

# AFTER-SCHOOL ACTIVITIES

SUMMER TERM 2023-2024



**BSB**

The British School  
of Barcelona

SITGES

# After-School Activities

Our after-school activity programme offers a good variety of options for students to continue learning after school time beyond the academic curriculum. The activities are carefully planned in order to encourage self-improvement, team spirit, fair play, creativity and imagination. After-school activities allow pupils to come into closer contact with children from other classes, building new relationships and strengthening existing ones.

## Update registration information

**If you would like to register for an activity or make any changes, please send a message to AfterSchool Act. Sitges on Cognita Connect or via email to [afterschoolactivities.sitges@bsb.edu.es](mailto:afterschoolactivities.sitges@bsb.edu.es).**

After-school activities will begin from Wednesday 3th April

Once the online registration period has closed, please contact AfterSchool Act. Sitges on Cognita Connect or [afterschoolactivities.sitges@bsb.edu.es](mailto:afterschoolactivities.sitges@bsb.edu.es) via email to sign up or to ask for information.

## Terms & Conditions

- All activities delivered by external providers are quality assured by the school.
- For organisational reasons after-school activities are offered on a termly basis. Therefore, it is not possible to register for less than one term.
- The price is based on a yearly calculation which is invoiced in three equal termly instalments.
- The invoice for the after-school activities will be issued termly, at the beginning of each term, according to the conditions agreed with the school.
- There are not discounted fees for siblings.
- For organisational reasons, fees cannot be refunded. However, if your child would like to change the activity within the term, they can as long as there is a place available.
- Activities need a minimum of 9 students in order to go ahead.

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## Sports Clubs

Swimming Competition  
Football  
Surf  
Tennis  
Fun Swimming  
Gymnastics  
Fencing Club  
Padel  
Handball  
Multi-Sports  
Taekwondo  
Swimming Lessons  
EY Multi-Sports  
Basketball

## Creative Clubs

Cookery  
Video Games Coding Club  
Art Club  
Hip Hop & Style Dance  
Musical Theatre  
Mini Art Club  
The Creators Club

## Language Clubs

Spanish Lessons

## Academic Clubs

StartKidsUp

## Peripatetic Music Lessons

### Additional Charges/Information

(\*) Taekwondo requires an additional charge for a license (Taekwondo Federation). This is paid directly to the teacher.

# LEARNING HABITS

At BSB we implement a learning model focused on the development of soft skills in all our curricular and extracurricular activities. Specifically, we focus on nine Learning Habits that provide the foundation for future success in school and life, preparing students to take on the challenges that lie ahead. They relate to four key areas: **emotional engagement** – attention and determination, **critical and independent thought** – curiosity, imagination and thinking, **strategic learning** – organisation and reflection and **collaborative teamwork** – socialising and leadership.

The icons next to the title of each Club illustrate the most outstanding Learning Habits for that type of activity, among others.



## ORGANISATION

managing  
and  
controlling  
your own  
learning

**LEARNING-DESIGNING:** creating your own learning activities  
**PLANNING:** anticipating needs and pitfalls of the learning journey  
**RESOURCING:** building your bank of learning resources



## CURIOSITY

having an  
inquisitive  
attitude  
to life

**WONDERING:** being alive to puzzles and incongruities  
**QUESTIONING:** seeking deeper understanding  
**EXPLORING:** actively and adventurously investigating  
**EXPERIMENTING:** trying things out to see what happens



## SOCIALISING

benefitting  
from and  
contributing  
to the social  
world of  
learning

**COLLABORATING:** being an effective and supportive team member  
**ACCEPTING:** being open to ideas and feedback  
**IMITATING:** being permeable to other people's good habits  
**EMPATHISING:** adopting multiple perspectives



## IMAGINATION

creatively  
exploring  
possibilities

**VISUALISING:** using mental rehearsal to refine skills and explore consequences  
**CONNECTING:** using metaphor and association to leverage new ideas from what you know  
**PLAYING WITH IDEAS:** allowing the mind to bubble up with possibilities  
**INTUITING:** tapping into bodily-based hunches and inklings



## ATTENTION

locking your  
mind onto  
learning

**NOTICING:** being attentive to details and patterns  
**CONCENTRATING:** maintaining focus despite distractions  
**CONTEMPLATING:** letting perception unfold  
**IMMERSING:** being engrossed in learning



## DETERMINATION

sticking with  
challenges  
that matter  
to you

**PERSEVERING:** staying intelligently engaged with difficult things  
**RECOVERING:** bouncing back quickly from frustration or failure  
**PRACTISING:** mastering the hard parts through repetition



## REFLECTION

standing  
back and  
taking stock  
of learning

**EVALUATING:** appraising the quality of your own work  
**SELF-EVALUATING:** knowing yourself as a learner  
**WITNESSING:** quietly watching the flow of your own experience  
**THINKERING:** blending doing and thinking together



## THINKING

working  
things out  
with clarity  
and accuracy

**ANALYSING:** reasoning with logic and precision  
**DEDUCING:** drawing inferences from explanations  
**CRITIQUING:** questioning the validity of knowledge claims  
**SYSTEMS THINKING:** thinking about complex states of affairs



## LEADERSHIP

having and  
realising  
a vision  
to inspire  
positive  
change

**DISPLAYING INTEGRITY:** adherence to strong moral and ethical principles and values  
**SYNERGISING:** seeking out other people's ideas to solve problems  
**MOTIVATING:** inspiring others to achieve a goal  
**MAKING DECISIONS:** weighing the evidence and taking action



# Sports Clubs



## Swimming Competition



For all our budding Olympians, this club will provide BSB children with the opportunity to compete at the highest level against other schools and swimming teams in the local area. This club requires a high level of commitment and a dedication to the sport. Compulsory to attend two training sessions each week. (Monday & Wednesday). Organised by Club Natació Sitges.

Years 2-6

Monday 16.00-17.15  
Wednesday 16.00-17.15

Spanish

€185



## Football



Following the success of our Football teams, we are offering children the opportunity to train on a more regular basis to further develop their skills and talents.

Years 4-6

Monday 16.00-17.30

English

€150



## Surf



Develop your surfing skills by learning and practicing more advanced skills and techniques. Organised by the renowned Sitges Surf & Skate Club

Years 3-6

Tuesday 16.30-18.00

English

€175



## Tennis



This activity offers tennis enthusiasts the opportunity to hone their skills in sports and prepare for the level of competition. Places are limited so that coaches can help each student improve their technique. Organised by the Club Natació Sitges.

Years 1-3  
Years 4-6

Tuesday 16.00-17.15  
Thursday 16.00-17.15

Spanish  
Spanish

€145  
€145



## Swimming Lessons



Swimming lessons for all abilities. Organised by the Club Natació Sitges.

Nursery & Reception  
Year 1

Thursday 16.00-17.15  
Friday 16.00-17.15

Spanish  
Spanish

€150  
€150



## Fun Swimming



Swimming games and fun activities. Organised by the Club Natació Sitges.

Years 2-6

Tuesday 16.00-17.15

Spanish

€125



## Gymnastics



Rhythmic Gymnastics is a combination of sport and art. Children will improve their coordination and agility for a body awareness and balance. They will also increase flexibility and strength. Organised by the Club Rítmica Sitges-Garraf.

Years 1-3

Wednesday 16.00-17.30

English / Spanish

145€



## Fencing Club



Children will now have the opportunity to further develop their fencing skills. Organised by the SAG club.

Years 3-6

Tuesday 16.00-17.30

English

125€



## Padel



Provide your child the chance to hone their padel skills through a variety of exciting and active games. Organised by the Club Natació Sitges.

Years 1-6

Monday 16.00-17.15

Spanish

145€



## Basketball



This club will further develop essential ball, hand-eye coordination and game centred skills. They will learn how to dribble, shoot, pass, and new abilities to further their knowledge of basketball skills from the club.

Years 4-6

Wednesday 16.00-17.30

English

150€

## Sports Clubs



## Handball



After a very successful year of Handball at BSB, we are offering the opportunity for Years 3 to Year 6 to come along to our Handball After School Club. Children will enjoy learning various skills, learning how to develop tactics, the impact Handball has on the local area and playing by the rules but most importantly how to work together as a team. There will be lots of fun Handball-based games to play too!

Years 3-6

Friday 16.00-17.00

English

100€



## Multi-Sports



Open to all who would like to develop their 'FUNdamental' movement skills focusing on running, jumping, throwing and kicking alongside a deeper focus on 'SOL Principles of Sport' which include stability, object control and locomotor movement skills. This mixture of 'FUNdamental' and 'SOL' principles creates a platform of essential skills to help students choose which sports participation they want to pursue in the future.

Years 1-3

Tuesdays 16.00-17.30

English

150€



## Taekwondo



We work knowledge of the body, main postures and positions, basic defenses and attacks, Pumses, legs, position of fists, Taekwondo techniques, motor movements. Respect, discipline, self-control, is valued in groups and individually. The capacity of concentration and the fact of knowing our own body, are fundamental characteristics

Years 1-6

Monday 16.00-17.15

English/Spanish

€175



## EY Multi-Sports



A new activity for our Early Years children. Each session will consider a different sport, adapting it to the age of the group, with exercises of: precision-technical-positioning-balance-speed and strength, first individually and ending collectively with teamwork and fundamental values.

Nursery &amp; Reception

Wednesday 16.00-17.00

English / Spanish

125€

## Creative Clubs



## Cookery



Children learn about healthy eating whilst using maths to weigh, English to read recipes and fun cooking/baking.

Years 1-6

Monday 16.00-17.30

English

150€

Years 1-6

Tuesday 16.00-17.30

English

150€

Years 1-6

Wednesday 16.00-17.30

English

150€

Years 1-6

Thursday 16.00 - 17.30

English

150€





## Musical Theatre



Children will participate in acting, singing and dancing to put on a performance at the end of the term. Bringing the children together to create productions and teaching them social interaction skills, this is a brilliant confidence building club.

Years 3-6

Monday 16.00 -17.30

English

180€



## Hip Hop & Style Dance



Urban dance with the introduction of all styles organised by the Club Rítmica Sitges-Garraf. In a playful way, the children will learn choreographies of different styles. We will organize two exhibitions during the year (Christmas and Summer).

Years 4-6

Thursday 16.00 - 17.30

English/Spanish

145€



## Video Games Coding Club



This year in Coding Club we will be taking that interest in technology and turn it into a productive skill. The Coding Club is a fun way to learn to code in a social, after-school setting. Video games creation with Scratch, coding Minecraft, and becoming a problem solver. Organised by IGNITE Serious Play.

Years 3-6

Thursday 16.00-17.30

English

€180



## Art Club



We will cover a wide range of skills to experiment, invent and create their own works of art. Taught skills will range from a variation of textiles and printing, DT, sculpting, observational drawing, painting, and much more.

Organised by PlayEdu.

Years 1-3

Thursday 16.00-17.30

English

€150

Years 4-6

Wednesday 16.00-17.30

English

€150



## Mini Art Club



Organised by PlayEdu. Children will work on basic techniques of each discipline, learn to draw on different surfaces, making sculptures, modeling, designing clothes and many more things.

Nursery & Reception

Tuesday 16.00-17.00

English/Spanish

100€





### The Creators Club



The creators club will be a place where we will build and create objects out of new and recycled materials. Be the master of projects creating sensory boards, bird houses or a PVC pipe sand and water board. All recycled works will be then for school use or donated to local charities.

Years 4-6

Tuesday 16.00-17.30

English

150€

## Academic Clubs



### StartKidsUp



StartKidsUp helps children to develop their initiative, creativity and leadership through ludic educational entrepreneurship courses.

Each trimester starts with the gamified soft-skills workshops that participants will later on apply when creating their team startup: Critical Thinking, Creativity, Empathy, Strategy, Financial Education and Communication.

In teams, participants will create a startup related to the topic most preferred by them: technological venture, sustainability, art, social or science, defining in each case what product or service they offer to a specific group.

Years 4-6

Thursday 16.00 - 17.30

English

€180

## Language Clubs



### Spanish Lessons



Come and extend your Spanish speaking skills in an extremely fun after-school club. We will learn new vocabulary and grammar every week. Then build confidence and apply our language skills through singing, drama, games and crafts.

Years 1-3

Wednesday 16.00-17.30

Spanish

140€

Years 4-6

Wednesday 16.00-17.30

Spanish

140€

## Peripatetic Music Lessons



One-to-one instrumental tuition on a chosen instrument with a dedicated team of expert teachers. Lessons can take place before, during or after the school day. For more information please contact [music@bsb.edu.es](mailto:music@bsb.edu.es)

## MONDAY

**Padel**  
16.00-17.15  
Years 1-6

**Swimming Competition**  
16.00-17.15  
Years 2-6

**Football**  
16.00-17.30  
Years 4-6

**Taekwondo**  
16.00-17.15  
Years 1-6

**Cookery**  
16.00-17.30  
Years 1-6

**Musical Theatre**  
16.00-17.30  
Years 3-6

## TUESDAY

**Surf**  
16.30-18.00  
Years 3-6

**Tennis**  
16.00-17.15  
Years 1-3

**Fun Swimming**  
16.00-17.15  
Years 2-6

**Fencing Club**  
16.00-17.30  
Years 3-6

**Multi-Sports**  
16.00-17.30  
Years 1-3

**Cookery**  
16.00-17.30  
Years 1-6

**Mini Art Club**  
16.00-17.00  
Nursery & Reception

**The Creators Club**  
16.00-17.30  
Years 4-6

## WEDNESDAY

**Swimming Competition**  
16.00-17.15  
Years 2-6

**Gymnastics**  
16.00-17.30  
Years 1-3

**Basketball**  
16.00-17.30  
Years 4-6

**EY Multi-Sports**  
16.00-17.00  
Nursery & Reception

**Cookery**  
16.00-17.30  
Years 1-6

**Art Club**  
16.00-17.30  
Years 4-6

**Spanish Lessons**  
16.00-17.30  
Years 1-3  
Years 4-6

## THURSDAY

**Tennis**  
16.00-17.15  
Years 4-6

**Swimming Lessons**  
16.00-17.15  
Nursery & Reception

**Hip Hop & Style Dance**  
16.00-17.30  
Years 4-6

**Video Games Coding Club**  
16.00-17.30  
Years 3-6

**Cookery**  
16.00-17.30  
Years 1-6

**Art Club**  
16.00-17.30  
Years 1-3

**StartKidsUp**  
16.00 - 17.30  
Years 4-6

## FRIDAY

**Handball**  
16.00-17.00  
Years 3-6

**Swimming Lessons**  
16.00-17.15  
Years 1

# Frequently Asked Questions

## **1. Which is the registration deadline to register for an after-school activity?**

As places are limited, we suggest you register your child as soon as possible through our [online registration form](#).

## **2. Is it possible to register my child for a month, instead of a full term?**

For organisational reasons after-school activities are offered on a termly basis. Therefore, unfortunately it is not possible to register for less than one term.

## **3. Why is it that we pay the same price for a long term (15 weeks) as for a short term (9 weeks)?**

The price is based on a yearly calculation which is invoiced in three equal termly instalments.

## **4. How is payment managed?**

The invoice for the after-school activities will be issued termly, at the beginning of each term, according to the conditions agreed with the school.

## **5. Are there any discounted fees for siblings?**

Unfortunately this is not possible.

## **6. Is there a cancellation policy?**

For organisational reasons, fees cannot be refunded. However, if your child would like to change the activity within the term, they can as long as there is a place available.

## **7. Will all the activities be in English?**

Not all the after-school activities are delivered in English as we offer activities that are led by other organisations. Check the Language column.

## **8. Will all the after-school activities take place in the BSB?**

Our activities in our programme will mainly take place in school but some of the sports activities will take place in the Sitges Swimming Club (Club Natació Sitges and Aiguadolç Surf & Skate Club).

## **9. Do students have to bring any specific equipment?**

For Sports-related activities, students must bring the PE school kit. For the rest of activities, the school will provide students with the necessary equipment.

## **10. What is the daily procedure?**

At the end of the day the class teacher will take the children to the dining hall where the after-school activities monitors/teachers will lead them to their activity.

If your child is taking an activity in the Club Natació Sitges or Aiguadolç Surf & Skate Club, you will be required by the Club to sign an authorisation form for their monitors to collect your child from the school

## **11. Will there be childcare service provided?**

Yes, there is childcare service during the after-school activities Monday to Thursday until 18.00. And Fridays until 17.00. Please ask for the related fees.

## **12. Between what times do the after-school activities run?**

As a general rule, after-school activities will run from 16.00 to 17.30. Please check the after-school activities chart for each particular activity.

## **13. Where will we collect our children at the end of the day?**

Parents/guardian must collect their children from the school no later than 17.30 from the school Reception. If the after-school activity takes place in the Club Natació Sitges or Aiguadolç Surf & Skate Club, parents/guardian must go to the Club to collect their children at 17.30 or 18.00 respectfully.

## **14. When is the latest time I can collect my child?**

The school closes at 18.00 Monday to Thursday and Fridays at 17.00. Therefore, you should collect your child no later than 18.00.

## **15. How can I enroll my child in the Club Natació Sitges?**

Please contact the Club directly. More information at [www.cnsitges.com](http://www.cnsitges.com).





Passeig Isaac Albéniz, s/n | 08870 Sitges (Barcelona) | Spain  
T. +34 93 882 89 79 | F. +34 93 811 03 05 | [reception.sitges@bsb.edu.es](mailto:reception.sitges@bsb.edu.es)

[www.britishschoolbarcelona.com](http://www.britishschoolbarcelona.com)

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