

ASA Primary School

The After-School Activities (ASA) programme goal is to help lay the groundwork for young people to remain active and involved throughout their life.





Y1-Y6 Tennis

If you would like to start or try a new sport like tennis, or if you would like to continue to play tennis, we have many opportunities! We offer recreational and competition teams.

You will learn and develop your technique and match play through mini-games and challenges on court.



Y1-Y2 Ateliers de Cuisine / French

Tout au long du semestre nous découvrirons des recettes ludiques et gourmandes. Nous ferons de la pâtisserie, de la cuisine, du pain. Four, poêles, fouets et rouleaux à pâtisserie n'auront plus de secrets pour nous. Nous apprendrons des recettes faciles que nous pourrons refaire à la maison en toute autonomie. Nous les écrirons les recettes dans un cahier, on pourra ainsi les consulter à la maison. Le tout sera en français, on pourra ainsi enrichir notre vocabulaire, s'entraîner à parler en toute confiance.



Y1-Y2 Paper Arts

Paper arts is the perfect way to develop your child's fine motor skill, their problem solving ability and creativity. It helps them understand themselves more fully and boosts their confidence and self-esteem as they successfully complete a task. Through different and exciting activities, your child will learn more about them self.



Y1-Y2 FUNtastics Rotation; Art

Learn how to draw, paint and express yourself creatively. Students will do projects focusing on different styles and techniques while discovering the fun and social/ emotional benefits that art can bring into your life. The students will learn to use colours and textures to express themselves creatively and also have fun in the process. They will regularly bring home art projects to share their experience.



Y1-Y2 FUNtastics Rotation; Coordination Games

Participation in activities can often depend on the progress and pleasure derived while doing an activity. Coordination games aim to develop a base of locomotion skills, to skip, to throw, to run and hand-eye exercises in a ludic environment. Age-adapted activities will enable students to progress at their rhythm. Health-related fitness components will be incorporated into the sessions.



Y1-Y2 FUNtastics Rotation; Dance

Rhythm and groove. Explore your body in space, in locomotion and non-locomotion states and with relationships to others. Dancing nurtures a close relationship with one's physical body; it creates deep awareness and appreciation. Happy people like to dance.



Y1-Y2 FUNtastics Rotation; Fantastics

Swinging, bouncing, landing and rolling are pleasurable aspects of being a child and are integral parts of exploring their physical environments. This exploration takes place in the gymnastic setting on mats, bars, trampolines and an air-track. Join in the fun.



Y1-Y2 FUNtastics Rotation; Music / Choir

Which young child does not like to sing?! During this ASA, students will do singalongs. They will learn the basics of making music with their voices even if they cannot yet understand the concept of notes or reading. It is important for young students to be exposed to various types of music and music activities because the exposure helps aid development, and it can open up opportunities for the students in their later stage of life.



Y1-Y2 Water Coloring

During watercolor art you will be learning a variety of techniques to explore artistic expression through the use of watercolor paint. We will also be working on exploring mindfulness and peaceful communication through the use of music, relaxation techniques, finishing the class with a fun game.



Y1-Y3 Ball Games

Ball Games is a club for developing physical and social skills, all whilst having fun. You will play lots of games and you will learn: coordination, balance, agility, catching and sending, how to play with others, listening and sharing skills as well as creativity.

It is a great chance to anchor these key skills before moving on to recognised games.



Y1-Y3 LEGO Building

This after-school activity will provide students from year 1, 2 and 3 with different building challenges. They will be able to choose to build from a challenge card or their own imagination. They will need to work with others at times to promote collaboration skills too. So we will have collaboration challenges as other times more free and creative choice. Come and join us on this building journey!



Y1-Y3 Taekwondo

Taekwondo is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind. Today, it has become a global sport that has gained an international reputation, and stands among the official games in the Olympics.



Y1-Y4 Yoga

Yoga is a practice that promotes health, self-awareness, mindfulness, and the power of meditation. Students will engage in a 60-minute yoga sequence that develops the foundational poses and finishes with a meditative practice. Students will increase flexibility, balance, and strength, as well as learn to turn their attention inward and focus on the importance of “the self”. Yoga has positive educational and behaviour benefits and students will learn to transfer their meditation practice into their daily routines.



Y2-Y3 Football Mix Recreational

Football Mix Recreational has the main focus on promoting the love for the game while understanding the basic concepts and rules. This will allow the students to have a solid base that will help them progress and improve their skills.



Y2-Y3 Multi Sports Mix

Opportunities to learn and develop a wide range of physical skills including agility, balance and coordination as well as the importance of play and fun. Children acquire basic building blocks to increase their physical competences, confidence, and motivation to try many physical activities and sports.



Y2-Y3 Robotics

Are you interested in Robotics? If you are a Y2-Y3 student you can sign up for this activity. You will learn about how to build and code robots using a variety of materials including Bee-Bots and Dash and Dot robots. There will also be an opportunity to complete challenges with Dash and Dot robots for the international Wonder League competition.



Y2-Y4 Art Porcelain Painting

The goal of this course is to give you an opportunity to explore a different kind of art; an art where the porcelain replaces the canvas.



Y3 Dance

Sign up if you love to dance! You will be learning the basics of contemporary dance styles such as hip-hop, jazz-modern and jazz-funk. The aim is to improve posture, flexibility, sense of rhythm, create a beautiful body, give more energy and confidence. In each class you will learn new moves and make combinations.



Y3-Y4 Makerspace

Through guided projects, students will experience the joys of tinkering, building, and making. Students will have the opportunity to learn how to safely use different tools and also work through design cycles to bring their projects to life.



Y3-Y4 Gymnastics Competition Preparation

This team is for those students who wish to prepare to compete and have previous some experience. The skills are mandated by “La Fédération Suisse de Gymnastique”.



Y3-Y4 Gymnastics Recreational

The recreational teams are for gymnasts of all levels. Students will learn about body position in space and posture, and develop balance, strength and flexibility in a controlled environment. The skills are learned in a fun and safe setting.



Y3-Y4 Swimming Pre-Competition

During practice, you will explore the pool and discover one of the most popular Olympic sports: Swimming. Games, exercises and free time will help you develop your swimming skills and ensure you feel confident in the water. Swimming is not only a sport, but also a fun-based activity, which is why recreational swimming is first of all about enjoying swimming and having fun in the water.



Y3-Y6 Chess Club

Whether you are a complete beginner, or already a chess Grandmaster, come and play chess! We will focus on a combination of learning new strategies and cunning tricks, and playing the game for the fun of it.



Y3-Y6 Knitting in French

In this ASA the students will learn the basic techniques of knitting. These are casting on, knitting, purling, decreasing stitches, increasing stitches and cast off stitches. With these simple techniques it is possible to achieve most patterns, the possibilities are endless!



Y3-Y6 Primary Band

Do you learn an instrument, you are welcome to bring it along. If they do not yet play an instrument, you are still very welcome to join the Primary Band. Together with the music teacher you will find a way to play one of the xylophones, recorders, or other percussion instruments. We will be working together towards performances at assemblies and concerts. You will have great fun to play music together with other students.



Y3-Y6 Taekwondo

Taekwondo is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind. Today, it has become a global sport that has gained an international reputation, and stands among the official games in the Olympics.



Y3-Y6 Ukulele Club

This is your opportunity to develop your skills on the ukulele, learn lots of wonderful songs and work towards group performances.

This activity is open to students of all abilities, including beginners.



Y4 Dance

Dance sessions develop the students the coordination, the sense of the rhythm, the synchronization and the memorization. Learning how to work in groups is a fundamental aspect of dance. Based on this, the students learn to work together to succeed; they learn to accept the differences of the others and become aware of how to improve personally. Through dance, students discover self-image and experience the pleasure of learning to move harmoniously.



Y4 Multi Sports Mix

Opportunities to learn and develop a wide range of physical skills including agility, balance and coordination as well as the importance of play and fun. Children acquire basic building blocks to increase their physical competences, confidence, and motivation to try many physical activities and sports.



Y4 Football Mix Recreational

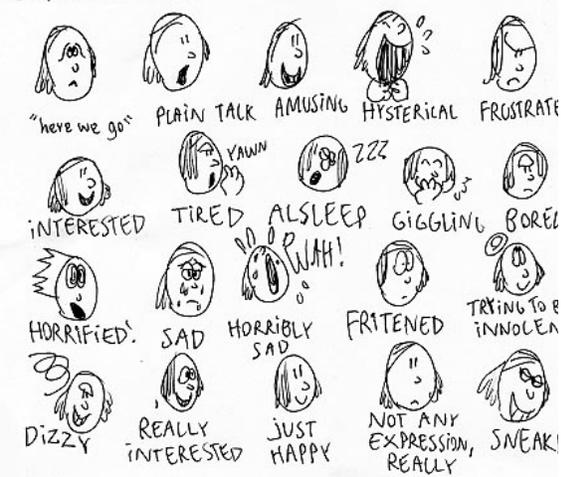
This recreational team gives the students the opportunity to learn and improve their skills. There is also a focus on team spirit and respecting teammates, at the same time the goal is as well to have fun practicing their favorite sport.



Y4-Y6 Art

During this activity, the students will be using different artistic materials. In the past, we have painted, drawn, worked with clay, painted on glass, prepared cookies mix. But other kind of activities can include candles making, painting on different supports, or activities suggested by the students.

EXPERESSIONS



Y4-Y6 Comic Book Drawing

Do you like reading and drawing? Then the Comic Book Drawing activity will be THE ASA for you. You will learn key elements in how to draw comic characters and comic strips by creating your own storylines to publish and share.



Y4-Y6 Computer Coding

Some of our students have created visual illustrations, games, scenarios and commands to move characters through a challenge. It is an exciting way to learn the building blocks of more advanced coding languages (HTML, Java etc).



Y4-Y6 Cross Country Recreational

This activity is a chance for you to enjoy and improve your running ability in an outdoor natural environment. The majority of practices take place in Sauvabelin, a forest very close to the school.

Cross Country is also an excellent activity for all sports team players who want to improve or maintain their fitness.



Y4-Y6 Film Making

You will practice, reinforce and develop the IT skills that are used throughout the Years 4 to 6 curriculum. Specifically we will use iMovie to create a movie trailer or short film, using storyboards and sequencing to organize and develop ideas into film.



Y4-Y6 Robotics

Always wanted to do Robotics? Then sign up for this activity where you will learn about how to build and code robots using a variety of materials including LEGO WeDo and Dash and Dot robots. There will also be an opportunity to complete challenges with Dash and Dot robots for the international Wonder League competition.



Y4-Y6 SciTech

Come and explore science and technology where we will perform experiments, do technology projects and have a blast. Children will explore the fundamentals of science and technology while gaining skills, knowledge and discovering the fun behind science and technology. Students will gain from this ASA a thirst for knowledge and a foundation to further inquire into scientific principles.



Y4-Y6 Track and Field Cat E Mixed Comp

Did you know that mastering the most natural movements such as running, jumping and throwing is the key to success in any sport? This activity focuses on building stable foundations for movement coordination, balance, flexibility, speed and endurance. For you, as a younger student, these key elements are essential in any of your chosen sports.



Y4-Y6 Unihockey Recreational

Unihockey is an easy sport to learn, once you know the basics it is a fast flowing game that can be enjoyed by all. All levels of player are welcome.



Y5 Dance

Dance sessions develop the students the coordination, the sense of the rhythm, the synchronization and the memorization. Learning how to work in groups is a fundamental aspect of dance. Based on this, the students learn to work together to succeed; they learn to accept the differences of the others and become aware of how to improve personally. Through dance, students discover self-image and experience the pleasure of learning to move harmoniously.



Y5-Y13 Gymnastics Competition Level 1-4

The competition team is for those gymnasts who wish to compete and have previous some experience. The skills are mandated by “La Fédération Suisse de Gymnastique”.



Y5-Y13 Gymnastics Recreational

The recreational teams are for gymnasts of all levels. Students will learn about body position in space and posture, and develop balance, strength and flexibility in a controlled environment. The skills are learned in a fun and safe setting.



Y5-Y6 Basketball Cat E Boys Competition

You will learn fundamental basketball skills in a fun environment with a focus on the importance of teamwork and good sportsmanship. With the team you will work towards representing ISL in matches against other schools.



Y5-Y6 Basketball Cat E Girls Competition

You will learn fundamental basketball skills in a fun environment with a focus on the importance of teamwork and good sportsmanship. With the team you will work towards representing ISL in matches against other schools.



Y5-Y6 Football Girls Recreational

Students will be involved in fun, energetic activities, designed to develop the basic skills needed to play football. Movement patterns, dribbling, passing and shooting skills will be developed explicitly in both individual and group practices.



Y5-Y6 Multi Sports Boys

Opportunities to learn and develop a wide range of physical skills including agility, balance and coordination as well as the importance of play and fun. Children acquire basic building blocks to increase their physical competences, confidence, and motivation to try many physical activities and sports.



Y5-Y6 Multi Sports Girls

Opportunities to learn and develop a wide range of physical skills including agility, balance and coordination as well as the importance of play and fun. Children acquire basic building blocks to increase their physical competences, confidence, and motivation to try many physical activities and sports.



Y5-Y6 Netball Cat E Competition

Girls! Come along and learn the basics of this beautiful game or develop your skills.

It is a fun game requiring teamwork to score goals.

Opportunities to represent the school in competitions are available.



Y5-Y6 Swimming Cat E Competition

On the swim team, you will develop your swimming technique in a playful environment. During training, you will explore the swimming pool, use the diving boards, and participate in fun physical activity. While competitive swimming is an individual sport, you will be part of a team which comes with certain responsibilities and expectations, such as determination, motivation, and supporting your teammates.



Y5-Y6 Tennis Competition

The competition teams will represent ISL in various school and Swiss Tennis Interclubs competitions.



Y5-Y6 Water Coloring

The students will learn to paint with watercolours, to make sketches, plein-air paintings, still life, water reflections, people etc. They will explore different techniques in a relaxed and happy atmosphere.



Y5-Y6 Winter Festival Costumes & Props

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Y5-Y6 Winter Festival Musical

The Winter Festival is a fantastic chance for you to have a main role in this year's Winter Festival. If you sign up, you will have a speaking part, as all registered students are guaranteed a speaking part. The main characters and solos will be prioritized to Year 6 students, but this production has many important roles.



Y5-Y6 Wolfie's News

Y5 and Y6, join the ASA Wolfie's News Team and write the news that kids want to read!



Y6 Dance

If you are part of the group Dance Y6, you will be practicing contemporary dance styles such as hip-hop, house, dance hall, c-walk, vogue, waacking, jazz-modern and jazz-funk. The aim is to improve your posture, flexibility, sense of rhythm, create a beautiful body, give more energy and confidence. Each class we will learn new moves and make complex combinations.