

KS2 ECAs: Summer Season 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 Before School 07:00-07:30	Astro Field	Coach Ronwin & Coach Illona
Year 3-5 Year Basketball Boys & Girls training. We will not be playing in inter-school matches.	Monday 2:30-3:15	Court	External Coaches & 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. No inter-school matches currently.	Monday 2:30 - 3:15	Rm 26 (5A)	External coach
Art & Craft Club 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
Y3&Y4 Running club - This ECA is open to Year 3s & 4s and will focus on building children's stamina and endurance for running, with a key goal of building up to a 3km consistent run.	Tuesday 2:30 - 3:30 (approx)	Bus to Military base	Mrs de Roo
Y5&Y6 Running club - This ECA will focus on building children's stamina and endurance for running, with a key goal being working towards and building up to a 5km consistent run.	Tuesday 2:30 - 3:30 (approx)	Bus to Military base	Ms Engel
Year 5 & Year 6 Squad Swimming Team - Year 5&6 swimming will be taking place on Tuesday afternoons from 14:30 - 15:15. Please note that this is not a learn to swim session. Children should be able to swim a length unaided. They will be focusing on stroke correction, endurance, strength, and techniques. All students must have their own swimming cap and goggles.	Tuesday 2:30 - 15:15	ISCT pool	AquaDolphins swimming coaches & Mrs Armino
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	External Coach & Mrs Lindeque
U8 Netball The netball season has changed to Term 1 & Term 2. There is a lot of excitement around the netball world cup happening this year! Students born in 2016 and 2015 will be in this age group. Matches will be taking place after 1st March.	Tuesday & Wednesday 2:30 - 3:15	Astro & court	External Coaches & Ms Fahrenfort, Ms Engel & Ms Hanbury
U10 Netball - The netball season has changed to Term 1 & Term 2. There is a lot of excitement around the netball world cup happening this year! Students born in 2013 will be in this age group. Matches will be taking place after 1st March.	Tuesday & Wednesday 2:30 - 3:15	Astro & court	
U11 Netball - The netball season has changed to Term 1 & Term 2. There is a lot of excitement around the netball world cup happening this year! Students born in 2012 will be in this age group. Matches will be taking place after 1st March.	Tuesday & Wednesday 2:30 - 3:15	Astro & court	
U12 Netball - The netball season has changed to Term 1 & Term 2. There is a lot of excitement around the netball world cup happening this year! Students born in 2011 will be in this age group. Matches will be taking place after 1st March.	Tuesday & Wednesday 2:30 - 3:15	Astro & court	
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. New choir members may be asked to audition, parents will be contacted if necessary.	Before School Tues & Wed 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	External Coach & Coach Ronwin

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.	Thursday 2:30-3:15	Rm 43 (3H)	Ms Hanbury
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 should be able to swim a length unaided. They will be focusing on stroke correction, endurance, strength, and techniques. All students must have their own swimming cap and goggles. Children will not be participating in inter-school swimming galas. All students must have their own swimming cap & goggles.	Thursday 2:30 - 3:15	ISCT pool	AquaDolphins swimming coaches & Mrs Lindeque
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 1:45 - 2:30	Court	External Coach & Mrs Neethling
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 1:45 - 2:30	Astro Field	Coach Illona

Queries? Contact Mrs Illona Simons i.simons@isct.co.za

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.

Private ECAs: Please contact the private provider directly to register and arrange payment. Private clubs will need a minimum sign-up in order to run at ISCT in Term 1.	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 2:30-3:30	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: mrsahlahleni1994@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 2:30-3:30 (return to ISCT approx 15:30)	Bus to Military base	Zaida zaidabeukes07@outlook.com 083 543 1397

Fusion Dance - Join our Modern Dance classes in 2023. Dance is for Every Body! For Years 3 to 6 students, Fusion Dance will be taking place on Wednesday afternoons from 2:30 - 3:15. If you would like more information please click here.	Wednesday 2:30 -3:15	Dungeon	Contact info in the link or. melita.potgieter@gmail.co m
Ukulele ensemble - Ukulele will be taking place on Wednesday afternoon from 3:15 -3:45. 6-10 students maximum. We will advise parents where to purchase the ukulele as we have the best price in town and they will deliver it to the school. The ensemble teacher is Jess van der Merwe. R900 per term for 9 lessons (payable directly to Ms van der Merwe) The ensemble teacher is Jess van der Merwe. R900 per term for 9 lessons.	Wednesday 3:15- 3:45	Rm 29	Contact Jess van der Merwe - 0845399414
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 2:20; return to WH approx 3:25	Thursday 2:30-15:30 (approx)	Bus to Military base	Zaida zaidabeukes07@outlook.co m 083 543 1397
Judo R910 for the term (full term amount payable at the start of the term).	Thursday 3:15-4:00	Dungeon	Sandy: sandy.csjudo@gmail. com
Drama club: Costume and character dress up, film challenges, and creative movement. R900 per term	Thursday 2:30 - 3:30	Room 30	drama@thestudioza.co.za
Spanish4Fun Learning Spanish language and culture and having fun! R1400 per term.	Tuesday 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 1:45-2:30	Rm 29	info@livingmaths.com
DC Cheerleading is a competitive sport involving a routine of stunting, tumbling, pyramid building, tosses and cheering. Become part of a team and learn new things. This is a sport for everyone! You do not need to have a background in any form of dancing or gymnastics. Contact Denicke to sign up.	Friday 1:40-2:40	Field	denickecoleman@gmail.co m 066 247 4115

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Collect your child directly from the ECA venue OR the KS2 Playground (Aftercare) at the end of their activity.