandova 4	Klára Prokšíková	

Thursday				
Time	Subject	Room	Teacher	Max. students
12:30 - 13:00 Lunch time	Upper school discussion	111	SH, TE	
15:00 - 16:00	Drama	Different room	LH	
15:00 - 16:30	Swimming	Hotel Duo -Prosek	MR	
15:05 - 16:00	Printing techniques for art	Art room	KSP	
15:00 - 16:00	Kung Fu course	Gym	Master Quang	

Friday				
Time	Subject	Room	Teachers	Max. students
Lunch time	Young Enterprise	009	JI	
Lunch time	Basketball	Gym	RM, AW	
15:00 - 16:00	Cricket	Gym/Playground	SE	
15:00 - 16:00	Girls Cricket	Gym/Playground	AG	
15:00 - 16:00	Maths Games	212	BG	

Irregular ECA - times and dates will be announced

Cinema going JKR (maximum students 20)
 Concert going TE
 Theatre visiting AKL (maximum students 20)
 Choir TP

ECA: Activity description

Amnesty International Mr. Colin Beet

Amnesty is a world-wide campaigning movement that works to promote all the human rights enshrined in the “Universal Declaration of Human Rights”. In particular AI campaigns to free all prisoners of conscience; ensure fair and prompt trials for political prisoners; abolish the death penalty, torture and other cruel treatment of prisoners; end political killings and disappearances; and oppose all human rights abuses. We aim to achieve these goals by writing individual letters to world leaders, drawing their attention to individual cases of abuse, urging them to rectify the situation.

Criteria for good effort grade: Regular attendance and writing letters.

Art Club Mr. Stephen Thompson, Mr. Carl Hansen

This term will be on Tuesdays and will concentrate on drawing skills using a variety of mediums and approaches with Stephen Thompson and Carl Hansen. We hope to organize a life model for some sessions as we did last year.

Criteria for good effort grade: Regular attendance and engagement.

Aerobic Ms. Klára Prokšíková

Fitness Exercise to Music” (Body Styling, Pilates, Power Joga, Dancing,)
on Wednesday at 3.15 pm, at Palmovka Centre.

Basketball Ms. Rachel Michel, Mr. Anthony Wright

Playing basketball. In the gym or occasionally the playground.

Criterion for good effort grade: Attendance

Beading Mrs. Andrea Kulhavá

(cca 200,-Kc/per year/per student for material) creative pastime using different materials and techniques to produce bracelets, earrings, necklaces, rings and small presents. Come along and make your own INCREDIBLE bead jewellery!

Criteria for good effort grade: Regular attendance, active work.

Ceramics club Mrs. Iva Rozkošná

Do you want to try making something with clay? Come to the Tuesday Ceramics class. You will explore ceramics through basic hand building, standard glazing and firing in the school kiln. You can experiment with design and construction techniques. The goal of this activity is to develop your artistic ability and enjoy working with clay.

Criteria for good effort grade: attendance and participation.

Cinema going Ms. Jean Kerr

We will visit the cinema to watch a variety of different films. If you want some culture, some romance, some action or some drama this could be the ECA for you. We will meet every fortnight to discuss the last film and select the next. Criteria for good effort grade: Regular attendance. Participation in discussion/ critique of films. At least one review report per term.

Choir Dr. Tomáš Pálka

Regular weekly practices of an attractive music repertoire for personal pleasure as well as for public performances. The Choir represents and promotes the College; it is built on teamwork and strengthened by residential training camps twice a year. Presentations: Christmas concert, Prize Giving, Spring Concert, Assemblies.

Criteria for good effort grade: Regular attendance and participation.

Concert going Mr. Tony Emmerson

We will attend classical concerts in Prague throughout the school year, going to at least one performance per month. The aim of this ECA is not only to enjoy the concerts but also to make going to live music a part of everyday life. We will meet regularly to discuss the last event attended and select the next. Criteria for good effort grade: Attendance. Participation in discussions. One written review per term.

Creative Writing - “Loose words” Mr. Jeremy Waite

“For ideas, stimuli and support with your creative writing join ‘Loose Words’.”

Criteria for good effort grade: Attendance and engagement.

Cricket Mr. Stephen Elder

Play the world’s finest sport! There will be fun games and coaching sessions, as well the opportunity to play for the school team and even represent the Czech Republic. All ages and levels welcome.

Cricket with Czech National Team coach (20Kč for 1 period)

Criteria for good effort grade: Enthusiasm, participation.

Drama Company Mr. Logan Hillier

Calling all artists, wannabe celebrities, pop idols, Hollywood stars, thespians and film fans. Join the Drama Company. We will be touching on improvisation, mime, comedy, voice work, sketches, use of space and tableau as well as writing, directing, set design, costuming and stagecraft.

Criteria for good effort grade: Participation and regular attendance.

Girl’s cricket Ms. Abigail Gometz

Learn a new sport! Join a team and get involved! There’s a chance for you

to play one of England's most popular sports - cricket. The boys are already playing, so now it's time for the girls to have a go. Learn the skills of bowling, batting, fielding and throwing.

Criteria for good effort grade: Participation and regular attendance.

Global Action ECP Mr. Alan Law

Themed Activity days/Weeks

This group of students will prepare events and activities related to the Global Action Schools themes of fair-trade, human rights and climate change. In 2008 we ran a very successful fair-trade week and we plan to achieve even more this year with one main event each term. This is to help us carry out the 'action' part of the Global Action Schools programme we are part of and will also involve marketing the activities of the programme. Criteria for good effort grade: Active participation in organisation and execution of events.

Chess 1 Ms. Helen Sartain

Chess for all levels of ability including beginners. Construction of a chess ladder based on points. Knockout and Round-Robin Competitions. Attendance is critical.

Criterion for good effort grade: Regular attendance.

Chess 2 Mr. Robert Ibrahim

We are going to play and analyze games.

Criteria for good effort grade: attendance and active participation.

Kung Fu Master Quang

Shaolin Kung Fu taught by Master Quang is a form of martial art developed over 2,000 years ago by Buddhist monks of Shaolin temple in the mountains of northwest China. This earliest form of Kung Fu is based on inner energy and combative movements of wild animals.

Practise of Kung Fu enhances physical strength, balance and flexibility, emotional stability, mental focus, and spiritual growth. This martial art is suitable for people of any age. In addition to all the above mentioned benefits Master Quang focuses his lessons on Kung Fu for self-defence.

Criterion for good effort grade: Regular attendance.

Mathematical games Mr. Bruce Gahir

In this ECA we will be playing and exploring the mathematics behind games like Chess, Poker, Bridge...aspects of Game Theory will be used to explore how winning strategies can be developed. Some of the lessons will be devoted to the theory of games and others to actually developing winning strategies.

Criterion for good effort grade: Regular attendance.

One world film club Ms. Ann Daly

The One World Film Club is a project where high school students organize the screening of documentary films on human rights for their fellow students. The aim of the club is to inform and stimulate the interests of young people about human rights and development issues.

The students in the club will be involved in contacting the One World Film Clubs coordinator, selecting the films and organizing the screening of the films for students of ECP.

The screening of the films (approximately 6 films) will be after school on dates decided by the club.

If you are interested in learning more about global issues related to development and human rights the One World Film Club is the ECA to join.

Criteria for good effort grade: attendance and active participation.

Ping-Pong Mrs. Amy Benjamin, Mr. Matthew Jarvis

Criterion for good effort grade: Enthusiastic approach

POI Dancing Ms. Monika Bařková

“POI” is the Maori word for “ball” on a cord, and it was used, many years ago, by the indigenous Maori people of New Zealand to increase their flexibility and strength in their hands and arms as well as improving coordination. Get hooked, come along and learn the basics.

Criteria for good effort grade: Presence and participation.

Printing techniques for art Mrs. Kateřina Stroblová

Discovering methods of paper printmaking from lino-cut, wood-cut, monotype, stencil, paper cut, plexiglas/metal engraving or dry point, relief printing. We will learn to print more coloured art works. We might visit real lithography print workshop. We will create our original artworks on different themes or create prints with a practical use, such as cards for special occasions or posters. Let’s be creative!

Criterion for good effort grade: Regular attendance.

Rock Climbing Mrs. Dana Gavriněvová, Mr. Gerardo Flores

Learning basic and advanced skills in two different groups. The first training session for lower school students begins at 15:20, the second one for upper school students begins at 15:55 at Sport Centrum Palmovka (near Palmovka station metro B).

Criterion for good effort grade: Enthusiastic approach.

Salsa club Mr. Gerardo Flores

Join us to learn the rhythm of Salsa. Learn how to dance salsa every Tuesday at 15:00 in the music room.

A professional dancer will going to teach us his technique.

Criterion for good effort grade: Regular attendance.

School Band Mr. Jan Čihák

The rock band is open to anyone with some basic musical talent and enough commitment for regular rehearsals. We play cover versions of various songs and also try to compose our own. Performances are always successful and BIG fun! Criteria for good effort grade: Attendance, punctuality, strong will to work and enjoy the music.

Sports and Games Mr. Vladimír Gavriněv

Not just Ball games any more but Sports and Games - Spoga

Criteria for good effort grade: Attendance and participation.

Student Council Mrs. Lisa Švejdová

Meetings are held every week. Representatives are elected by year group.

The Student Council provides a voice for students on issues that affect them and organises a variety of activities ranging from the Christmas Fair to cake sales.

Criteria for good effort grade: Enthusiastic approach, attendance and a strong will to work.

Swimmers' Club Mr. Mike Rossall

This activity is for students who can already swim and would like to keep fit, as well as Upper School students who would like to get credit for their CAS records. It involves swimming for 30 minutes approximately per week. I am hoping for students to attend regularly and swim for most of the time they are there. Swimming is one of the best all-round forms of exercise. It relaxes the body and mind and gives a work-out to the heart, lungs, arms and legs without putting strain on any joints, and is virtually guaranteed not to cause any injuries. It is also very good for people who are overweight or otherwise a bit unfit. If in doubt, check with your doctor. Regrettably, lessons for non-swimmers cannot be offered. Swimming takes place at the pool of hotel Duo in Prosek. Entrance is 120,-Kč per person.

Criteria for good effort grade: Regular attendance, swimming when present.

Theatre Visiting Mrs. Andrea Kulhavá

The purpose of this ECA is to get an overview of theatre life in Prague. We will attend at least one performance each month (8 per year) which will be followed by a discussion about the play's themes, scenography, language and symbolism, acting etc. The participants should aim to become knowledgeable and critically aware members of the audience.

Criteria for good effort grade: Regular attendance, 1 written reflection.

Upper School Discussion Club Mr. Stephen Hudson, Mr. Tony Emmerson

Discussion on important topics and issues from a philosophers perspective.

Criterion for good effort grade: Attendance

World Music Mr. Colin Beet

Tuvan throat singers, a Senegalese Cora player, a Macedonian brass band, a Yiddish Klezmer band, a Sephardic singer, an Inuit throat singer – all of these have performed in Prague recently. In the World Music ECA we will take advantage of the rich variety of world music that is regularly available in Prague and will attend a selection of concerts over the year.

Criterion for good effort grade: appreciation of music

Young Enterprise Mr. Jim Willetts

Young Enterprise is a charity on a mission to “inspire and equip young people to learn and succeed through enterprise”. Each year, thousands of young people get a head start on their working lives while they are still at school.

They gain knowledge and skills for business and enterprise through setting up and running their own real company. Think you might be interested? See Mr Willetts for details

Criteria for good effort grade: Regular attendance and participation.

NOTES