

KS2 ECAs: Summer Season Term 4 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 - 07:30 on the Astro turf. All levels of fitness are welcome!	Monday 07:00-07:30 Before School	Astro Field	Coach Ronwin & Coach Illona
Year 3-4 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 27 (5E)	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
Year 3 & 4 Running club - This ECA is open to Year 3 & 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	Ms de Roo
Year 5 & 6 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 & 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 & Ms Hanbury
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. Please sign up again even if your child participated last term.	Before school Tues & Wed 7:30-8:00	Music Room	Mr Wright a.wright@isct.co.za
Sewing Club for Y3&4 only - All levels welcome. We will be learning different stitches and how to use a pattern. Students will be able to take their creations home at the end of the term.	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. We will be rehearsing for the end of year concert during creative performance. By signing up, students must commit to attending all sessions.	Wednesday 2:30-3:15	Rm 26 (5A)	Ms Armino
Public Speaking Open to all KS2 children. Learn the skills of debating as well as developing confidence in public speaking.	Thursday 2:30-3:15	Rm 24 (6L)	Ms Lindeque
Year 3 & 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 & Ms Fahrenfort
Year 5 & 6 Basketball - Boys & Girls training. Year 5 & Year 6 practice will be on Wednesday and friendly matches on Fridays.	Wednesday 2:30 - 3:15 & Friday 1:45 - 2:30	Court	External Coach & Ms 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	External Coach & Ms Fahrenfort
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.	Friday 1:45 - 2:30	Rm 43 (3H)	Ms Hanbury

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 signup 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.com
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 for the best price and delivery to school. R900 per term for 8 lessons (payable directly to Mr Abraham van der Berg).	Wednesday 3:15-3:45 (after normal ECAs)	KS2 Art Room	Abraham: 084 406 5328
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 2:30-3:30 (approx)	Bus to Military base	Zaida zaidabeukes07@outlook.com 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.com 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.