

# EXTRACURRICULAR ACTIVITIES

2022/23

LEARN  
ING IS  
FUN



## NEWS



### TENNIS

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



### CROSSFIT KIDS

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.



### WATERPOLO

Get to know the quintessential team water sport in order to enjoy the benefits of an integral physical condition and the virtues of team play.

## SPORTS



### HOCKEY ON GRASS

Acquisition of basic knowledge of technique and regulations, in order to promote group tactical growth.



### 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 Y BTT CLUB**

Participants will acquire basic and more advanced cycling techniques. 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.



### **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 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.

## LANGUAGES

## OTHER ACTIVITIES



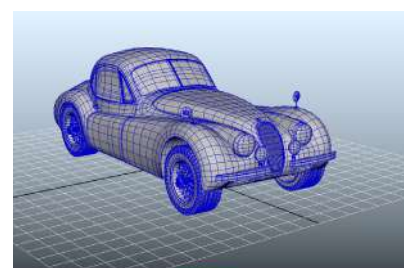
### GYMNASTICS COMPETITION

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



### LANGUAGES

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



### 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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