

EXTRACURRICULAR

ACTIVITIES



From Cardonaevents we offer you a diversified offer of extracurricular activities with respect to the type of activity and objectives, from the most artistic to the most technical. We aim to respond to different interests that may arise among school students.

The objectives of the extracurricular activities are to convey to students an open and positive attitude towards extracurricular activities, to facilitate and stimulate the motivation of boys and girls, to develop the ability of boys and girls to enjoy performing collective fun activities, transmit an attitude of cooperation, harmony and respect to colleagues and monitors, transmit an attitude of respect towards the school material and the environment itself.

All the activities that we present to you are designed, programmed and organized by the same specialists who teach them together with the multidisciplinary team of Cardonaevents. You can ask us for activities that are not included in this program, since we have the necessary infrastructure to take on new ones.

EXTRA-SCHOOL SPORTS ACTIVITIES WE CAN OFFER

- **FUTSAL:**

Activity aimed at developing psychomotor skills and participative team play. The main objective of this extracurricular is to promote, through football, the values of sport, teamwork, respect for colleagues, trust, etc.



- **BASQUETBALL:**

Activity to introduce children to this sport, with the aim of making them enjoys this sport. Activity aimed at developing psychomotor skills and participative team play.



- **ZUMBA :**

It is a discipline that allows you to keep your body healthy while developing, strengthening and gaining flexibility through movement. It allows the child to develop the creative part and get in shape in a very fun way.



- **CROSS:**

Activity where we seek to achieve the objectives of performing physical activity through athletics, improve the basic physical qualities of the children, interact with the skills of the participants and advise/inform about the 12 regional cross-country races of the season.



- **BTT:**

Among the benefits of mountain biking, the following should be highlighted: it allows you to tone your muscles and burn calories, helping to control your weight and shape your figure.

It improves coordination and balance skills, significantly increases lung capacity, fosters respect for nature and offers the possibility to contemplate unique landscapes while exercising. Group practice improves cooperation.



- **MULTI SPORTS:**

This extracurricular allows students to develop a series of sports such as football, basketball, handball, athletics and a multitude of other disciplines, and to learn and develop the physical and cognitive benefits and values that each sport offers, giving students unique characteristics to to a single extracurricular.



- **SKATING:**

Roller skating is a gliding sport discipline in which participants learn to ride on skates and may end up performing tricks, jumps, pirouettes and other technical exercises using roller skates. A fairly complete sport in terms of coordination, physical abilities and a great ability to concentrate.



- **BALLET:**

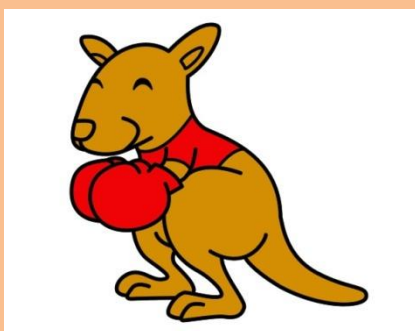
Professional dancers highlight three fundamental aspects of Ballet as a sport: endurance, flexibility and strength. ... This is so because dance allows you to improve the agility, strength, balance and mental concentration so necessary in sport and in life itself.



KICK-BOXING AND MUSKICKBOXING:

Kickboxing and comboboxing are contact sports that combine boxing and kicking techniques from various martial arts, such as karate and muay Thai. In MUSKICKBOXING we also add music while working on the technique.

Both modalities offer numerous benefits, including developing self-defence skills, increasing self-confidence, improving overall fitness, and releasing accumulated stress.



EXTRA-SCHOOL NON-SPORTS ACTIVITIES WE CAN OFFER

- **EXTRA-SCHOOL HOMEWORK:**

Children will be able to complete their homework, take dictations, make copies. And for the little ones, calligraphy, word soup, etc.



- **MUSIC and BATUCADA:**

We work on the rhythm, the technique and the staging with a wide variety of musical instruments with which you will be able to hear the music like you have never heard it before. The main objective of our extracurricular musical activities, apart from learning the technique of percussion, is to unite the group and have a fun and enjoyable time (Price 24eu. / if they are siblings 19eu.)



- **DRAWING:**

The coordination of movements is developed. This will have a lot of impact on tasks like writing. First they will make basic geometric shapes. Little by little they will improve their fine motor skills to draw increasingly complex and detailed elements.



- **SPACE:**

Activity where activities are offered for children in their free time, after school hours. Based on community participation, espais offer alternative environments to socialize have fun and learn through various activities in a non-academic environment. Games, crafts... are part of the basis of a playground.



- **THEATRE:**

Increases self-esteem, helps socialize and improves concentration: these are some of the benefits of practicing theatre from an early age. By practicing performing arts, children can learn to listen to others, but also to themselves, which, together with other factors such as the increase in the ability to express themselves, teamwork, self-discipline ... make it a highly recommended activity.



- **CINEMA FORUM:**

Activity where different films, shorts and/or series are watched and where a series of concepts and morals are extracted, to work, after all, on new tools of expression, a critical spirit, an increase in creativity and at the same time teach how to express yourself better, gaining the ability to express yourself in public.



EXTRA-SCHOOL ACTIVITIES FOR MOTHERS AND FATHERS

- **OUTING FOR A WALK IN THE ENVIRONMENT**

Several mothers have proposed to us to set up a group of fathers and mothers to go out for a walk after leaving their children at school. The reason is that they alone do not like to take routes around the environment, sometimes due to the insecurity of today's society.

We offer the possibility to go with a group and with a guide to walk and at the same time take the opportunity to learn more about the surroundings of the town.



- **NORDIC WALKING (TUESDAY AND WEDNESDAY 9:15):**

They consist of walking with sticks, with the aim of optimizing the physical EFFORT made in the biomechanical movement of our body when walking. This is achieved thanks to the involvement of the upper train (arms, shoulders, back) which is added to the legs and hip increasing the efficiency of the displacement, increasing the speed and making more distance than in normal conditions, or also, fatiguing less in the SAME distance covered since the EFFORT is more spread out, working in different muscle groups. It offers us a simple, natural and very effective way of improving one's physical condition and toning the muscles, regardless of the age, gender and physical preparation of the practitioner. Excessive form of the joints, with all the benefits it represents to complete a good workout.



- **NORDIC GYM:**

Activity that is carried out with the help of specific sticks and musical support at specific moments. It works on all the components of physical activity: cardiovascular, toning, strength, flexibility and balance, through a series of training exercises taken mainly from proprioceptor stretching, , and other disciplines such as Yoga, Zumba. ... others.



MOUNTAIN SPORTS WORKSHOPS

MOUNTAIN SPORTS WORKSHOPS

- **MOUNTAIN DISCIPLINES (climbing, slack-line, zip line...):**

Occasional workshops in mountain sports disciplines. Taught by professionals in the field.

All the material is brought by the organizing body. To hold a workshop, check availability and prices.



DO NOT HESITATE TO CONTACT US

We also remind you that you can ask us for activities that are not included in this program, take care of activities that you already have in place... since we have the necessary infrastructure to take on new and that we aim to be at your service to provide solutions to any concerns your students may have.

We remain at your disposal at:

Telephone 630251784

Email: info@cardonaevents.com

Website: www.cardonaevents.com

Yours faithfully

