ACTIVITIES DESCRIPTION

EARLY CHILDHOOD

The Early Childhood Education classroom follows a weekly thematic curriculum and all activities are related to the theme of the week:

Week 1: “Deep Blue Sea”

Week 2: “Once upon a time...at ACS”

Week 3: “Safari Art”

English is the language of instruction. There is a focus on developing appropriate ways to engage children in vocabulary development through various activities. The daily schedule includes calendar time and signing, listening to and reading stories, authentic and fun writing activities to help strengthen pencil grasp, artwork and dramatization, sport activities and games.

Free exploration: An essential learning element in the Early Childhood classroom is play. During free exploration children may visit the playing center of their choice. Centers include a housekeeping area, dolls and a dollhouse, puppets, cars and trucks, building blocks, a farmhouse and animals. These centers are used for free play, cooperative learning, and dramatic play. Furthermore, children can engage in outdoor play at the sand and water tables.

Math: Basic mathematical concepts are reinforced through the use of manipulatives and within the real life classroom context (calendar, center play, math games). Some of the math supplies found at the centers include pattern blocks, cuisenaire rods, unifix cubes, geoboards, beads for stringing, counters, math games and puzzles. Much learning in math occurs hands-on and, as a result, worksheets are uncommon.

Music and Balance is a child-centered, high quality learning program that combines music, movement, singing, dancing and age-appropriate group games which help support the development of a variety of skills. The program is taught in a thematic structure using age-appropriate musical instruments, as well as learning materials that cultivate fundamental educational values and team building. Children learn how to appreciate different music genres, how to recognize rhythm through...
movement, how to develop physical skills through balance and skipping, hopping, and other physical games. Through singing they also develop their language skills and as they learn to be a part of a music group they further develop social and emotional skills.

**Reading and Storytelling:** The Reading Center is a large carpeted area where demonstration and participation in literacy occurs during storytelling. As stories are read, children acquire literacy appreciation and pre-reading skills. Occasionally puppets and pantomime are used for dramatization. Children’s natural ability to learn through play is harnessed and literature is used to stimulate structured play. At the end of the day everybody is encouraged to share their news in a circle and through sharing, children learn to express ideas clearly and build their self-confidence.

**Baby Yoga** is a playful activity based on yoga. Through imitation and wild imagination kids tackle yoga poses transforming their bodies into wild animals, trees, fish and fireworks. Movement sounds and games encourage kids to try their best, to try new things, to challenge their body improving their balance, coordination and self confidence. Baby yoga is a mindful, fun, age-appropriate activity.

**Swimming is fun!** During swimming pool time children are exposed to basic water activities and introduced to different swimming styles through fun activities and games.

**“Make your own game” – Gamely:** Children will learn to play using simple games and developing balance, gross and fine motor skills while exploring their curiosity.

**PRIMARY PROGRAMS**

*(Lower Primary – Upper Primary)*

**Art:** Children will have the opportunity to draw, create crafts from paper and other materials; students will work on a number of projects and create unique artifacts.

**Athletics:** Activities that will give children the opportunity to feel like an Olympic Champion....they will get to know how to run faster, jump higher and throw further!

**Basketball (Only Upper Primary):** Introduction of lead up drills and games as well as basic basketball fundamentals.

**Cheerleading (Only Upper Primary):** Teaching of basic cheerleading steps that will evolve into routines using contemporary music.

**Dance:** Simple dance steps and routines will be taught to the children; hip hop and / or modern dance repertoire.
English: English is the language of instruction; there is a focus on developing appropriate ways to engage children in vocabulary development, reading/writing/speaking exercises. Activities vary throughout the day and include listening to and reading stories and information books, discussions, writing stories, exploring artwork through a variety of media, dramatization, singing, music, conversation, and games.

Kung Fu Kids: A special program designed for children of young age; basic self defense as well as martial arts concepts will be taught; motor skills are developed through the age appropriate drills.

“Make your own game” – Gamely: Making up our own games by using creativity, coordination, imagination and defining various functions. Tailored to their age and capabilities, participants sharpen their motor and cognitive skills.

Mad Science (Only Upper Primary): Children will discover and explore the fun of science! Hands-on experiments and activities will expose them to very basic science concepts in a safe and fun environment! They will make homemade play-doh, ice cream, create parachutes and so much more using every day materials. A “mad scientist” is just waiting to be uncovered!

Soccer: Fundamentals will be taught (kicking, passing, heading and more); children will practice drills and play short duration games.

Robotics – “Legowedo” program (Only Upper Primary): Children will acquire and develop motor command and communication skills; they will work in groups and work on fundamental problem solving concepts using appropriate software.

Tennis: Lead up games and fun activities; hand – racket/ eye coordination, stroke movement, footsteps and more...

Water fun: Creative play activities in the pool in addition to basic swimming skills.
KIDDOS' Program:
(Children entering 3rd & 4th grades in September)

JUNIORS' Program
(Children entering 5th & 6th grades in September)

TEENS' Program
(Children entering 7th & 8th grades in September)

ACTIVITIES

Archery: Basic skills for the sport are taught focusing on the form, safety and fun of course! Small competitions will take place within the activity hour.

Acro Yoga: The program is taught mainly through games and music and with an inclusive and non-competitive philosophy that aims to create a pleasant physical experience for every individual. Through a thematic yoga class, the students will participate in active, some times challenging, but enjoyable yoga and relaxing sequences, suitable for all levels and for all tastes. Every student is different and is respected and appreciated through his/ her abilities and differences. The aim of the acro yoga is to introduce children to the philosophy of well-being.

Aikido: Children will learn how to perform basic Aikido techniques. More advanced learning blocks will give way to playing and enjoying training with their school buddies. They will also learn how to fall and turn, roll back and front as this is important for good Aikido practice.

Art: Children will have the opportunity to draw, create crafts from paper and other materials; students will work on a number of projects and create unique artifacts that will be exposed in our theater lobby at the end of the first session (optional).

Basketball: Lead up drills and games introducing basic basketball fundamentals; short games will be played.
Cheerleading:  Teaching of basic cheerleading steps that will evolve into routines using contemporary music. Routines will be with small groups as well as large ones.

Chinese: Chinese language will be introduced; verbal and written communication.

Dance: Simple dance routines will be taught to the children; hip hop and/or modern dance repertoire.

**NEW! Digital Storytelling:** The traditional storytelling has a new face with the growing technology today: Digital Storytelling. We can use the power of music, pictures, videos and narrative while creating our stories. Digital storytelling is interesting and motivating for the digital natives, appeals to the different learning styles of the students and develops communication and multimedia skills. Also, it is encouraging, self-motivated and self-directed, engages students in their own learning process, and helps students to develop planning skills, their creativity and innovation skills. It is also very important the fact that it honors the writing process first.

**NEW! English**

**NEW! Speak Up! English Speaking Skills:** Participants will work on building the skills and vocabulary to effectively express their beliefs and opinions. Mixing elements of drama, presentation skills, and research methods, this fun activity will include activities that go beyond writing to cover reading out loud, engaging in argumentative conversation, and listening comprehension activities; some grammar instruction will be provided. Students will work on pronunciation, speaking clearly, and building life skills by expressing themselves in front of an audience.

**NEW! Young Explorers: An English Adventure:** Participants will interact with each other and their environment in order to experience English through activity-based learning. Units will be structured thematically, covering vocabulary, situational conversation and will provide insight into the different aspects of English throughout the world. Topics will include culture, travel, exploration, conquest, and technology, in order to create an understanding of English language and culture. From Great Britain to Australia, and from South Africa to the United States, let’s explore the English-speaking world together!

**Greek (non-native speakers):** Participants in this class will be presented with the tools to begin their journey to understanding and speaking the Greek language.
**NEW! Health and Wellness (only for Juniors/Teens Girls):** Honor yourself. Love and cherish your body, your image, yourself. A powerful activity for young teen girls, focusing on all things important in their lives right now. Nutrition, self care, exercise, relaxation, nourishing relationships. In Health & Wellness girls will enjoy talking and exchanging tips on how to avoid poisonous relationships, negative thinking, will learn to present themselves positively, will cook, dance, pamper themselves and enjoy being the power girls they are!

**NEW! Italian:** This aim of this activity is to give children the exciting opportunity to learn the Italian language by encouraging them to speak it in a relaxed learning environment while at the same time enjoy themselves. By creating stimulating activities involving a mix of music, art, games, stories and role-play, all of the children are kept engaged at all times and learn without even realizing it!

**“Mad” Science:** Children will discover and explore the fun of science! Hands-on experiments and activities will expose them to very basic science concepts in a safe and fun environment! They will make homemade play-doh, ice cream, create parachutes and so much more using every day materials. A “mad scientist” is just waiting to be uncovered!

**Racket Sports:** Children will have the opportunity to play badminton and table tennis; basic strokes will be taught and games will be played.

**Robotics**

**“Legowedo” program (kiddos):** Children will acquire and develop motor command and communication skills; they will work in groups and work on fundamental problem solving concepts using appropriate software.

**Robotics – “Let’s Go Stem” program (juniors):** Through STEM education procedure and with the help of LEGO elements, children learn to work cooperatively in a group, use mathematics in science and technology for measuring distance, time, speed and weight (mass). Children eventually acquire knowledge on natural sciences and mathematics in order to apply them in structures that improve their lives and the environment.

**Robotics – “Lego Mindstorms” program (teens):** Children train in the design, construction, and programming of an autonomous device (robot) which serves the specific needs that usually the usually have set themselves.

**Soccer:** Fundamentals will be taught (kicking, passing, heading and more); children will do drills and play short duration games.
Swimming: Basic strokes and breathing activities will be introduced; children will practice those skills.

Tennis: Practice on basic tennis strokes using simple drills; fun scoring games will be played among the children based on their ability.

Track and Field Activities: Children will learn skills and play with their friends (old and new). Exercise activities with Track and Field sports and games!

Volleyball: Lead up drills and games introducing basic volleyball concepts; more elaborate drills will be introduced to advanced players.

Wall climbing: Basic instruction on traversing (no ropes) as well as climbing with ropes

NEW! Website Design (only for Juniors / Teens): Fundamental concepts of website design will be taught; simple templates that will be used by children to create their own website.