

## KS2 ECAs: Summer Season Term 1 2022

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.	Tuesday 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 Soccer Skills</b> Students born in 2013 & 2014 will be in this group. <i>Takkies/astro boots required for ISCT field. Shin pads are compulsory. Long socks from Pitt Promotions.</i>	Friday 1:30-2:15	Field	Mr Greenwood
<b>U10 Soccer Skills</b> Students born in 2012 are U10. <i>Takkies/astro boots required for ISCT field. Shin pads are compulsory. Long socks available from Pitt Promotions.</i>	Tuesday 2:30-3:15	Field	Coach & staff member i.simons@ isct.co.za
<b>U11 &amp; U12 Soccer Skills</b> Students born in 2010 & 2011 will be in this group. <i>Takkies/astro boots required for ISCT field. Shin pads are compulsory. Long socks from Pitt Promotions.</i>	Tuesday 2:30-3:15	Field	Coach Ronwin i.simons@ isct.co.za
<b>U8, U9 &amp; U10 Netball Skills</b> Born in 2012 - U9 / Born in 2011 - U10.	Wednesday 2:30-3:15	Netball court	Netball Coach & Ms Engel n.engel@isct.co.za i.simons@isct.co.za
<b>U11 &amp; U12 Netball Skills</b> Born in 2010 - U11 / Born in 2009 - U12.			
<b>Hockey Skills</b> 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>Basketball</b> Boys & Girls training (all ages). We will not be playing in inter-school matches.	Monday 2:30-3:15 Wednesday 2:30-3:15	Court	Coach Illona i.simons@isct.co.za
<b>Swimming Team</b> Two small groups to observe COVID protocols. <i>Own goggles; container for mask; non-slip footwear that can be easily wiped and sanitised (slip slops, crocs).</i> *These are NOT learn-to-swim lessons.	Tuesday Group 1 - 2:25-2:55 Group 2 - 3:00-3:30	ISCT pool	AquaDolphins swimming coaches & staff member i.simons @isct.co.za

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

<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 1.	Day & Time	Venue	Led by/Contact
<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>Hip Hop</b> A privately facilitated Hip Hop class every Friday afternoon at a cost of <b>R750</b> for the term (full term amount payable at the start of the term).	Monday 2:15-3:00	Dungeon	Annie: anniehendricksdfa@gmail.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> (please contact for more details).	Tuesday 2:15-3:00	Dungeon	Paula paulaguassardo91@gmail.com
<b>Tennis Y3&amp;4 (Tuesday)</b> 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 (R770 for Term 1). Depart WH 14:20; return to WH approx 15:25	Tuesday	Military base School can provide transport on bus - please book in advance by contacting Coach Illona.	Zaida zaidabeukes07@outlook.com 083 543 1397
<b>Tennis Y5&amp;6 (Thursday)</b> 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 (R770 for Term 1). Depart WH 14:20; return to WH approx 15:25	Thursday		
<b>Judo</b> 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
<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	School venue TBC	Anzel ctcaptain@kidscoding.co.za
<b>Spanish4Fun</b> Learning Spanish language and culture and having fun! R1400 per term.	Thursday 2:30-3:15	School venue TBC	Margarida margaritapit@yahoo.com
<b>Living Maths (Y4+ only)</b> 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 <b>1:30-2:15</b>	School venue TBC	info@livingmaths.com
<b>Flairs Rope Skipping</b> is an exciting new sport run by Flairs Sports Academy. Flairs was established in 2011 and currently runs 3 gymnastics branches in the Southern Suburbs as well as rope skipping projects as outreach. Our expert rope skipping coaches will teach single rope, long rope, and double dutch skills as well as some foundational gymnastics skills. Rope skipping is one of the few sports which encourages social distancing and is an excellent activity to improve cardiovascular health, coordination and strength while learning impressive new skills! Our focus is fun, fitness and friendship! We encourage goal setting and help build confidence through sport. R850 per term. Please complete this form if you are interested: <a href="https://forms.gle/n1x3QJfYjTCyGdYi8">https://forms.gle/n1x3QJfYjTCyGdYi8</a>	Friday 1:30-2:15	School fields	schools@flairs-sports.com 082 326 5674

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