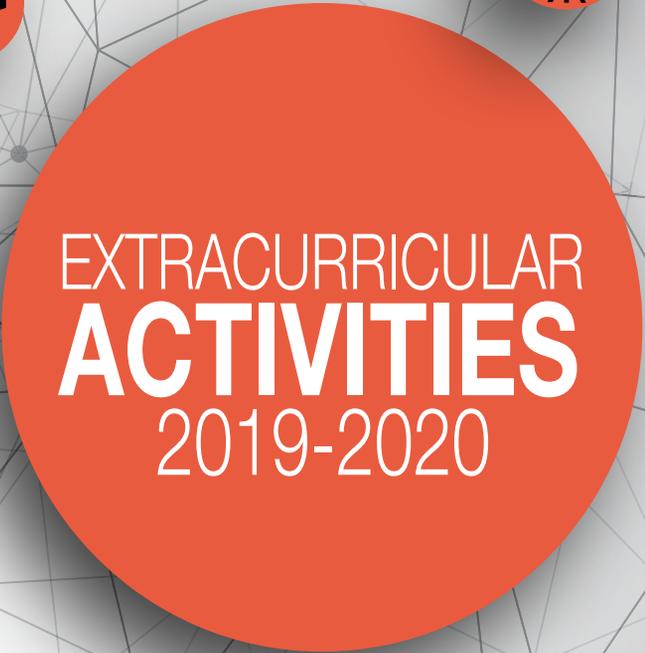




**International  
School**  
Alborán · Almería



EXTRACURRICULAR  
**ACTIVITIES**  
2019-2020

ARTS  
SCHOOLS

SPORTS  
ACADEMIES

ROBOTICS  
CLUB

LANGUAGE  
SCHOOL

STUDY CLUB AND  
ACADEMIC SUPPORT

Extracurricular activities today play an important role in the **all-round development of students**. They improve **school performance**, promote **relationships**, boost **motivation** and **self-esteem**, help to instil **positive** physical, intellectual and social habits that revert in a better management and organization of leisure time.

SEK-Alborán has designed, in line with the principles and values of the SEK Educational Model, a wide and varied range of first-rate extracurricular activities which give students the opportunity to enrich their **academic, cultural, artistic and sporting education**.

These activities represent an **ideal complement to students' education** and help **stimulate** them, affording them an optimal way to enhance their **personal qualities**.

SEK-Santa Isabel designs its extracurricular activities based on three key priorities and taking into account the preferences and needs of each student: **Individualised education** (the learning process adapts to the interests and abilities of each student); **bilingual and international education** (learning languages and developing a mindset open to other cultures) and **training in skills and competences** (creativity, innovation, entrepreneurship, critical thinking, communication, teamwork).

Choosing which activities are most appropriate for each student based on their abilities, interests and motivations is not always easy. Therefore, tutors will always be available to families to advise and help them make the right decision.

Throughout the school year, a thorough follow-up of the work involved in these activities is carried out, which is further analysed and assessed in meetings with the tutor once a term.

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### Classes

Extracurricular activities tend to be scheduled during school hours, in free time such as lunch time, and if this is not possible, the school day will be extended within reason.

Federation activities begin on 9 September and the rest on 1 October, they end on 23 June 2020.

Classes are given in small groups to ensure one-to-one attention of each participant and are practical and fun. However, a minimum number of children must enrol for classes to go ahead.

### Assessment

Teachers and instructors for each activity will give a progress report on students every term. This report will be shared in detail with families. At the end of the year, all students will be given a final report and a certificate to demonstrate they have taken the class.

### Competitions, exhibitions and performances

Our students take part in internal tournaments, organised over the school year, and in different municipal and federation competitions.

Furthermore, the different schools hold festivals and exhibitions over the school year and at the end of the year.

### Facilities

The activities are held on school grounds with the exception of those that require an activity outside the school.

### SEK Professionals

We have a great professional team, they are qualified specialists in their fields, with extensive teaching experience, and ensure personal attention to each student.

Those in charge of running each activity, and the coordinator of each area, are there to advise you and answer your queries you may have on our range of extracurricular activities.

Furthermore, **Isabel Cruz (isabel.cruz@sek.es)** is on hand to answer any questions parents or students may have in school hours from 9:00 to 17:00.

**Tel.: 950 49 72 73**

Participation in extracurricular activities is optional, but it requires the approval of the child's academic tutor, who will decide depending on his or her progress at school.

### Complementary information

In order to ensure the extracurricular activities are organised properly, students must be enrolled in the different schools and academies before 20 September 2019, with their parents or legal guardians submitting a signed enrolment form before this date.

Joining an activity that has already started is possible provided there are free places and for justified reasons.

Enrolment in different activities and schools must be for a minimum period of three months and will be billed monthly, no refunds are possible.

On completion of the enrolment process, parents will be sent complementary information on the activities signed up to. This information is also available on the website (**[www.alboran.sek.es](http://www.alboran.sek.es)**)

Places are limited and will be assigned on a strict first-come-first-serve basis.

Final times and days for activities will be announced in the beginning of September.

**Activities and workshops that promote Arts and its different forms of expression are aimed at developing and consolidating students' skills and talents.**

## Schola cantorum

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All students interested in vocal composition may take part in the schola cantorum.

**Who:** Year 3 to 6 of Primary School.

**Instructor / Teacher:** Jesús Torrecillas Sáez, Higher Degree in Music, Piano specialisation

**Fee:** Free

## Choir

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All students interested in vocal composition may take part in the choir.

**Who:** Secondary School and Bacalaureate:

**Instructor / Teacher:** Jesús Torrecillas Sáez, Higher Degree in Music, Piano specialisation

**Fee:** Free

## Introduction to Piano

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Children who learn to play an instrument bolster their emotional confidence and self-assurance. Playing any instrument, the piano in this case, helps boost and stimulate children's reading and writing. At the same time it also boosts concentration and helps children with mathematics and languages. Learning to play the piano stimulates coordination and visual and motor skills.

This activity is also designed for students who have previous knowledge and want to perfect or bolster their instrumental practice.

**Who:** Primary School

**When:** Monday and Wednesday or Tuesday and Thursday at 13:00. (Maximum 8 students)

**Instructor / Teacher:** Jesús Torrecillas Sáez, Higher Degree in Music, Piano specialisation

**Fee:** €60 a month

## School of Guitar

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Our environment is full of sounds that influence and contribute to our growth and understanding of life. Harmony and rhythm coexist with us and we need to link to them and understand them. The different musical instruments bring us closer to this understanding in a simple and enjoyable way.

Children do not only learn guitar in these classes, they also learn to have patience and understand that everything takes time and effort. We learn rhythm, we share, we learn to listen and find the word, the right note for musical sensitivity to emerge, for children to know and appreciate music and, therefore, their entire sound environment.

**Who:** Primary Education (4 students per class)

**Instructor / Teacher:** Carlos Fco. López Lirola

**Fee:** €70 a month

## Dance

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Ballet, like other artistic activities, is a personal achievement attained through discipline, effort and talent. The student discovers his or her physical and artistic potential, stimulating self-confidence. Among its benefits it is worth mentioning the development of concentration and motor coordination, improvement of balance, flexibility and correct body posture.

**Who:** From Early Childhood to Year 2 Secondary School

**Instructor / Teacher:** Ana García Sánchez, Higher Degree in Classical Dance, Choreography and Performance Techniques

**Fee:** €55 a month

## Painting workshop

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One of the aims of this activity is to boost technical and artistic drawing techniques using pencils and charcoal initially and then painting (oil paints, acrylics and water colours) in a subsequent stage, fostering painting and artistic creativity, based on learning techniques and boosting each child's potential.

**Who:** Primary School and Secondary School

**Instructor / Teacher:** Rafael Martín Frías, Art and Drawing Visual arts and drawing

**Fee:** ▶ €35 a month, one day a week

▶ €55 a month, two days a week

## 'El Arte de Frío' Theatre Group

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The theatre group 'El Arte del Frío' returns to the stage this year with the aim of preparing a play to perform at the El Ejido Amateur Theatrics Festival and at the Certamen de Teatro Buero Vallejo.

**Who:** Secondary School and Baccaulaureate:

**Instructor / Teacher:** África María Bonvin Faura, Spanish Language and Literature Coordinator

**Fee:** €30 a month

**Practising sport stimulates personal development and fosters socialisation, a sense of camaraderie and develops physical and mental strength and endurance. Students also learn techniques, tactics and rules of their chosen sport.**

## Indoor Football

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In this activity children learn individual and team tactics and techniques. Children will practice passes, receiving the ball, shooting, dribbling, throws and corners and ball control. We hold internal competitions and against local teams.

**Who:** From Early Childhood Year 2 to Year 2 Primary School

**Instructor / Teacher:** Francisco Román, degree in Physical Education

**Fee:** €55 a month

## 7-aside federated football

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In this activity, with students already initiated in playing football, teams will compete in provincial matches in Andalusian Football Federation tournaments, provided there are enough players per category to form the team.

**Who:** From Year 3 of Primary School

**Instructor / Teacher:** Francisco Román, degree in Physical Education

**Fee:** €55 a month

## Basketball

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The academy's goals are to initiate children and perfect their technique in basketball, as well as improving fundamental techniques and tactics. Passing exercises, shots, defence, bouncing, rebounds and blocking. Teams will compete in federation tournaments and leagues, provided there are a minimum number of players to formalize the registration and in Municipal Sports Games.

**Who:** Primary School and Secondary School

**Instructor / Teacher:** Pablo Ginerés Latorre, degree in Physical Education.

**Fee:** €55 a month

## Volleyball

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The Volleyball Academy develops fundamental techniques and tactics of this exciting sports while also improving general fitness. Teams will compete in the IMD league.

**Who:** 2nd stage of Primary School to Baccaulaureate

**Instructors/Teachers:** M<sup>a</sup> Encarnación Herrada, Degree in Sport and Physical Activity

**Fee:** ▶ €55 a month not federated

▶ €80 a month

## Swimming

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Participants learn key swimming movements through games, until they master the four main strokes: butterfly, breaststroke, back and front crawl. Students do drills to improve arm/leg coordination and learn proper breathing techniques for each stroke. Swimmers will compete in the Almeria Municipal Games and Federation meets.

**Who:** Early Childhood to Baccaulaureate

**Instructor / Teacher:** Antonio Barrionuevo, Degree in Sport and Physical Activity

**Fee:** €55 a month

## Taekwondo

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Taekwondo is the most popular Korean martial art around the world. The aim of this activity is to control body and mind in a specific sport and learn self-control. We will work on different kicks, holds, moves, blocks, defence, positions and self-defence techniques.

**Who:** From Early Childhood Education to Primary School

**Instructor / Teacher:** Clara López, degree in Physical Education and Sport and black belt in Taekwondo (claramaria.lopez@sek.es)

**Fee:** €55 a month

## Triathlon Club

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Triathlon is an individual sport that includes three sports in the following order: swimming, cycling and running. Races are split in three courses, one for each activity, and a transition stage, where participants change from one activity to another, from swimming to cycling and cycling to running. We train the three activities individually with specialised techniques with the aim of extending the activity to families in the afternoons.

**Who:** Secondary School and Baccaulaureate:

**Instructor / Teacher:** Bernardo Rubio, Degree in Sport and Physical Activity

**Fee:** €55 a month, 2 days a week

€75 a month, 3 days a week

## Tennis Club

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Initiation to tennis through play. In the initiation to any sport, play is an essential component and motivating element in the early stages of learning. In the case of tennis, it is very important to use different games to achieve a series of fundamental objectives, where we will seek the child's adaptation to that sport through playful activities. Through this we can achieve a development of basic motor skills and abilities, familiarisation with the sport and the environment in which it is practised and the improvement of the relationship with their peers.

**Who:** Primary School and Secondary School

**Instructor / Teacher:** El Ejido Tennis Club

**Fee:** €55 a month

## Golf Academy

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Golf is an outdoor sport that brings together concentration, relaxation, fluidity and dynamism. It is the ideal activity for the physical and mental development of children. Like many sports, golf helps develop coordination, position in space and balance.

**Who:** Primary School

**Instructor / Teacher:** Almerimar Golf Club

**Fee:** €55 a month

## Rowing

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It is a sport aimed at improving health, since it positively affects the development of physical condition by being in contact with nature, as well as enjoying an incomparable environment.

Offering the possibility of rowing in open spaces or opting for indoor rowing, in team or individually, for fun or competitively.

**Who:** From year 3 of Primary School.

**Instructor / Teacher:** Club Tiempo Libre El Ejido

**Fee:** €55 a month

## Supervised study

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Students can bolster acquired knowledge, work on study material and resolve doubts or queries they may have. Supervised by school teachers.

**Who:** Primary and Secondary School and Baccalaureate

**Instructor / Teacher:** Rafael Martín Frías, degree in Engineering

- Fee:**
- ▶ Two days a week on alternate weeks, €75 a month.
  - ▶ Four days a week, €130 a month

## Mindfulness School

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Designates a set of practices and mental exercises that aim to be present in the moment, without judging others or ourselves, with loving kindness through the daily practice of mindfulness. Reduces stress and anxiety, increases the capacity for empathy and improves relationships with others.

**Who:** Primary and Secondary School and Baccalaureate

**Instructor / Teacher:** María del Mar Soler López, graduated in Nursing, and Natalia López Grob, graduated in Education

**Fee:** €55 a month

## Debate and Oratory Club

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Oratory is a science and an art form that broadens and hones the mind to acquire new knowledge. It develops intellect, helps to think more clearly and quickly in public. It bolsters confidence, creativity and the capacity to improvise to speak effectively and improves confidence when speaking in public. Debate requires showcasing all these skills in a framework where research, preparation and mental agility make it extendible to all aspects of students' lives.

**Who:** Secondary School and Baccaulaureate

**Instructor / Teacher:** Javier Eladio Guzmán. PhD in Philosophy

**Fee:** €15 a month

## SEK Alborán TED-ED Club

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The TED-ED Club is a programme that helps students discuss, search for and present big ideas in the form of conversations or small TED-style chats.

This programme helps students develop their public speaking skills in English and Spanish, and to prepare visual presentations using ICTs for their ideas to be easily understood, shared and make an impact of audiences.

TED-ED Clubs are an initiative from the famous TED non-profit organisation devoted to Ideas Worth Spreading.

**Who:** Secondary School and Baccaulaureate:

**Instructor / Teacher:** Antonio Robles Soto, degree in English Philology.

**Fee:** €15 a month

## WeAlborán - Communications and Press 2.0 Club

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The WeAlborán Communications Club is free of charge for students who wish to develop teamwork, communication and multimedia creation skills through various channels and using a wide range of technology, greenscreens, videocameras, tablets and so forth.

Over the year students will take part in the following work groups:

- ▶ Digital Media: Editing an online newspaper and communications channels using Instagram, Facebook, Twitter and other social media. Students learn how to adapt their message to different target audiences with the aim of growing their communities.
- ▶ TV 2.0: Creation of videos, news programs and magazines aimed at Youtube and other streaming platforms.
- ▶ Radio 2.0: Podcasts are an ever-growing trend. Millions of people everyday download podcasts created by professionals and enthusiasts around the world. Students will have the chance to participate in creating podcast radio programs that will be published on iTunes, iVoox, Spreaker...

**Who:** Year 3 and 4 Secondary School and Baccaulaureate students

**Instructors/Teachers:** Antonio Magaña Gázquez and Francisco Tejeira Bújez

**Fee:** Free Limited places

## ASEKMOV Robotics Club

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This activity aims for students to learn how to build and program robots using Lego MindStorms. It fosters the development of mathematical reasoning and encourages constructivist learning, where students direct their own learning and learn by doing.

Programming robots is the linchpin of design. Students develop logical and mathematical intelligence and team work.

**Who:** Primary School Year 4, 5 and 6 and Secondary School

**Instructor / Teacher:** Francisco E. Tejeira and Juana López Repiso, Technology teachers

**Fee:** ▶ Primary: €55

▶ Secondary: €35



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