

KS2 ECAs: Summer Season Term 4 2022 & Term 1 2023

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

ISCT-led - No additional cost. Please read carefully to check equipment or uniform requirements.	Day & Time	Venue	Led by
Functional fitness - Functional Fitness is a great way to stay fit throughout the term. We'll cover plyometric and eccentric exercises. Functional Fitness will be taking place on Monday mornings from 07:00 - 07:40 on the Astro turf. All levels of fitness are welcome!	Monday morning 07:00 - 07:30	Astro Field	Coach Ronwin & Coach Illona
Year 3 - Year Basketball Boys & Girls training. We will not be playing in inter-school matches.	Monday 2:30-3:15	Court	External Coach & Coach Illona
Chess 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
Art & Craft Club for Y4- Y6 only - 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
Strategy Board Games 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.	Tuesday 2:30-3:15	Rm 43 (3H)	Ms Hanbury
Running club - This ECA is open to all KS2 year groups and will focus on building children's stamina and endurance for running, with a main goal being working towards children being able to complete a short cross-country course with ease and confidence.	Tuesday 2:30 - 3:15	Military base	Ms Engel
Year 5 & Year 6 Squad Swimming Team - Year 5 6 Squad swimming will be taking place on Tuesday afternoons from 14:30 - 15:15. Please note that this is not a learn to swim session. Students will be participating in swimming galas. All students must have their own swimming cap and goggles.	Tuesday 2:30 - 15:15	ISCT pool	AquaDolphins swimming coaches & ISCT staff member
Year 3 & Year 4 Soccer Skills - This will be skill based only. <i>Takkies/astro boots required for ISCT field. Shin pads are compulsory.</i>	Tuesday 2:30 - 3:15	Astro Field	Mr Tait
Choir Please note that choir practices take place before school . Children are required to attend both practices each week in order to be able to prepare for performances.	Before School Wed & Thurs 7:30-8:00	Music Room	Mrs Steyn a.steyn@isct.co.za
Fun with iPads (Beginner) for Y3&4 only 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
The Creative Performance club - The Creative Performance Club will focus on the written and performance elements of role play, performance poetry and more	Wednesday 2:30-3:15	Rm 26 (5A)	Mrs Armino
Year 5 & Year 6 Soccer skills - This will be skill based only. <i>Takkies/astro boots required for ISCT field. Shin pads are compulsory. Long socks available from Pitt Promotions.</i>	Wednesday 2:30-3:15	Astro Field	Mr Tait
Year 3 - Year 6 Netball skills - This will be skill based only. We will be focusing on building skills, fitness, positional play, and rules.	Wednesday 2:30 - 3:15	Court	Netball coach & Ms Fahrenfort
Year 3 & Year 4 Squad Swimming Team - Year 3 & 4 Squad swimming will be taking place on Thursday afternoons from 14:30 - 15:15. Please note that this is not a learn to swim session. Students will be participating in swimming galas. All students must have their own swimming cap & goggles.	Thursday 2:30 - 3:15	ISCT pool	AquaDolphins swimming coaches & staff member
Hockey skills - We will be focusing on building skills, fitness, positional play, and rules.	Thursday 2:30 - 3:15	Astro field	Coach Illona
Year 6 Basketball - Boys & Girls training. We will not be playing in inter-school matches.	Friday 1:30 - 2:15	Court	Coach Illona
Y3-5 Mini cricket - This is a skill based ECA. It will be an introduction to cricket. Equipment will be provided by the school. This is for children in Year 3, 4 and 5.	Friday 1:30 - 2:15	Astro Field	Coach Ronwin

Please collect your child from the KS2 Playground (Aftercare) at the end of their activity.

Private ECAs: Please contact the private provider directly for queries, registration or payments.

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	Day & Time	Venue	Led by/Contact
Cooking Class A 60 minute cooking class (all ingredients and utensils supplied) privately facilitated by Tots and Pots at a cost of R150 per session (8 sessions) .	Monday 2:15-3:15	KS2 Art Room (Rm 32)	Deidre: constantia@totsnpots.com
Hip Hop A privately facilitated Hip Hop class every Friday afternoon at a cost of R800 for the term (full term amount payable at the start of the term).	Monday 2:15-3:00	Dungeon	Annie: anniehendricksdfa@gmail.com
Tennis Y3&4 (Tuesday) Starting with the basics (forehand, backhand, volley and serve) which would eventually enable students to rally (hit the ball across the net). It is fun based. Qualified coach registered with the TSA. R110 per session (R880 per term). Depart WH 14:20; return to WH approx 15:25	Tuesday 14:15-15:30 (approx)	Military base. School can provide transport. Pls book in advance by contacting Coach Illona.	Zaida zaidabeukes07@outlook.com 083 543 1397
Tennis Y5&6 (Thursday) Starting with the basics (forehand, backhand, volley and serve) which would eventually enable students to rally (hit the ball across the net). It is fun based. Qualified coach registered with the TSA. R110 per session (R880 per term). Depart WH 14:20; return to WH approx 15:25	Thursday 14:15-15:30 (approx)		
Judo R800 for the term (full term amount payable at the start of the term).	Thursday 3:15-4:00	Woodland Heights dungeon	Sandy: sandy.csjudo@gmail. com
Drama club: Costume and character dress up, film challenges, and creative movement. R900 per term	Thursday 2:15 - 3:00	Drama cabin	drama@thestudioza.co.za
Spanish4Fun Learning Spanish language and culture and having fun! R1400 per term.	Thursday 2:30-3:15	School venue TBC	Margarida margaritapit@yahoo.com
Living Maths (Y4+ only) Classes are 45 mins long and each lesson is independent of the others. We spend time working through fun brainteasers, problems, games that involve strategy and this often leads to fruitful and thought-provoking discussions. We always examine the solutions so that the students can see the various techniques and methods of approaching the problems. R900 per term	Friday 1:30-2:15	Rm 7	info@livingmaths.com
Stoked Surf (Y4+ only) Weekly surf lesson at Muizenberg (including board & wetsuit). Beginner to intermediate surfers. Children will be picked up from school, and can either be collected from Muizenberg or dropped off at school again after the lesson (Minimum of 8 ISCT chn required for this transport service). R2040 for a package of 6 lessons for Term 4, 2022.	Friday 1:30- 5:00 (approx) (school pick-up & drop-off)	Pick-up from KS2 playground	info@stokedsurfschool.co m 0824128781

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Please collect your child from their venue or the KS2 Playground (Aftercare) at the end of their activity.