

EXTRACURRICULAR ACTIVITIES

2020/21

LEARN
ING IS
FUN



SPORTS



BOXING

Improvement of physical condition, coordination, strength, aerobic capacity and transversal values, such as: consistency, sacrifice, motivation and promotion of self-esteem.



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.



BTT CLUB

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



SKI CLUB

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



RUNNING CLUB

Athletics training, technique and preparation for running races.



ATHLETICS CLUB

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



STRENGTH TRAINING

Development of muscle strength in order to achieve a better physical shape and to avoid injuries.



OFFICIAL FEDERATED FOOTBALL TEAM

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



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



HORSE RIDING

Horse riding promotes the development of motor skills and teaches students to ride safely and responsibly at all times.



SWIMMING SCHOOL

Private or group swimming lessons for children and adults. From matroswimming to the improvement of swimming styles techniques.
Mondays to Saturdays.
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 and advanced training in different types of dance.



JUST DANCE

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



GYMNASTICS COMPETITION

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

LANGUAGES



MANDARIN CHINESE

According to age and level. Available to all students from Early Years to Secondary School.



FRENCH

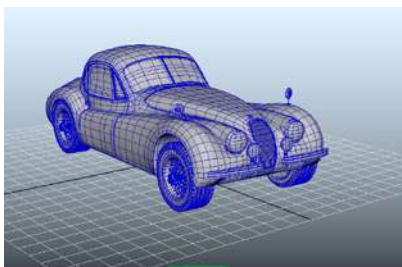
Classes for Secondary and Baccalaureate students.



GERMAN

Optional third language classes available to Secondary and Baccalaureate students.

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 supports on which to work on colour mixing, proportions, light and shadow...



MUSIC LESSONS

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



THEATRE (DRAMA)

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



DEBATE CLUB

Improvement of communication skills through different oratorical techniques.



EMOTIONAL INTELLIGENCE

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



COOKING WORKSHOP

First contact with the culinary world to promote healthy and balanced eating habits. Textures, new flavours and preparation of delicious recipes.



SMARTICK

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



ONLINE KUMON

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



ONLINE 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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