

After School Activities: G3 – G5

ES Choir: KG-5

Students will be focusing on developing their singing voice, singing in unison, in rounds, as well as in two parts. There may also be solo and small ensemble singing opportunities. Though we will mostly focus on choral skills and games, our end result will be the fantastic concert at the Grand Hyatt Tree Lighting Ceremony, held this year on the evening of December 8th. *Please note- your student MUST be available to attend this event to be in choir*. This has been a wonderful tradition that the Hyatt has given the ASB Elementary community and is a special experience for all students involved.

ES Soccer: KG-5

This entry level course is geared towards players who are just beginning their exploration of the game. The focus areas below will set the groundwork for more competitive programs in the future and ignite the child's passion for the sport:

Technique: Experiment with the qualities of a rolling or spinning ball. Introduce ball lifting, juggling, block tackle, receiving ground balls with the inside and sole of the foot, shooting with the inside of the foot, toe passing and shooting and dribbling while changing direction. Introduce the push pass.

Fitness: Agility, eye-foot and eye-hand coordination, balance, leaping, bounding, tumbling, catching, throwing, pulling, pushing, warm-up activities and movement education.

Psychology: Encourage working in pairs, sportsmanship, parental involvement, how to play, emotional management, creativity, dynamic activities, participation of all players, developing self-esteem and a safe and fun environment.

Tactics: Back line and forward line, 1v1 attack and choosing to dribble or pass. Introduce the names of positions (fullbacks and forwards). Institute games of 2v1, 1v2 and 2v2, playing with the ball with a purpose and promote problem solving.

Cricket Education Program: G3-5

Cricket Education Program has been designed exclusively by Cricket Australia and is a comprehensive six level sequential cricket education program for Grade 3 to Grade 8 boys and girls. Each level of the program consists of curriculum based training covering all skill areas of cricket with a specialized focus on the development of leadership, team work, pursuit of excellence, decision making and other 'soft skills'.

A participant is assessed throughout the program on their Knowledge, Understanding and Skill with a certificate awarded on the successful completion of each level. This culminates in the Diploma of Cricket awarded after satisfying the requirements of Level 6.

This program will take place at the Kohinoor City Club grounds (besides the ES campus). Students will be supervised and guided to the Kohinoor Facility for this activity. Students will be brought back to the ES campus for dismissal at sharp 4:00 pm. Parents will need to pick their child up from the ES campus at 4:00 pm, please be prompt. Bus students will be guided to the bus which will leave at 4:20 pm sharp. ASB will provide supervision at all time during this activity. This is an ASB sponsored program and we have tied up with Sports Education Development India to facilitate the content.

Note: During the month of September & early October there are possibility of showers. If on a session day it is raining ASB would arrange a room /space, where CEP coaches will conduct modified structured activities or show educational cricketing videos to continue the learning of our kids within the program.

Taekwondo: KG-2

Taekwondo is a traditional Korean martial art that involves more than physical fighting skills. Taekwondo training reinforces agility, flexibility, improves strength, and motor skills coordination. This course will focus on the values of Taekwondo, the fundamentals of Taekwondo stances, kicking, and hand techniques.

Students participating in Taekwondo as an After School Activity will now need to buy a Gee (Attire) to wear for this class. This has been articulated by the Instructor for the class in a view to better the experience for students participating in this activity.

The cost of the Gee will be Rs. 500/

Payments could be made directly to the instructor of the class. The attire will be provided the following week after payment as per the size of your child.

Marcos Quay Mini Tennis Program: KG-5

Mini Tennis is a highly structured curriculum program designed by British Tennis. It is aimed at student from Jr.KG- Grade 5. It is a progressive program where equipment and courts are modified to suit the child. Softer balls, smaller rackets and smaller courts are used to allow students to develop better. Mini Tennis is a ITF (International Tennis Federation) certified program. The program focusing on the sporting fundamentals that is required in a young child. With key focuses on Tennis basics as well as our ABC's (Agility, Balance and Co-ordination). After completing our program if the child does decide to pick up another sport such as soccer, cricket or golf etc. many skills learnt here will be helping them in multi sports too.

Wall Climbing: G1-5

Students participating in this adventure sport will be introduced to the Basics of Sport Climbing with a brief History about the Sport. Below mentioned is some of the content that students will experience.

Type of Holds.

- Climbing Techniques for Climbing on the Wall
- Maintaining of Center of Gravity
- Various Climbing Postures for Sport Climbing
- Types of Competition Climbing
- Safety Equipment & its Uses
- Rope Controlling and its Management

Get Athletic: G3-5

KOOH Sports offers a special sports education program called 'Get Athletic' for schools. This program is based on the fundamental that athletics is the foundation for all sports. KOOH Sports believes that training in athletic skills at a young age sets the foundation for skill development which that is essential for every sport. This not only stimulates growth of young kids, but it also leads to improvement in their overall academic development and improved wellbeing.

KOOH Sports Training System

- Get Athletic is based on the basic principles of physiological sports development
- Get Athletic creates a holistic foundation for sports
- Get Athletic concentrates on developing the basic skill set - run, jump and throw. These skills are elementary movements which are required in all sports
- The KOOH Sports Get Athletic trainers use state-of-the-art equipment and training advanced coaching techniques to develop the skill sets of children and to build a sporting foundation.
- Get Athletic aims to integrate 'multi-skill' sessions using innovative game formats e.g. touch rugby, flag football, netball, softball

Gymnastics: KG-5

Is a sport that enhances physical strength, flexibility, power, agility, coordination, and balance. It is a perfect sport to teach skills for life, including independence, focus and self-discipline - skills that can assist with self-esteem, mental and physical development. Gymnastics helps children feel good about themselves and helps to raise their level of fitness and confidence. It helps students believe that they can accomplish whatever they put their mind and effort to.

The aim of our program is to provide age appropriate quality instruction in a safe positive environment keeping in mind that the children should have fun while they learn to develop balance, co-ordination and confident body movement. The program focuses on individual progress, refinement of personal skills and enjoyment of each activity.

The curriculum is designed to be spiral in nature. As they progress, the students will experience opportunities to refine and develop their skills, abilities, knowledge and appreciation. Through participation in each unit, students will have the opportunity to acquire basic skills such as eye-hand coordination, motor skills, body awareness and expression, as well as general awareness about team cooperation, rules and health-related fitness.

GEMS (Girls Engaged in Math): G3-5

Girls - Have you ever wanted to design your best friend's bedroom? Are you looking for fun ways to explore math? Join us in GEMS. GEMS is a math enrichment after school program for 3rd-5th grade girls. The purpose of the program is to encourage girls to broaden their interest in math through engaging projects and hands-on activities.

E3 Language Courses: G3-5

French

The French ASA program offers a developmentally appropriate program for our young learners, designed to build their confidence in learning and speaking French. This program is aimed at beginners to intermediary and will have small group instructions and high level differentiation. Some of the engagements are:

- Understand a message and act/react accordingly
- Introduce oneself and someone else
- Understand the instructions for activities when explained with the help of mimes and actions
- Respond to verbal solicitations by a word or by simple sentences (basic morph-syntax)
- Basic vocabulary and generic terms needed to communicate
- Try to communicate by using certain common words and actions/mimes

- Sing rhymes, songs....
- Formulate a basic description of a person or an object
- Take initiative to ask questions
- Identify a person or a thing
- Say what one has and what someone else has
- Name an object or a person
- Situate an object/a person according to another object/person
- Describe ones surroundings
- Say if one understands or does not understand
- Say what one feels (sentiments/emotions)

Mandarin: G3-5

We have our focus not only on introducing them to Mandarin but also express themselves with ease, thus widening their horizon. Learning this language will expose children to one of the most ancient civilizations and a growing economy of the current world. Our primary aim here to not only teach but also infuse in them the passion for this language for a lifetime. We here would strive to channelize their enthusiasm, energy, eagerness by introducing them to the art of Chinese brush writing, thus enabling their intelligence and art simultaneously.

German: G3-5

Deutsch macht SPAß...German is FUN! Come learn German in a fun-filled, modern, interactive way, at the American School of Bombay. We learn the fun way and yearn to learn more and more and more. This time twice a week for the whole semester!!! Meaning, more songs, more talk, more movies und viel mehr. This course aims at not just introducing the German language but also the German culture to the students. Children will be equipped to greet, to introduce themselves and communicate in the basic German language. Depending upon the reading ability of the children, reading in German will also be taught. Small relevant texts will be introduced. Pronunciation of a new foreign language is of importance and will also be stressed upon in class.

Spanish: G3-5

In today's professional world, traveling to and working in a country other than one's own is a common practice. What makes the move easier is familiarity with the social and professional culture of the host country and language is an integral part of any culture. Spanish is the second most spoken language in USA, and Latin America with 24 countries makes this language, not only an advantage but almost a necessity in business.

COURSE OBJECTIVES:

Specifically, the course seeks to

- Provide students with basic, communicative skills (written and spoken) in Spanish.
- Enable students to understand and to speak Spanish in 'face to face' or telephonic conversation introductions.
- Understand written Spanish: in short texts, signboards, simple instructions, notes, e-mails, letters etc. and importantly write notes and emails in simple Spanish.

Additionally, it seeks to familiarize students with some aspects of Hispanic culture focused in the country of your interest. It will:

- Familiarize the students with Spain and Latin America.
- Give them an exposure on business and social etiquette when interacting with Hispanic people.
- Provide information on acceptable codes of behavior when visiting any Hispanic country.

Mandate to achieve the said objectives:

The following three skills will be worked upon in class:

- a. Listening comprehension
- b. Reading comprehension
- c. Spoken expression

Most lectures will have the following major components:

1. Listening comprehension
2. Key sentences, grammar and vocabulary
3. Activities based on the speech act
4. Basic grammar

Digital Storytelling: G3-5

Digital storytelling will allow students to express and share aspects of their life story through media. Media will include using sounds and images to tell a story or express different forms of poetry. Students will deepen their understanding of content while increasing their visual, sound, oral and information literacy skills. They will learn the stages of digital story telling while crafting their 3-5 minutes movies. All of this in an interactive and balanced environment!

Tabla: G1-5

The Tabla is a popular Indian percussion instrument used in the classical, popular, and religious music of the Indian subcontinent and in Hindustani classical music. Join us to learn the basics of Tabla play or to improve your skills on this increasingly popular instrument. This class is structured to meet the needs of students, both at the beginner and advanced (students who have passed experience in this activity) level.

Beginners: Introduction of rhythmic alphabets and phrases, various patterns

Intermediate: learn rhythmic poems; themes of Tabla, introduction of rhythmic cycles

Rock Star - 101 (Swirl Music): G2-5

As the name suggests, Rockstar 101 is a child's first step towards becoming THE COMPLETE MUSICIAN. It focuses on nurturing raw talent and helping children express themselves through music and through their instrument. This program puts into practice, our philosophy of making Music an integral part of a child's growing up years, making it easy to learn and using an approach that is light, interactive and fun.

The Rockstar 101 Program will provide education and guidance in the following fields of music:

- Guitar Fundamentals

- Keyboard Fundamentals

Ballet: KG-5

This course is designed to introduce young children to the love of dance and music through the beauty of classical ballet (Vaganova Russian style). The class will be a place that encourages creativity, imagination, and self-esteem. Classes are run by the Central Contemporary Ballet School.

Additional Information: Students signed up for Ballet as an after school activity will be required to be dressed in a ballet costume. Costumes are available with the instructors at additional costs.

Bollywood Boogie: KG-5

Come shake a leg at this awesome dance extravaganza! Bollywood, Hip Hop, and bit of everything else will be incorporated in this energetic, fun activity. Come join us to learn, discover, and have fun.

G K-8

Please Note: Bollywood Boogie for Kg-5 is offered on two separate days Mondays/Fridays. The course content and assignments for these classes will be identical. Please consider this if you choose to sign your child up for both days

THE DANCE MASHUP - Hip Hop - Street - Contemporary: G3-5

Grade 3 - 5 Street dance is a general term that covers all sorts of super-cool dance movements. The main dance styles that are like to be included are a combination of Street – Hip Hop – Contemporary Hip-Hop is a fast-paced and exciting class that introduces students to intricate popular movements to hip-hop beats and lyrics. The class may include breaking, popping, and locking. Hip-Hop is a great aerobic workout that develops strength and flexibility. Contemporary dance is a popular form of dance which has since grown in the last decade to become one of the dominating performance genres for formally trained dancers throughout the world. This Dance Mashup would be a combination of all of the above giving Dancers an opportunity to move through different styles and paces. At the end of the term we showcase an informal performance day for family and friends at school.

Junior Chefs ASB: KG-5

This activity was formerly known as Delectable Delight: In this course students will learn the basics of baking and similar styles of cooking. Students will gain experience with ingredients and cooking apparatuses. This class will be a little messy, a little challenging, but definitely a whole lot of fun.

Our junior chefs will be trained in kitchen hygiene and safety. Use of simple implements e.g. spatula, dough cutter, balloon whisk will be permitted under supervision. Baking and cooking recipes will be covered where firm finger dexterity come into play e.g. Simple cookie, biscuits, mini and medium tarts, basic bread making techniques and quick starters will be taught. Oven and other heating implements have been used successfully with this group as they follow instructions well and do not cross a safety line unless under the teachers supervision. Ingredients used will help explore their taste buds as seasonal fruits and vegetables are used in the different recipes. Sharing of tasks and work allows for simple team exercises which culminate in a sense of achievement at the end when a product is prepared.

Yoga: KG-5

The Yogakids program is a complimentary practice which aids all other sports practices and balances the body and mind of a child in a sequence that boosts their performance. The program helps

1. Increasing focus
2. Developing strength
3. Preventing injury
4. Gaining flexibility
5. Understanding the body better
6. Greater academic achievement
7. Improved peer relationships
8. Development of coping skills

It is not only a physical practice but also clears and heals emotional blocks and helps them gain EQ vis-a-vis IQ. This is the "whole" self-development which I'm sure all parents aim at.

Robotics: G3-5

The word "robot" brings to mind a humanoid capable of performing awesome tasks. Robotics couples a students' love for building and their fascination of the world of technology into a fun and creative program that explores science, Technology, Engineering, and Math. These independent and self-paced explorations encompass:

- Using of touch, ultrasonic, sound, & light sensors
- Animal projects such as crawly, scorpion, rattlesnake and spider
- Machines such as radar, dynamo and catapult
- Mobile robots which follow lines and detect obstacles.
- Using gears to speed their cars or carry heavy loads

During the final session, students will showcase their work and also take part in a mountain climbing race or a Sumo robot competition. Resources used during the workshop are Lego MindStoms. Returning students continue to advance through the course. Returning students continue to advance through the course.

Forensics: G2-5

The E3 programs in Forensic Science are designed to meet the curiosity all children have in 'C.S.' (Crime Scene Investigation)...wanting to be detectives! Our program aims to enhance the skills of logic, reasoning, exploration, lateral thinking while encouraging team work. Examination of clues - fingerprints, footprints and other 'cool' stuff - is taught through games, stories, and discussions with the little ones (K-2). All mock crime scenes are designed to be age appropriate yet exciting! We look forward to a 'fun forensics' semester with gloves, magnifying glasses and solving crime as the agenda!

Eligibility:

Fluency in English (written & spoken) | Ages 9 – 12 years (grades 3-5), and no prior forensic knowledge

Weird Science: KG-5

Come join us for hands-on science experiences that are as entertaining as they are educational. Weird science will introduce you to a world of discovery while sparking your imagination. This activity encourages scientific literacy, and reinforces reading, writing and arithmetic.

Chess: KG-5

Students will learn the complete set of rules for chess as well as some of the basic openings and strategies to the game. Students will have the opportunity to implement the skills and strategies learnt

by participating in matches within their group. The season will end with an age appropriate mini tournament.

Art Studios: G2-5

The After School Art Program is not just to teach a particular skill but to nurture creativity, enabling participants to have an enriching experience using their senses and minds joyfully. This dynamic program includes art production, aesthetics, artist and his style, art techniques and self-expression through age appropriate hand on activities.

Scrap Booking: G3-5

Learn how to capture life's great moments through the art of scrapbook making. Through this activity, students will learn the basic techniques for preserving their personal and family history through photographs, printed media, and memorabilia contained in decorated albums. Students will learn how to preserve special memories through the techniques of: mats and frames, chalking, creating stunning embellishments, different page layouts, journaling, paper piecing, stamping, pop-up pages, peek-a-boo-pages, punch art and much more. Students will put all these techniques together to produce a beautiful scrapbook that they will take home.

Students participating in Scrap-booking, will require to have with them the following materials for their class.

- Pair of scissors
- Double sided tissue tape and Double sided 3d tape
- Craft knife

Paper Quilling: G3-5

Students will learn to make different items like envelopes, greeting cards, photo frames creatively using paper strips and punches. As this is a creative art, it is also a fun activity for students to enhance their imagination. The materials used for this kind of activity is easy to buy at any arts and crafts outlets. Students will need a quilling tool, strips, glue and box to store their work safely.

Digital Photography: G2-5

Interested in taking photos and creating your own portfolio, come learn to direct your pictures, edit it and create a collage of different genres of photos. We will not just take pictures but learn the art of composing pictures using editing tools. We will learn to create a story of photographs of people, things, and events. Come let's go Click! Click! Click! The best way to become a pro at photography is to take plenty of pictures and enjoy!

Engineering Adventures: G3-5

Students will explore real-world problems—and use the Engineering Design Process to create solutions!

- Develop 21st-century skills like creative thinking and collaboration.
- Builds kids' confidence in their ability to engineer.
- To produce great engineering experience for kids, a rigorous design cycle is introduced to the students that involves testing, evaluating, and improving our work.
- To solve engineering problems, engineers follow a Five-Step Process called the "Engineering Design Process".