

# EXTRACURRICULAR ACTIVITIES

2023/24

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## NEWS



### E-SPORTS

Digital format of traditional sports, such as soccer, basketball or motor sports. Training sessions and competitions in in-house leagues.



### ENTREPRENEURSHIP CLUB

Liceo Emprende is the new entrepreneurship club, in collaboration with E2E Valley, born with the aim of offering students tools to learn those skills of the future more demanded today.



### ROCK BAND

Activity aimed at students with basic knowledge of musical instruments, such as keyboard, guitar, electric bass, drums, or even singing.



### THEATRE (DRAMA)

Creative space for the exploration of expressive skills through team work.



### COMPETITIVE DANCE

Teams of competitive dancers who work on urban dance technique and choreography.



### CROSS TRAINING

Work of core physical condition with special attention to the development of strength. Body scheme reaffirmation and balanced growth are the foundation of this activity.



### **VOLLEYBALL**

Group sport that promotes players' integral development, cooperation and social skills.

## **SPORTS**



### **OFFICIAL FEDERATED FOOTBALL TEAM**

Socialization and cooperative learning for the improvement of technical-tactical skills.



### **CASTELLANA NUEVA CF**

Federated football team for professional categories (> Youth)



### **TENNIS**

Activity where basic concepts can be reinforced in order to keep growing and acquiring technical and tactical aspects of advanced tennis.



### **BASKETBALL SCHOOL AND MINI BASKET**

Training in basic abilities and skills to master ball control.



### **CYCLING CLUB**

Participants will learn how to handle a bike and will be introduced to basic and more advanced cycling techniques which will further their enjoyment of this sport.



### **BTT CLUB**

Mountain biking. Introduction to various disciplines of the sport like cross, descent, rally and enduro.



### **ROLLER SKATING**

Technique acquisition and management of the challenges of being on skates, adapted to the level of each student.



### **SKATEBOARDING**

Development of coordination, motor skills and balance thanks to this highly sought-after sport among young people.



### **PARKOUR**

Non-competitive sport discipline based on people's motor skills. Introduction to artistic gymnastics and gymnastics.





### SKI CLUB

Everyone can practice their skiing or snowboarding, from beginners to experts. Saturdays and Sundays.



### RUNNING CLUB

Athletics training, technique and preparation for races.



### ATHLETICS

A professional coach will lead this activity, aimed at the acquisition of a solid athletic foundation.



### MINI TENNIS

An adaptation of tennis, in terms of its equipment and rules, which introduces students to the sport in a more progressive and natural manner.



### PADDLE TENNIS

Private or group lessons, trimester courses and court rentals for children and adults.  
From Monday to Sunday.  
[www.liceo-padel.es](http://www.liceo-padel.es)



### HORSE RIDING

Development of basic motor skills, balance and educational values.



### SWIMMING SCHOOL

Private or group swimming lessons for children and adults. From matroswimming to the improvement of swimming styles techniques, or competition equipment.  
Mondays to Saturdays.  
[www.liceosports.es](http://www.liceosports.es)



### SCUBA DIVING SCHOOL

Advanced training programme and induction course in scuba diving led by instructors from the Liceo Balkysub Diving School. Course includes preparation for PADI certificate.



### JUDO

This complete sport combines physical development and holistic learning.



### YOGA AND MINDFULNESS

Attention, relaxation and meditation techniques. Children discover their own bodies and identify and express feelings and emotions.



### MODERN DANCE

Choreographies for induction, development and advanced training in different types of dance.  
Development of the sense of rhythm, coordination, balance...



### JUST DANCE. SCHOOL OF MUSIC AND DANCE

Different types of dance for the development of agility, balance and body dynamics.



## LANGUAGES



### GYMNASTICS COMPETITION

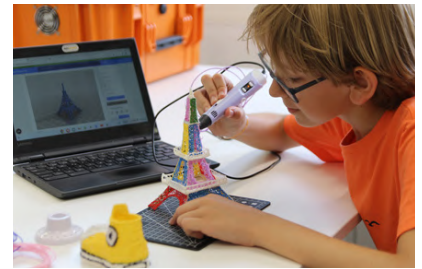
Work on posture, musical rhythm and flexibility. Participation in local competitions.



### LANGUAGES

Mandarin Chinese, French and German. According to age and level.

## OTHER ACTIVITIES



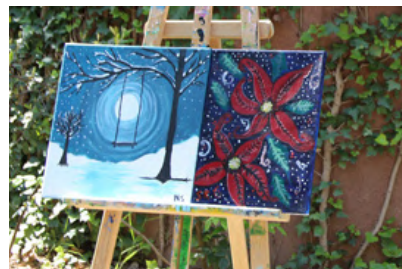
### KIDS & TECH

First steps in programming and robotics. Technological activity which prepares students in various disciplines, according to their age and prior knowledge.



### EDUCATIONAL ROBOTICS

Acquisition of competencies for the future through the exploration of the design, building and functioning of robots.



### ARTISTIC PAINTING

New artistic techniques and different media on which to work on colour mixing, proportions, light and shadow...



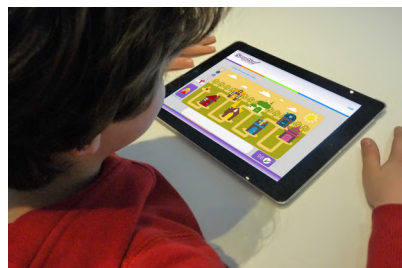
### MUSIC SCHOOL

Musical instruments, singing and preparation for exams and entry assessments for the Royal School of Music.



### EMOTIONAL INTELLIGENCE

Development of social skills (communication, empathy, tolerance, assertiveness) and emotional skills (self-esteem, personal autonomy, self-regulation).



### SMARTICK

Online mathematics learning. With just 15 minutes per day, mental agility, arithmetic and concentration skills are improved.



### KUMON

Japanese mathematics and language learning system based on the repetition of exercises that gradually become more complex.



### CHESS CLUB

Game of strategy and tactics. Through cooperative exercises, students learn the basics of the game. Concentration and memory are improved.

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