

# EXTRACURRICULAR ACTIVITIES

2021/22

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## EXTRACURRICULAR ACTIVITIES



### OFFICIAL FEDERATED FOOTBALL TEAM

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



### CASTELLANA NUEVA CF

Federated football team for professional categories (> Youth).



### BASKETBALL SCHOOL AND MINI BASKET

Training in basic skills to master ball control.



### CYCLING CLUB

Participants will acquire 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.



### BOXING

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



### ROLLER SKATING

Students learn proper skating technique and how to overcome the challenges this activity presents in classes which are personalized to match the ability 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 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.



### 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

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, 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 Y 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

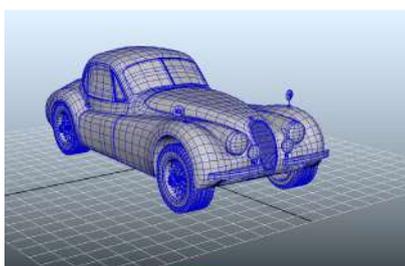
Work on posture, musical rhythm and flexibility. Participation in local competitions.



### LANGUAGES

Mandarin Chinese, 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 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.



### 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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