MiniGym (for 3, 4 and 5 Year old students)
PaRK IS and O Espaço gym have a partnership in the area of physical activity for children aged 3, 4 and 5. The MiniGym is a mixed class of children's gymnastics, which aims to develop several physical abilities such as coordination, flexibility, balance, strength, speed, body notion and spatial-temporal skills, learning as well different basic gymnastics skills for a future in the field of gymnastics. Classes will be held in the school gym.

Enrolled students may participate in all the events organized by O Espaço gym for its classes.

CREATIVE DANCE/INTRODUCTION TO BALLET (for 3, 4 and 5 Year old students)
The Creative Dance Introduction to Ballet aims at introducing and preparing children for the world of dance. It is the starting point of a specific dance technique which sets its bases in classical dance notions so that when they are 6 years old children can integrate and continue progress on to Ballet classes, having already acquired the necessary skills. These classes’ main objectives are to develop posture and flexibility, coordination, musicality, creativity and spatial concepts.

JUDO (for 3 Year old students and older)
Judo exercises are designed to develop confidence, coordination and physical motion. The practice involves individual objectives in order to develop self-esteem and concentration. It also promotes the respect for others requiring at the same time the discipline to help children have a better sense of understanding of their own body.

TAEKWONDO - TIGERS (for 3, 4 and 5 Year old students)
Taekwondo is a traditional Korean martial art, based on self-defense, where the training is focused not for the practitioner to become better than others, but rather to surpass himself. Its practice from an early age allows the development and training of children’s motor skills, promoting the development of psychological and mental characteristics, key to the balance of their personality, not only on a personal level but also in the relationships with family, school and peers. Songahm Taekwondo Academy Tânger has as a priority the teaching of “life principles”. In other words, Taekwondo is a vehicle to teach life’s most important values to these future adults, such as respect, self-confidence, loyalty, courtesy, honor and positive spirit. “In Taekwondo Songahm, each child is a winner”.

The group of “Tigers” is designed for children in kindergarten, specially aimed at the development of their social and training skills as well as a reinforcement of educational guidelines that are passed on by their parents (respect, loyalty, self-control, etc.). Teaching is conducted by mixing playing and learning.

During the year two belt examinations are organized (January and June). Each examination is an international certificate and costs 45€ (this value may slightly vary and parents must pay directly to STAT Academy).

This activity takes place once a week in school however enrolled students may participate in all the events organized by the Academy for its classes.

A PORTA AMARELA (for students in Kindergarten and Primary School)
A Porta Amarela (the Yellow Door) is the project of two artists who got together to create artistic expression workshops for children. Its main objective is to contribute to the education and sensitivity of children through targeted proposals based on creative, original and transversal activities, which dive into the universe of arts.
(visual arts, music, theater, etc.), thus enabling children to become more happy, more structured and more creative so that when adults, they can have an active role in the world. How to meet this goal? Through the understanding of the creative process of the artists, who see the world from a new point of view. By participating dynamically, by performing and playing educational games; through a happy imaginary exploration and creativity, by passing through the yellow door (A Porta Amarela)! And what is behind the yellow door? Expectations of moving to the other side, to a place we do not know, we do not see and have never experienced, triggering curiosity, awakening the senses and enhancing knowledge, learning and playing.

**FOOTBALL/SOCCE**R (for 4 Year old students and older)

Training, learning technical and tactical techniques allows practitioners a natural evolution in sports.

There are 3 different levels depending on the age and level - Petizes (rooms of 4, 5 years and 1st Grade), Traquinas (2nd and 3rd Grades) and Benjamins B (4th Grade). These group divisions will be made by the teacher in charge of the activity at the beginning of the school year.

The teacher in charge of the activity will also organize and determine meetings with teams from other clubs.

**SWIMMING** (for 4 Year old students and older)

Your children’s first experiences in the water should be fun and safe. For this reason heated swimming pools are usually the most used to ensure that the child feels safe and in comfortable surroundings. Activities and interaction with teachers and other children help them develop confidence and team spirit.

The teacher’s individual counseling is also recommended for the child to establish a respect for water. Swimming will be practiced in the Holmes Place (HP) of Algés and the price includes the towel. PaRK IS provides children’s transport to the club - on arrival at HP they will be accompanied to their teacher. From this moment on PaRK IS responsibility ends and it will be HP’s responsibility. PaRK IS does not provide for transportation back to school - parents will be responsible for picking up their kids at HP.

**POWER DANCE** (for 4 Year old students and older)

In Power Dance boys and girls will experience classes with lots of movement, music, fun experiences creating different choreographies, combining the Hip-Hop rhythms, House Dance, Modern Dance and Free style Dance.

**MUSICAL INTRODUCTION WORKSHOPS** (for 4 and 5 Year old students)

Through fun and educational activities, by singing with the interaction and contact with small percussions, students develop interest and curiosity for sound and music with the aim of promoting their musical development.

**CODE CLUB** (for 5 Year old students and older)

The various types of programming language and robotics are gaining an increasingly important role in today's world, being fundamental not only in the STEAM area (Science, Technology, Engineering, Arts and Math), but also in other areas, because they help the development of transversal skills such as analytical thinking, problem solving, collaborative teamwork and creativity. There are 2 group levels, assigned according to the child’s age.

**MATH FUN** (for 1st Grade students and older)

Math + Fun has the great objective of introducing Primary School students to mathematics in a fun and playful way.
The proposed activities are dynamic with a playful approach to mathematics through educational games and hands-on activities. Mathematical concepts will be introduced, such as geometry, symmetry, logic, reasoning, mental calculus, statistics, numbers, etc., but always in a relaxed and fun way.

The activities are carried out giving individual attention to each student, in small groups. In September parents/students will be offered a date when they can attend an open class for those who would like to know more about this activity.

**BASKETBALL** (for 1st Grade students and older)

Basketball is an addictive team sport and game, which is exciting, dynamic and competitive. Park International School always tries to take into account the physiological and psychological growth of their students, respecting and promoting all principles of socialization. Enjoying and loving sport is essential, therefore, we have as objectives the learning of the following basic techniques: dribbling, passing, shooting, defensive/defensive attitude and all of the above in technical and tactical actions (rebound, reduced games, etc.). This sport will imply meetings and regular tournaments organized with teams/clubs and other colleges/schools, usually selected in the competitions organized by the Lisbon Basketball Association (ABL), on dates that are determined by the teacher in charge of the activity and organization. Students are divided into levels according to their age and the corresponding level (under-8, under-10, under-12, under-14). These group divisions will be made by the teacher in charge of the activity at the beginning of the school year.

**PADEL** (for students in rooms 1st Grade and older)

In recent years Padel has been the most increasingly popular sport in Portugal.

Although it involves some technique, it is very easy to learn. Padel is always played in pairs, implying a minimum of 4 players with a small racquet without strings which facilitates the ball's control; fields are smaller than the tennis ones with glass walls around them that are part of the game (as these make the ball bounce back).

The CIF offers 3 padel tennis courts, two of them covered, which makes it possible to practice the sport throughout the year even when it rains or when it is very hot outside.

**BALLET** (for 1st Grade students and older)

Ballet's main objective is to promote psycho-motor skills together with a rhythmic and acoustic development, expressiveness and creativity.

Ballet classes are specially designed to work on posture, memory, confidence and concentration in a fun way. At this age ballet helps emphasize creative expression through movement and music.

**TAEKWONDO - KIDS** (for 1st Grade students and older)

Taekwondo is a traditional Korean martial art, based on self-defense, where the training is focused not for the practitioner to become better than others, but rather to surpass himself. Its practice from an early age allows the development and training of children’s motor skills, promoting the development of psychological and mental characteristics, key to the balance of their personality, not only on a personal level but also in the relationships with family, school and peers. Songahm Taekwondo Academy Tanger has as a priority the teaching of "life principles". In other words, Taekwondo is a vehicle to teach life’s most important values to these future adults, such as respect, self-confidence, loyalty, courtesy, honor and positive spirit. “In Taekwondo Songahm, each child is a winner”.

The Kids category, addressed to children from 1st to 6th year is specially designed to accompany children’s development, linking the educational needs of their age with their physical growth. In this way we seek to
reward students by teaching them personal victory concepts, leadership and proactivity, strengthening their self-confidence, and emphasizing the importance of setting short-, medium and long term goals.

During the year two belt examinations are planned (January and June). The international certification following each examination costs 45€ (parents must pay directly the STAT academy).

**MUSIC: INSTRUMENTAL (for 1st Grade students and older)**

Specific technical learning of a chosen instrument, always with the goal of keeping students motivated, proposing a diverse repertoire. The classes available are piano and guitar and lessons can be individual or 2 student per group (with the same level).

As there is limited availability for this activity, the priority is always given to the past year students and to those who register first.

**CHESS (for 1st Grade students and older)**

The overall program is teaching chess, adjusted in time length and various age levels. The annual program is divided into 9 sections: 1 - Introduction of the game board and pieces; Movement and capturing of pieces; 2 - simple concepts: check the king, checkmate, draw by stalemate; 3 – special moves; 4 - Introduction to basic check-mates; 5 - Simple Tactics I; 6 – Simple moves: en passant; 7 Simple techniques II (fork, x-ray and check overload); 8 - Elementary checkmates; 9 - chess notions.

Tournaments will be organized in school throughout the year, dates to be determined later.

**CATHECHISM (for 1st Grade students and older)**

PARK IS is in partnership with the Paróquia of Santa Isabel and offers catechism classes to all interested students from the 1st Grade onwards.

In the Paróquia of Santa Isabel, children receive the sacraments of Confirmation and the 1st Communion the same year and at the same time, according to the catechists indication and preparation of each student. For this to happen children must have at least three to four years of catechism.

We will try to keep the same time schedule as the previous years, but we will be able to confirm only in mid-September.

Students who sign up for this will receive a form to fill out from September 16th to formalize their registration.

**STUDY HALL (for 1st Grade students and older)**

PaRK IS offers a room where students can study autonomously or do their homework, with the presence of a teacher who will be available to answer all their questions.

This activity will be available from Tuesday to Friday from 4.30pm to 5.30pm

**GOLF (for 3rd Grade students and older)**

PaRK IS is in partnership with the Portuguese Golf Federation (FPG) and offers golf lessons, either for beginners, or for more advanced level players.

This activity is intended for students to develop:
- The ability to distinguish the different areas of the game - long game; short game; putting; rules
- The fundamentals - grip, posture and ball position;
- Safety rules knowledge
- Competition
Whenever the weather conditions will not allow the practice of this activity outdoors students will have indoor exercises or have lectures on basic golf rules and behavior on the golf course.

BOUNCE - FREE JUMPING (for 3rd Grade students and older)
PaRK IS is in partnership with Bounce and offers its students a weekly class on trampolines, with a series of exercises, always with the presence of specialized tutors. The main benefits of this activity are, among others, the improvement of physical conditions and body posture, cognitive development, improving mobility and learning techniques with fun and safety. A specific monthly planning agreed upon with the school is made and at the end of each period students will be evaluated on the techniques that have been taught.

VOLLEYBALL (for 3rd Grade students and older)
Volleyball is a beautiful team sport and game promoting the physiological and psychological growth of students, respecting and encouraging their need of socialization. Besides the technical skills it’s very important for children to enjoy and gain satisfaction through this sport as well as a personal, social and harmonic development, accompanying children with the potential of practicing volleyball sports activity. The basic concepts of the sport will be taught: rotation; passing (finger placement); setting; service (underhand/overhand); hitting; block and all of the above integrated in a technical -tactical mode. Students are divided into levels according to their age and corresponding level. This group division will be made by the teacher in charge of the activity at the beginning of the school year.

TRANSPORTATION FOR CIF TENNIS (for 5 Year old students and older)
PaRK International School is in partnership with the International School of Football Club Tennis (CIF), and offers its students the possibility of classes at CIF with apposite equipment adapted to every age.- the teacher makes specific, individual programs for each student. For children it is especially important to learn and mechanize the technical gestures.

Earlier during the year and after registration, new students will take a test to assess their level and after that the appropriate time schedule (day) will be assigned. Depending on the technical evaluation, older children will be placed in a more advanced level in a group of 5 students.

For this school year 2016/17, the school has a different process of registration with its partner so all payments shall be made by the parents/guardians at CIF, so to speed up the whole bureaucratic process. PaRK IS can only ensure transportation for students who register for Mondays and Wednesdays.