

## KS2 ECAs: Winter Season Term 3 2021

Contact Coach Illona for ECA queries: i.simons@isct.co.za

Rainy days: Outdoor ECAs cancelled in wet weather. Parents will be informed. Chn supervised indoors during this period if parents are unable to fetch earlier.

ISCT-led - No additional cost. Please read carefully to check equipment or uniform requirements.	Day & Time	Venue	Led by/Contact
<b>Poetry &amp; Performance</b> During these sessions, children will perform poems from renowned poets and will also be given the opportunity to write some original works. We will focus on various stage performance techniques so that children might feel comfortable in front of the camera or live audience.	Wednesday 2:30-3:15	Rm 26 (5A)	Mrs Armino r.armino@isct.co.za
<b>Art &amp; Craft Club</b> is a creative space for children interested in exploring art beyond the classroom. This club is not aimed at experts, but at those who enjoy spending their time in a creative but guided activity.	Tuesday 2:30-3:15	Rm 45 (4M) Cabin	Ms Maphosa s.maphosa@isct.co.za
<b>Strategy Board Games</b> to encourage critical thinking and problem solving. These games will range from thinking independently to communicating in a team. For those children who love board games and enjoy a challenge.	Monday 2:30-3:15	Rm 43 (3H)	Ms Hanbury c.hanbury@isct.co.za
<b>Chess</b> All levels of experience welcome, but please ensure that your child knows the basics. Chess will focus on critical thinking, strategy and decision making.	Monday 2:30-3:15	Rm 27 (5E)	External coach i.simons@isct.co.za
<b>Fun with iPads (Beginner) for Y3&amp;4 only</b> Explore and experience apps to create, animate and present. iPads are provided by the school.	Wednesday 2:30-3:15	Rm 44 (3D)	Ms de Roo b.deroo@isct.co.za
<b>U8 &amp; U9 Football</b> ISCT is part of a local schools' friendly soccer league. Students born in 2012 & 2013 will be in this group. Their training takes place on a Friday, and matches are played on Monday afternoons. Match participation is dependent on the size of the squad as well as training attendance. <i>PE kit for training &amp; matches. Takkies/astro boots required for ISCT field. Shin pads are compulsory. Long socks from Pitt Promotions.</i>	<i>Training</i> Fri 1:30-2:15 <i>Match</i> Monday	Field	Coach & Mr Greenwood p.greenwood@ isct.co.za
<b>U10 Football</b> ISCT is part of a local schools' friendly soccer league. Students born in 2011 are U10. Their training takes place on a Tuesday, and matches are played on Wednesday afternoons. Match participation is dependent on the size of the squad as well as training attendance. <i>PE kit for training &amp; matches. Takkies/astro boots required for ISCT field. Shin pads are compulsory. Long socks available from Pitt Promotions.</i>	<i>Training</i> Tuesday 2:30-3:15 <i>Match</i> Wednesday	Field	Coach & Mr Greenwood p.greenwood@ isct.co.za
<b>U11 &amp; U12 Football</b> ISCT is part of a local schools' friendly soccer league. Students born in 2009 & 2010 will be in this group. Their training takes place on a Tuesday, and matches are played on Monday afternoons. Match participation is dependent on the size of the squad as well as training attendance. <i>PE kit for training &amp; matches. Takkies/astro boots required for ISCT field. Shin pads are compulsory. Long socks from Pitt Promotions.</i>	<i>Match</i> Mon 2:30-3:15 <i>Training</i> Tuesday	Field	Coach & Mr Greenwood p.greenwood@ isct.co.za
<b>U8, U9 &amp; U10 Netball</b> ISCT may participate in friendly matches against local schools. Born in 2012 - U9 / Born in 2011 - U10. Match participation is dependent on the size of the squad as well as training attendance. Training is on Tuesdays. Matches on Wednesday afternoons. <i>PE kit will be worn for training &amp; matches.</i>	<i>Training</i> Tues 2:30-3:15 <i>Match</i> Wednesday	Netball court	Netball Coach & Ms Engel n.engel@isct.co.za i.simons@isct.co.za
<b>U11 &amp; U12 Netball</b> ISCT may participate in friendly matches against local schools. Born in 2010 - U11 / Born in 2009 - U12. Match participation is dependent on the size of the squad as well as training attendance. Training and matches take place on Monday and Wednesday afternoons. <i>PE kit will be worn for training &amp; matches.</i>	<i>Training</i> Mon 2:30-3:15 <i>Match</i> Wednesday	Netball court	Netball Coach & Ms Engel n.engel@isct.co.za i.simons@isct.co.za
<b>Hockey</b> NEW - Boys & Girls training on Thursdays. We will not be playing in inter-school matches. <i>PE kit. Takkies/astro boots required for ISCT field. Long socks available from Pitt Promotions. Shin pads and mouth guard compulsory. Own hockey stick is preferable but school equipment can be provided.</i>	Thursday 2:30-3:15	Bottom field	Coach Illona i.simons@isct.co.za

<b>Private ECAs: Please contact the private provider directly to register and arrange payment.</b>			
Private clubs will need a minimum signup in order to run at ISCT in Term 3.			
	Day & Time	Venue	Led by/Contact
<b>Yogabugs Kids Yoga</b> introduces children to yoga through storytelling and drama, incorporating the traditional yoga asanas (poses) in an age appropriate way. These stimulate crossing the midline, balance, flexibility, coordination and building muscle strength. We encourage mindfulness, and our practice is values based - respect for oneself, others and the environment is integral to yoga philosophy. We create a space for children to feel safe and have fun. <b>R650</b> for the term. Children change into appropriate clothing after school. Please provide your own yoga mat. <a href="http://www.yogabugs.co.za">www.yogabugs.co.za</a>	Monday <b>2:15-3:00</b>	Dungeon	Kerry: hello@yogabugs.co.za
<b>Cooking Class</b> A 60 minute cooking class (all ingredients and utensils supplied) privately facilitated by Tots and Pots at a cost of <b>R130 per session</b> .	Monday <b>2:15-3:15</b>	KS2 Art Room (Rm 32)	Deidre: constantia@ totsnpots.com
<b>Modern Dance</b> is a fun way to exercise and get the body moving and the mind working. The classes are based on freedom of movement and expressing oneself through dance and music. It also gives the students an understanding of musicality, discipline, good posture and creativity. All levels of experience are welcome. The cost is around <b>R800 per term</b> (8 x 45 minute classes).	Tuesday 2:30-3:15	Dungeon	Paula paulaguassardo91@ gmail.com
<b>Judo</b> R800 for the term (full term amount payable at the start of the term). *This day and time may possibly change during the course of the year due to availability of coaches.	Thursday 2:30-3:15	Woodland Heights dungeon	Sandy: sandy.csjudo@gmail. com
<b>Kids Coding</b> introduces children to coding language and thought process. Our mission is to help the next generation realise their full creative potential in a world of rapidly increasing technological progress. It's not all screen time: Large parts of the 45-minute lessons are spent playing with toys and solving puzzles that will help a child to think like a coder. <b>R710</b> per term. <a href="http://kidscoding.co.za">kidscoding.co.za</a>	Thursday 2:30-3:15	Rm 25 (5H)	Anzel Anzel@kidscoding.co.za
<b>Hip Hop</b> A 60 minute Hip Hop class privately facilitated every Friday afternoon at a cost of <b>R750</b> for the term (full term amount payable at the start of the term).	Friday <b>1:30-2:30</b>	Dungeon	Annie: anniehendricksdfa @gmail.com

**Private ECAs: Please contact the private provider directly to register and arrange payment.**

All ECA arrangements are subject to change based on COVID restrictions and government regulations.