

KS2 ECAs: Winter Season Term 2 & 3 2020

Rainy days: ECAs continue in wet weather* with indoor sessions.

Please contact Mr Sheldon for ECA queries: s.sheldon@isct.co.za

| ISCT-led | Day & Time | Venue | Led by/Contact details |
|---|---|---|--|
| <p>Creative Club will be run as rehearsals for the key cast for this year's KS2 musical production in July 2020. <i>It is therefore not open for sign-up, as children will audition and be invited to join. Sign up with Mrs Armino 9 & 10 March. Auditions 12 & 13 March. You will be notified 18 March - this will allow time to make arrangements with Mr Sheldon if school ECAs need to be changed.</i> s.sheldon@isct.co.za</p> | <p>Tuesday 2:30-3:15 Thursday 2:30-3:15</p> | Rm 25 | Mrs Armino r.armino@isct.co.za |
| <p>U8 & U9 Football ISCT is part of a schools' independent football league. Students born in 2011 & 2012 will be in this group. Their training takes place on a Thursday, and matches are played on Monday afternoons. Match participation is dependent on the size of the squad as well as training attendance.</p> | <p><i>Training</i> Thurs 2:30-3:15 <i>Match</i> Monday</p> | Field Rain: Rm 25 / 26 / 27 | Coach Sheldon s.sheldon@isct.co.za |
| <p>U10 Football ISCT is part of a schools' independent football league. Students born in 2010 are U10. Their training takes place on a Thursday, and matches are played on Wednesday afternoons. Match participation is dependent on the size of the squad as well as training attendance.</p> | <p><i>Training</i> Thurs 2:30-3:15 <i>Match</i> Wednesday</p> | Field Rain: Rm 25 / 26 / 27 | Coach Sheldon s.sheldon@isct.co.za |
| <p>U11 & U12 Football ISCT is part of a schools' independent football league. Students born in 2008 & 2009 will be in this group. Their training takes place on a Monday, and matches are played on Tuesday afternoons. Match participation is dependent on the size of the squad as well as training attendance.</p> | <p><i>Training</i> Mon 2:30-3:15 <i>Match</i> Tuesday</p> | Field Rain: Rm 25 / 26 / 27 | Coach Sheldon s.sheldon@isct.co.za |
| <p>Netball ISCT is part of the WP Schools Netball league. 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. Born in 2011 - U9 / Born in 2010 - U10 / Born in 2009 - U11 / Born in 2008 - U12</p> | <p><i>Training</i> Mon 2:30-3:15 <i>Match</i> Wednesday</p> | Rm 25 (5H) or Rm 45 (wooden cabin) | Ms Maphosa s.maphosa@isct.co.za Ms Hanbury c.hanbury@isct.co.za |
| <p>Yoga A physical education programme learning to connect the body with the mind, and to experience play and focus. By practising yoga poses, children can learn how to exercise, develop confidence, and improve concentration.</p> | Thursday 2:30-3:15 | Dungeon | Ms van der Merwe t.vandermerwe@isct.co.za |
| <p>Pilates is an exercise class in which the activities are focused on balance, core strength, stability and flexibility.</p> | Tuesday 2:30-3:15 | Dungeon | Trained Pilates Instructor. Contact Coach Sheldon s.sheldon@isct.co.za |
| <p>Badminton is a skills programme where students are taught how to play the game. There are internal matches and tournaments, but no inter-school competitions at this stage. Students require their own racquets.</p> | Tuesday | Military Base | Badminton Coach. Contact Coach Sheldon s.sheldon@isct.co.za |

| | | | |
|--|---|--|--|
| Cross Country ISCT is part of the WP Schools Cross Country League. Students who sign up for Cross Country participate in the weekly races. Students are supervised to and at meetings, however parents need to be able to collect their children from the race venue as there is no return bus back to school. *Races are still held if raining, but NO RAINY DAY TRAINING at school. | Friday <i>Training</i> 2:00-2:30* <i>Races</i> Parents to collect | Chn meet on the loggia. Collect from Aftercare. | Ms Kolesky k.kolesky@isct.co.za |
| Art Club 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 | Art Room & Rm 26 | Ms Fahrenfort r.fahrenfort@isct.co.za |
| Chess All levels of experience welcome, but please ensure that your child knows the basics. Chess will focus on critical thinking and decision making. | Wednesday 2:30-3:15 | Rm 26 | Mr Goodwin Contact via Mr Sheldon |
| Choir will run on a Thursday afternoon in the Music Room. While we would like to allow as many children as possible to take part, there may need to be an audition process in place. <i>Please note that children may sometimes be required to attend before school or break time sessions in order to be fully prepared for their performances.</i> | Thursday 2:30-3:15 | Music Room | Mr Engelbrecht j.engelbrecht@isct.co.za |
| Fun with iPads (beginner) will take place on Tuesdays. iPads are provided by the school. Example apps are Scratch Jr, iMotion, Clips, Puppet Pals or Explain Everything. <i>These apps are a guide. Please note we only have time to cover one app in-depth per term.</i> | Tuesday 2:30-3:15 | Rm 44 | Mrs de Roo b.deroo@isct.co.za |
| Get Real with iPads (experienced) will take place on Thursdays. iPads will be provided by the school. This club is for children who have already participated in iPad Animation Club for at least three terms in the past. Example apps are Flipaclip, iMovie, Keynote, Book creator, Garageband or the Google Suite. <i>These apps are a guide. Please note we only have time to cover one app in-depth per term.</i> | Thursday 2:30-3:15 | Rm 44 | Mrs de Roo b.deroo@isct.co.za |
| PRIVATE | Day & Time | Venue | Led by/Contact details |
| TAG Rugby A 60 minute rugby class privately facilitated by TAG Rugby Group every Tuesday from 14h15 - 15h15 at a cost of R450 for the term + once off registration of R150 (full term amount payable at the start of the term). | Tuesday 2:15-3:15 | Bottom field Rain: Rm45/46 | Keagan info@taggroup.co.za. |
| Club Electron Robotics is INVENTIVE and FUN. We teach children to tinker, build and code with electronics and robotics. We enable them to view the world of electronics as a place of opportunity and inventiveness, so that they can create without fear. Our courses are designed so that the children learn in a practical hands-on way, and so, they play without realizing how much they are learning. The cost is R1000 per term. Website: clubelectron.net <i>Minimum 6 students in order to run</i> | Thursday 3:15-4:15 | Rm 29 | Jeanine: Jeanine@club electron.net |
| Modern Dance 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. I work with all levels of experience and | Wednesday 2:30-3:15 | Dungeon | Paula paulaguassardo91@ gmail.com |

| | | | |
|--|--|---|---|
| tailor it to everyone's needs. The cost is R580.00 per term (8 x 45 minute classes). | | | |
| Judo R580 for the term (full term amount payable at the start of the term). There will be a bus available for KS2 students to and from Struben House Hall. Parents can collect KS2 students from Struben House hall at 3:15. | Thursday 2:15-3:15 | Struben House hall | Sandy: sandy.csjudo@gmail.com |
| Cooking Class A 60 minute cooking class (all ingredients and utensils supplied) privately facilitated by Tots and Pots every Thursday from 14h15 - 15h15 at a cost of R1200 for the term. | Thursday 2:15-3:15 | KS2 Art Room (Rm 32) | Deidre: constantia@totsnspots.com |
| Hip Hop A 60 minute Hip Hop class privately facilitated every Friday afternoon from 14h00 - 15h00 at a cost of R750 for the term (full term amount payable at the start of the term). | Friday 2:00-3:00 | Dungeon | Annie: anniehendricksdf@gmail.com |
| Living Maths A 60 minute Maths and Problem-Solving Enrichment class privately facilitated by Living Maths every Friday from 14h00 - 15h00 at a cost of R860 for the term (full term amount payable at the start of the term). | Friday 2:00-3:00 | Rm 29 (next to library) | Niki: niki.goswana@livingmaths.com |
| Kids Coding 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 40-minute lessons are spent playing with toys and solving puzzles that will help a child to think like a coder. (If your child did not attend the free taster session in Term 1, please contact Mika to determine which class your child should join.) | Friday <i>Junior/Interm:</i> 2:00-2:40 <i>Senior:</i> 2:45-3:30 | Rm 25 (5H) | Mika Malherbe mikam@kidscoding.co.za |
| Flairs Rope Skipping is an exciting new sport run by Flairs Sports Academy. Learn single rope, long rope, and double dutch skills from our rope skipping experts. Improve coordination, build strength and develop impressive new skills. R850 per term. Contact Aimee at Flairs Sport for more details. | Friday 1:30-2:30 | Field Children first meet on KS2 playground. | Aimee Cloete aimee@flairs-sports.com |