

After School Activities – 19/20 – Term 2 Schedule						
Logistics	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activity	Basketball	Football		Football	Basketball	Tennis
Grade level	KG1 / Class 1	KG1 / Class 1		KG1 / Class 2	KG1 – Class 2	Gr.1-5
Timing	1:30 – 2:30	1:30 – 2:30		1:30 – 2:30	1:30 – 2:30	9:00 – 10:30
Location	Roof Oak	Roof Maple		Roof Oak	Roof Oak	Lower Court
Coach	Elissa	Fares Z.		Fares Z.	Elissa	Omar S.
Activity	Painting & Sketching	Gymnastics		Gymnastics	Painting & Sketching	
Grade level	KG 1 – Class 1	KG1 / Class 1		KG1 - Class 2	KG 1 – Class 2	
Timing	1:30 – 2:30	1:30 – 2:30		1:30 – 2:30	1:30 – 2:30	
Location	Nursery A	KG 1 B		Roof Maple	Nursery B	
Coach	Ahmad Gh.	Hanadi R.		Hanadi R.	Ahmad Gh.	
Activity	Basketball	Choir	Coding & Robotics	Gymnastics	Intro to Ballet	
Grade level	KG 2 – Gr.1	KG1	KG 2 only	KG2 – Gr. 1 / Class 2	KG1	
Timing	2:30 – 4:00	1:30 - 2:30	1:30 – 3:00	2:30 – 4:00	1:30 – 2:30	
Location	Roof Oak	Music Room	Library	KG 1 B	Roof Oak	
Coach	Ryma	Tiffany D.	Geek Express	Joana M.	Carmen	
Activity	Painting & Sketching	Gymnastics	Football	Football	Choir	
Grade level	KG2 – Gr. 1	KG2 – Gr. 1 / Class 1	Gr. 1 – 3	KG 2 – Gr. 1 / Class 2	KG2 - Gr. 1	
Timing	2:30 – 4:00	2:30 – 4:00	1:30 – 3:00	2:30 – 4:00	1:30 - 2:30	
Location	Art Room	KG 1 B	Lower Court	Upper Court	Music Room	
Coach	Ahmad Gh.	Joana M.	Roland K.	Roland K.	Tiffany D.	
Activity	Football	Football	Circus Sports	Jumps & Flips	Taekwondo	
Grade level	Gr. 2 – 3	KG 2 – Gr. 1 / Class 1	Gr. 3 – 5	Gr. 3 – 4 – 5	Gr. 3 – 4 – 5	
Timing	2:30 – 4:00	2:30 – 4:00	1:30 – 3:00	2:30 – 4:00	2:30 – 4:00	
Location	Lower Court	Upper Court	Roof Maple	Roof Maple	Roof Maple	
Coach	Roland K.	Roland K.	Hanadi R.	Nicolas	Alaa Kh.	
Activity	Taekwondo	Gymnastics	Hatha Yoga	Tennis	Chess	
Grade level	KG.2 – Gr. 1 – 2	Gr.2 – 5	Gr. 4 - 5	Gr.1 – 2	Gr. 1 – 5	
Timing	2:30 – 4:00	2:30 – 4:00	1:30 – 3:00	2:30 – 4:00	2:30 – 4:00	
Location	Roof Maple	Roof Maple	Drama Room	Lower Court	Library	
Coach	Alaa Kh.	Hanadi R.	Sherine	Omar S.	Amr & Karim	
Activity	Football	Basketball	Coding Edison	Video Game Design	Junior Game Programming	
Grade level	Gr. 4 – 5	Gr. 2 – 3	Gr. 3 – 4 – 5	Gr. 3 – 4 – 5	Gr. 1 – 2	
Timing	2:30 – 4:00	2:30 – 4:00	1:30 – 3:00	2:30 – 4:00	2:30 – 4:00	
Location	Roof Oak	Lower Court	ICT Room	ICT Lab	ICT Room	
Coach	Fares Z.	Ahmad Abdallah	Geek Express	Geek Express	Geek Express	
Activity	Choir	App Development	Tennis	Board Games	World Dance	
Grade level	Gr. 2 - 5	Gr. 4 – 5	Gr. 3 – 4 – 5	Gr. 3-5	G 2 - Gr. 5	
Timing	2:30 - 4:00	2:30 – 4:00	1:30 – 3:00	2:30 - 4:00	2:30 - 4:00	
Location	Music Room	ICT Room	Upper Court	Library	Roof Oak	
Coach	Tiffany D.	Geek Express	Omar S.	Yara	Carmen	
Activity		Basketball				
Grade level		Gr. 4 – 5				
Timing		2:30 – 4:00				
Location		Roof Oak				
Coach		Ryma R.				

### After School Activity: Basketball

<b>Description:</b>	The after school Basketball activity will involve basic training on beginner basketball techniques through the use of fun games, team plays to enhance coordination and social interaction.
<b>Learning Objectives:</b>	<ul style="list-style-type: none"> <li>• KG1: to introduce basic movement in different directions (straight, zigzag and sideways) with and without a basketball, gross motor skills such as catching and throwing the ball, ball wraps and ball control to have a better feel for the ball, dribbling with both hands as well as throwing the ball and hitting a target.</li> <li>• KG2 - Gr1: to reach the ability to demonstrate the six basketball skills of running, jumping, passing, catching, dribbling and shooting.</li> <li>• Gr4 - Gr5: to teach advanced ball control, basketball stance, dribbling, shooting, lay-ups, passing, footwork and overall fitness.</li> </ul>

### After School Activity: Gymnastics

<b>Description:</b>	The Gymnastics activity is designed to teach flexibility, strength, coordination and body awareness using gymnastics skills while building positive self-esteem in a relaxed, fun, yet challenging atmosphere. Each of the following learning objectives are given to different age groups at the appropriate level of difficulty and in compliance with how advanced the group is. The different classes/age groups are: "KG1", "KG2-Gr1", and "Gr2-Gr5".
<b>Learning Objectives:</b>	<ul style="list-style-type: none"> <li>• All levels: to teach candle stick, front roll, back roll, cartwheel, bridge, headstand, handstand, handstand bridge, pyramid (three persons), jump split on the vaulting table.</li> </ul>

### After School Activity: Jumps and Flips

<b>Description:</b>	The Jumps and Flips activity is brought to Wellspring in collaboration with Cirquenciel. In this class a mini trampoline is used in order for students to learn a variety of jump and flip moves for beginners aimed at enhancing students' body equilibrium, precision, strength and endurance.
<b>Learning Objectives:</b>	<ul style="list-style-type: none"> <li>• Gr3 - Gr5: to teach jump, jump tag, jump split, jump half turn and swallow.</li> </ul>

### After School Activity: Hatha Yoga

<b>Description:</b>	The afterschool Hatha Yoga activity is a general category of yoga which includes most yoga styles. It includes the practice of yoga postures and breathing exercises, which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation. This class enhances students' flexibility, strength, relaxation, detoxification, and general posture.
<b>Learning Objectives:</b>	<ul style="list-style-type: none"> <li>• Gr3 - Gr5: to learn candle, chavasana, headstand, cobra pose and general flow.</li> </ul>

### After School Activity: Circus Sports

<b>Description:</b>	The Circus Sports activity is brought to Wellspring through Cirquenciel. This activity introduces new fun circus moves for beginners such as juggling and aerial sports with the aim of enhancing students' coordination, strength and flexibility in a new, fun dynamic way. This activity teaches students concentration, perseverance, coordination and patience while learning a challenging new set of skills.
<b>Learning Objectives:</b>	<ul style="list-style-type: none"> <li>Gr3 - Gr5: in the juggling component, students learn beginner one flower sticks, Chinese plates and beginner diabolo tricks. In the aerial component, students learn climbing, foot lock and different techniques on the ribbon.</li> </ul>

### After School Activity: Taekwondo

<b>Description:</b>	Taekwondo is a Korean martial art, characterized by its emphasis on head height kicks, jumping and spinning kicks and fast kicking techniques. Each of the following learning objectives are given to different age groups at the appropriate level of difficulty and in compliance with how advanced the group is. The different classes/age groups are: "KG2 - G2", and "G3 - G5". As the students' progress in their skills and understanding of the sport, they are awarded with the appropriate belt color which signifies their rank and advancement.
<b>Learning Objectives:</b>	<ul style="list-style-type: none"> <li>All levels: to learn self-defense skills, to learn respect, to learn the five tenets of taekwondo, kicking techniques, standing techniques, fighting techniques, arms techniques, and stances.</li> </ul>

### After School Activity: Tennis

<b>Description:</b>	The Tennis activity introduces the fundamental skills of tennis with an over-sized low-compression ball on a smaller court. The color-coded system is fully endorsed by the International Tennis Federation and has been adopted by the majority of countries worldwide. This activity teaches students how to improve their personal fitness through participation in aerobic, muscular endurance, flexibility and coordination activities.
<b>Learning Objectives:</b>	<ul style="list-style-type: none"> <li>Gr1 - Gr2: to learn the techniques of posture and how to hold the racket, the technique of forehand and backhand stroke, the volley stroke and engage in friendly drills that simulate real match situations.</li> <li>Gr3 - Gr5: to learn both technical and tactical skills including posture, forehand and backhand stroke; technique of forehand service; technique of volley stroke; the ability to explain appropriate tactical decisions in a game of tennis; to learn scoring and engage in friendly matches individually and in teams.</li> </ul>

### After School Activity: Painting and Sketching

<b>Description:</b>	This course introduces students to classical and contemporary painting and sketching techniques and concepts, with emphasis on the understanding of its formal language and the fundamentals of artistic expression. Each of the following learning objectives are given to different age groups at the appropriate level of difficulty and in compliance with how advanced the group is. The different classes/age groups are: “KG1”, and “KG2/G1”.
<b>Learning Objectives:</b>	<ul style="list-style-type: none"> <li>All levels: to learn basic art history, techniques and fundamentals including how to use oil pastels, gouache, water colors, markers, coloring pencils and how to apply them to the fundamentals of art: line, shape and color.</li> </ul>

### After School Activity: Introduction to Ballet

<b>Description:</b>	This class, exclusively designed for KG1 students, encourages age appropriate creativity, musicality, and physicality. Students will dance and have fun with an emphasis on the foundations of ballet, creative movement and basic ballet steps.
<b>Learning Objectives:</b>	<ul style="list-style-type: none"> <li>KG1: To learn and understand the 5 basic positions of ballet, along with strength, coordination, and flexibility through dance and technique specific exercises.</li> </ul>

### After School Activity: World Dances

<b>Description:</b>	In this class students explore different styles of dance from around the world, such as Bollywood, Salsa, the Cha-cha and more.
<b>Learning Objectives:</b>	<ul style="list-style-type: none"> <li>Gr2 - Gr5: Students learn to appreciate the artistic expression of different cultures all while demonstrating technique specific moves in harmony with music and rhythm.</li> </ul>

### After School Activity: Board Games

<b>Description:</b>	The Board Games Activity provides students with a rich learning experience, a grasp of positive competition through the creation of a healthy competitive environment, and also teaches them important social skills such as communicating with others, negotiating, sharing, and taking turns. Board games are a great way to sneak in some learning through old school fun students will appreciate. This activity will include a variety of board games, word games, and card games for a variety of levels such as Monopoly, Scrabble, Catan and more.
<b>Learning Objectives:</b>	<ul style="list-style-type: none"> <li>Gr2 - Gr5: Playing board games stimulates brain areas that are responsible for memory formation and complex thought processes for all ages. Engaging in play assists in practicing essential cognitive skills, such as decision-making, higher level strategic thinking, and problem solving.</li> </ul>

### After School Activity: Chess

<b>Description:</b>	Chess is a classic game that develops spatial thinking and strategies and builds focused concentration. Taught by a certified chess instructor, the class is geared for all levels of chess players.
<b>Learning Objectives:</b>	<ul style="list-style-type: none"> <li>• Gr2 - Gr5: Beginners learn basic game rules and opening tactic moves. Intermediate and advanced players learn sophisticated combinations and strategies and advanced opening moves.</li> </ul>

### After School Activity: Choir

<b>Description:</b>	The after school Choir Activity will involve basic vocal training (modified for each age group) and beginner techniques in order to be able to properly sing in unison and perform as a choir.
<b>Learning Objectives:</b>	<ul style="list-style-type: none"> <li>• KG1: to introduce a musical experience to the students and expose them to the concept of a choir for the first time, through learning and developing basic vocal skills, familiarizing students with melodies and rhythms through children's rhymes, and learning how to sing as a team.</li> <li>• KG2 - Gr1: To learn, practice, and develop melodies that are slightly more challenging and acquire basic vocal abilities while at the same time learning how to sing as a team, keeping in mind the collective sound of the group.</li> <li>• Gr2 - Gr5: To introduce the concept of harmony while developing the student's musical ear and ability to sing with perfect pitch and rhythm while maintaining a cohesive sound as a group (choir).</li> </ul>

### After School Activity: Football

<b>Description:</b>	The after school Football activity's main focus is centered on developing gross and fine motor skills while students participate in fun activities for different levels, obstacle courses, goal scoring, and different kick techniques. This class includes fun filled games that will help refine student's social awareness, listening skills, team play, and overall fitness level.
<b>Learning Objectives:</b>	<ul style="list-style-type: none"> <li>• KG1: To learn the basic fundamentals and tactics through small sided fun games and tailored activities which enhances students coordination and agility.</li> <li>• KG 2 – Gr1: To learn more advanced ball control with both feet while continuing to focus on the development of basic skills and team work.</li> <li>• Gr2 – Gr3: To participate in more challenging activities and skill development as well as body awareness and movement while implementing the fundamental techniques of Football.</li> <li>• Gr4 - Gr5: To advance to small sided competitive games and transition into team play all in the atmosphere of positive competition and sportsmanship.</li> </ul>

## Technology Classes in collaboration with Geek Express

### Coding & Robotics (KG2)

<b>Description:</b>	Through story based projects, students will first design and build a simple robot with simple mechanism. Then, they will navigate the robot by giving it directional and motion instructions. In this workshop, students will learn fundamental coding concepts related to sequential thinking, conditionals and functions.
<b>Learning Outcomes:</b>	<ul style="list-style-type: none"> <li>• Introduce basic programming concepts such as loops, functions and conditionals</li> <li>• Develop sequential thinking skills</li> <li>• Practice problem solving and debugging</li> <li>• Improve motor skills</li> <li>• Build complex mechanisms using gears, shafts and blocks</li> <li>• Encourage creativity</li> <li>• Learn through trial and error</li> </ul>

### Coding Edison (Gr 1 – 2)

<b>Description:</b>	Robotics is a powerful, engaging subject to teach kids computational thinking and computer programming in a hands-on way. In this workshop, students program a robot to respond to stimuli such as light and sound, to follow lines, to avoid obstacles, and to behave independently to achieve a specific task.
<b>Learning Outcomes:</b>	<ul style="list-style-type: none"> <li>• Control the movement of a robot through sequential blocks</li> <li>• Understand how sensors work</li> <li>• Code the robot to react to certain stimuli such as light and sound</li> <li>• Code a robot to avoid obstacles</li> <li>• Code a robot to follow a black line</li> </ul>

### Junior Game Programming (Gr1 - Gr2)

<b>Description:</b>	This workshop aims at introducing young children to the world of coding and encouraging them to develop their creativity and logical thinking. They will learn the basic principles of programming by using Scratch Jr. where they will code and create their own collages, animated stories and games.
<b>Learning Outcomes:</b>	<ul style="list-style-type: none"> <li>• Add and edit the main components of Scratch such as sprites, backdrops, and event blocks.</li> <li>• Use basic code blocks in creative ways to create complex animations</li> <li>• Improve sequential thinking and problem-solving skills</li> <li>• Become capable of moving on to more extensive coding platforms such as Scratch</li> </ul>

### Video Game Design (Gr3 - Gr5)

<b>Description:</b>	Scratch is a block based programming language that makes it easy to create interactive stories, animations, games, music, and art and share projects on the web. In this workshop, students will learn basic programming concepts such as loops, functions and conditionals.
<b>Learning Outcomes:</b>	<ul style="list-style-type: none"> <li>• Learn the fundamentals of computer programming such as events, loops, conditional statements and variables</li> <li>• Build solid interactive programs including video games, stories and animations which can be shared online</li> <li>• Explore and use the concept of functions and parameters</li> <li>• Implement simple computer science algorithms</li> <li>• Manage assets such as images and sounds</li> <li>• Exercise creativity and problem solving skills</li> </ul>

### App Development (MIT App Inventor) (Gr4 - Gr5)

<b>Description:</b>	This course is perfect for children who dream of creating their own apps and sharing them with friends or publishing them on Google Play Store! In this workshop, students will learn about computer programming while they create their own android applications including games, speech recognizer apps, quiz and survey apps.
<b>Learning Outcomes:</b>	<ul style="list-style-type: none"> <li>• Learn fundamental computer programming concepts including loops, methods, conditional statements and event broadcasting</li> <li>• Learn the fundamentals of app UI/UX including page graphical layout and menus organization</li> <li>• Manage and incorporate media assets into the app</li> <li>• Use multiple user input methods</li> <li>• Use multiple output methods</li> <li>• Collect relevant information from the web and use them in the app</li> <li>• Build and share apps with users</li> <li>• Develop sequential thinking skills</li> <li>• Work on a project through all its phases from design to execution and deployment</li> </ul>

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