EXTRA CURRICULAR ACTIVITIES

Primary and Middle Year School
2015 Term 3

Gymnastics
Day: Monday
Gymnastics is a great way for children to develop strength, balance and flexibility. It also enables them to express their creativity and artistry to music. This enrichment activity is designed to introduce students to both rhythmic and artistic gymnastics. Students will learn basic skills and simple routines that can be performed to music.

Specific Clothing / Extra Equipment Required: Leotard with bike-pants (cycling shorts) over the top. No shoes or socks and no ballet tights please.
Price: $210 MIN PAX: 6 MAX PAX: 16

Creative Writing
Prerequisite for National Novel Writing Month ECA offered in Term 4
Day: Monday
Open up your imagination and let it pour out onto a page! Through fun writing exercises, students will learn about character, dialogue, voice and description in fiction. Students will be given the opportunity to share their writing and receive feedback. Please note that students need to participate in this ECA in order to sign up for the National Novel Writing Month ECA offered in Term 4. Ms Kathleen Hubany will be running this ECA.

For Students in Year 5 - 8
Price: NA MIN PAX: 4 MAX PAX: 12
Art
Day: Tuesday
Art encourages imagination, creative expression and positive self-esteem in a warm and fun environment. Art has a significant and positive influence on a student's self-confidence. It also enhances problem-solving skills, decision-making abilities and general well-being.

Price: $238    MIN PAX: 6    MAX PAX: 16

Senior Engineer
Day: Tuesday
Senior Engineer is ideal for students who have completed the Junior Engineer program. Senior Engineer further develops a student's understanding of mechanism through more complex building projects with LEGO. Students will learn about gear ratios, level classes (there are 3 types!), stability and their application in compound machines.

Price: $238    MIN PAX: 6    MAX PAX: 12

Tag Rugby
Day: Wednesday
Tag-Rugby, or flag rugby, is a non-contact team game in which each player wears a belt that has two velcro tags attached to it, or shorts with velcro patches. The mode of play is based on rugby football. Attacking players attempt to dodge, evade and pass a rugby ball while defenders attempt to prevent them scoring by “tagging” – pulling a velcro attached tag from the ball carrier, rather than a full contact tackle. Tag rugby is used in development and training by both rugby league and rugby union communities.

Tag-Rugby will have a focus on skill development; passing, catching, kicking and coordination. These are essential skills for most sports.

Specific Clothing / Extra Equipment Required: Sports kit the students can change into without assistance. Boots or trainers are acceptable.

Price: $210    MIN PAX: 5    MAX PAX: 15
**Origami**

Day: Wednesday

Do you enjoy construction and making something awesome out of paper? Origami is the art of creating figures by folding paper. We will learn from the basics all the way to the advanced skills. Origami is not only fun, but it is also a valuable method for developing fine motor skills. Ms Jane Sun will be running this ECA.

**Price:** NA  
**MIN PAX:** 4  
**MAX PAX:** 12

**Karate**

Day: Thursday

Karate helps to provide students with skills, energy and confidence to pursue their dreams and to make a useful contribution to the world. Goguryu Karatedo is said to display the oldest martial arts traditions and movements. It retains the primitive traditional forms of martial arts yet is full of fighting spirit. At Gojuryu Karate, we stress the importance of safety while having fun.

**Specific Clothing / Extra Equipment Required:** None, as Karate uniforms, belts, certificates and all other training kit are included.

**Price:** $266  
**MIN PAX:** 10  
**MAX PAX:** 20