

## **MONDAY ACTIVITIES**

### **Soccer**

**Age Group Reception to Year 6**

**Rs.3,000**

**Eddy Rose – 59896522**

[Eddyrose007@hotmail.com](mailto:Eddyrose007@hotmail.com)

Through positive and enriching experiences, we aim to inspire children to enjoy and participate in football activities as part of sustainable healthy lifestyles. We pride ourselves on a child-centered approach. The coaches are experts in their field with more than 15 years' experience. Many of our passionate and dedicated coaches have been Professional footballer themselves. Therefore offering an unrivalled wealth of experience and knowledge of the game they love. We provide football coaching for children at the highest standard.

We believe football has the power to enrich lives, regardless of ability or background. Our unrivalled reputation for excellence and expertly devised training means we are best placed to create opportunities for child to thrive. We deliver the highest calibre of professional coaching for boys and girls of ages 4-11. Our high energy positive ethos harnesses enthusiasm in a fun and safe environment that strives to develop each individual, building confidence, knowledge, resilience and self-esteem.

In the IPS Football Class we deliver training for boys and girls aged 4-11 and with mixed abilities. We have an experienced team of coaches who are dedicated to creating a positive environment and enriching experiences. We inspire children and young people to share our passion for football, encouraging continued involvement in football and physical activity. All new faces

are welcome to join with a warm introduction to what we do in a fun safe environment.

We work with small groups which allows us to take that extra time to advise and develop children as individuals. Supporting them in acquiring new skills, boosting confidence in their ability or simply giving them that all – important high five! There's nothing more rewarding than seeing the progress of our children.

### **Cooking Club (Little Chefs)**

**Age Group Year 2 to Year 4**

**Rs.4,500**

**Zahida Abdoolakhan – 52527896**

[zabdoolakhan@ips-mu.com](mailto:zabdoolakhan@ips-mu.com)

Little Chefs is a club that helps children to become independent in preparing something easy or fun in the kitchen. Some of the things we make will range from apple doughnuts, fruit skewers, different types of sandwiches/wraps/dips and even smoothies. Only ingredients of the best quality are used.

During this club children will learn vocabulary used in the kitchen, how to measure ingredients and the names of ingredients. They will also learn how to follow a recipe.

It is a club that encourages open - mindedness, teamwork, sharing and being principled.

I try my best to find recipes that do not need any cooking, baking or the use of hot appliances. If there is a need for it, it will be done by myself. Some children will learn to use a sharp knife for the very first time and

how to cut during cooking classes while some children (who have been fussy eaters) will be encouraged to try a varied selection of food.

I have been running this club for the past 3 years because I love cooking and sharing recipes. It is a fun afternoon for the whole team.

At the end of the term, each child has their own recipe book to take home.

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## TUESDAY ACTIVITIES

### Dancing / Ballet

**Age Group: Nursery to Year 2**

**Rs.4,000/-**

**Age Group: Year 3 – Year 6**

**Rs.4,800/-**

**Theo Coetzer – 52539775**

**support@mendeldance.com**

We teach the art of Ballet with professionalism, love and with care to students from 3 years and up. We will have two classes:

☑ Class 1 – Nursery to Year 2

☑ Class 2 – Year 3 and Year 6

During classes, we focus on Artistic Creativity, Musicality, Discipline, Body Posture and movement.

### **With professionalism**

We have the training, experience and skills to do our job well and are Registered Teachers of the Royal Academy of Dance, one of the world's most influential dance education organisations.

### **With love**

We can be the best but without love we are nothing and it would profit us nothing.

Therefore we treat our students the same way we want them to treat us.

### **With care**

We make every effort to teach dance correctly, and safely, without causing

emotional and physical damage to our students.

### **Basketball**

**Age Group: Year 2 – Year 6**

**Rs.4,500/-**

**Alvin Athave – 57673847**

**[yutbasketball@gmail.com](mailto:yutbasketball@gmail.com)**

Basketball is a game played between two teams of five players each on a rectangular court. At YUT Basketball, children will learn the fundamentals of the game such as dribbling, shooting, passing and other skills. Children will have the opportunity to develop their motor skills and team skills with structured coaching. In a fun and respectful environment, children will also learn the basic rules and will discover how a game is played.

**Children will be collected at IPS by Coach Alvin and must be collected at the NIS campus.**

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## **WEDNESDAY ACTIVITIES**

### **Soccer**

**Age Group Reception to Year 6**

**Rs.3,000**

**Eddy Rose – 59896522**

[Eddyrose007@hotmail.com](mailto:Eddyrose007@hotmail.com)

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### **Chess – Year 4 – Year 6**

**Rs 3,000/-**

**Louis Courtois– 54571641**

[louiscourtois@yahoo.com](mailto:louiscourtois@yahoo.com)

Chess is one of the oldest and most popular board games which has many beneficial qualities for children including the improvement of memory, problem solving and self-discipline.

Chess teaches strategy and this creates thinking about two or three moves in advance instead of focusing only on what the next move of your chess piece will be. This changes the usual concentration of only thinking about what is going to happen in the next five seconds. This instructs children to look beyond the first move and the present moment. This enhances the skill of the chess player in their planning.

Chess teaches patience

Chess is a great board game for parents to play with their children. The nuances of the game will improve your connection with your child as you teach him or he teaches you how to play effectively. This is a game where you can share and teach strategies,

learn from mistakes and be with each other  
in a quiet, thoughtful way.

Children taking part in this club must have  
some understanding of how the pieces  
move on the board.

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## THURSDAY ACTIVITIES

- **Athletics - Age Group: Year 2 to Year 6**  
**Rs.3,500**  
**Jeannoel Yardin – 57506014**  
[iyardin@ips-mu.com](mailto:iyardin@ips-mu.com)

Signing up the children for athletics is a great way for them to make friends and interact with a new group of children with a common interest.

It also helps them lead fuller and happier lives. Regular sports and fitness activities have proven to provide not only physical but also social and psychological benefits to children.

The children will take part in a variety of activities to develop fundamental movement skills like running, jumping and throwing.

- **Chess – Year 1 – Year 3**  
**Rs 3,000/-**  
**Louis Courtois– 54571641**  
[louiscourtois@yahoo.com](mailto:louiscourtois@yahoo.com)

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Children taking part in this club must have some understanding of how the pieces move on the board.

- **Draw, Shade and Paint**  
**Age Group: Year 1 to Year 6**  
**Rs.4,500**  
**Samina Jangheer – 57764823**  
[Sjhangeer@ips-mu.com](mailto:Sjhangeer@ips-mu.com)

In Draw, Paint and Shade, the children will have the opportunity to work on their drawing skills, and how to shade using mediums like pencils, wax crayons and paint. They will also learn different drawing and painting techniques, including brush skills, watercolour painting, finger painting, doodle art, sketching, shading, pen and ink drawing etc.

These skills assist in developing your child's motor skills as well as improving their hand and eye coordination in addition to expressing their emotions and feelings.

These activities help children work on their fine motor and spatial awareness skill. Social skills are developed as children are taught to show respect for each other and work together as a group. They learn to share ideas as well as materials. This activity will give your children the opportunity to acquire lifelong skills to enjoy art as a pastime.

**Sew Much Fun****Age Group Year 2 to Year 5****Rs.4,000****Zahida Abdoolakhan – 52527896****[zabdoolakhan@ips-mu.com](mailto:zabdoolakhan@ips-mu.com)**

Children will learn the basics of simple stitching that will assist them in developing life skills. Sewing develops eye-hand coordination and concentration. The children will be involved in planning their project and guided in reaching their goals. This course will consist of two projects in which they will learn how to sew buttons and simple stitches.

**Basketball****Age Group: Year 2 – Year 6****Rs.4,500/-****Alvin Athave – 57673847****[yutbasketball@gmail.com](mailto:yutbasketball@gmail.com)**

Basketball is a game played between two teams of five players each on a rectangular court. At YUT Basketball, children will learn the fundamentals of the game such as dribbling, shooting, passing and other skills. Children will have the opportunity to develop their motor skills and team skills with structured coaching. In a fun and respectful environment, children will also learn the basic rules and will discover how a game is played.

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## **FRIDAY ACTIVITIES**

### **Children's Fitness, Karate, Self defence and anti-Bullying**

**Age Group: Year 1 to Year 2**

**Rs.3,600/- (Current Members)**

**Vince Van Der Venter – 58220129**

**[jkamauritus@gmail.com](mailto:jkamauritus@gmail.com)**

A basic introduction to karate and self-defense with some emphasis on anti-bullying.

The classes will cover entry level, basic karate techniques, and fitness with self-defense applications. Some key issues on bullying such as a (identifying bully behaviour) coping with it through physical self-defense strategies will be covered.

These will include the components of karate such as punches, blocks, strikes, kicks together with basic escape and avoidance techniques.

Children will over the course, pass through the same coloured stripe stages as used in the karate syllabus.

### **Also, on Friday**

#### **Draw, Shade and Paint**

**Age Group: Year 1 to Year 6**

**Rs.4,500**

**Samina Jangheer – 57764823**

**[Sjhangeer@ips-mu.com](mailto:Sjhangeer@ips-mu.com)**

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