

MIDDLE SCHOOL ASAs Descriptions & details

INTERNAL ASAs (Free, 2 max per student per week)

Internal after-school activities are delivered by SISD teachers and are **free of charge** (in some cases, a small fee might be charged for equipment).

Each student is permitted to participate in **2 INTERNAL ASAs per week (including teams)**.

Early Years: Sunday to Wednesday (teachers meet on Thursday)

Primary Years: Sunday to Wednesday (teachers meet on Thursday)

Middle Years: Sunday, Monday, Wednesday, Thursday (teachers meet on Tuesday)

Registration is done on a first come, first served basis, with priority. This means that the software will actually take into account all registrations to allocate Internal ASAs according to all requests, available places and priorities parents have chosen. This is meant to be fair to everyone.

EXTERNAL ASAs (Paid)

External after-school activities are **offered on SISD campus** by **external providers**, whose fees vary for each ASA.

Students can participate in as many **EXTERNAL ASAs** as they wish.

Registration is done directly with **each provider** by phone and by e-mail at any time or during the Expos **where the providers will be present on SISD campus**.

Registration is on a first come, first served basis and places are reserved by the external providers only once they have received full payment.

SUNDAY

INTERNAL			
ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
English support FREE	G6-G10	4.00-5.00 PM MY Building 217	At English ASA, we read the novel titled, "James and the Giant Peach". Through reading this very interesting story, students learn new vocabulary words, grammatical structure, English accent, punctuation and spelling. Through other activities, such as creating comic books or short stories, the students' writing skills are also improved. Teachers: Asal Amirzai, Rachel Nair
Drama FREE	G6-G10	4.00-5.00 PM MY Building 113	During drama club students will focus on being able to speak in public through monologues, single and group presentations. Of course these will be appropriate to their age group. They will also learn about the stage positions and act out scenes of their favorite plays/series or/and movies. We would also learn about the importance of facial expressions and body language. This will be a fun drama club for the students, where students themselves will be taking over the directors role Teachers: Saskia Theres
Math support FREE	G6-G10	4.00-5.00 PM MY Building 105	Helping students with math homework, Math Space assignments, and develop math skills based on individual needs using activities and online resources. Teacher: Douglas Grant
Art of Arabic Calligraphy FREE	G6-G10	4.00-5.00 PM MY Building 107	Arabic calligraphy is the artistic art of turning simple handwriting and calligraphy into works of art, based on the Arabic language and alphabet. It is known in Arabic as "khatt" (خط), derived from the word 'line', 'design', or 'construction'. The Arabic alphabet has numerous fonts that when combined create masterpieces of great beauty. Teacher: Huda AlRawajfeh
EXTERNAL			
ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Swimming Development 1-2 AED 1600/16 sessions	G6-G10	4.00-5.00 PM Olympic Pool 1,2	This phase is an introductory level to competitive swimming and the development of the four competitive strokes. In order to begin in the development levels of our program, swimmers must be able to swim a minimum of 25 meters' freestyle/front crawl and backstroke. Contact: jhag@walkahead.ae dulanjan@walkahead.ae /055 486 6580/055 775 6943
Zumba AED 1520/16 sessions	G6-G10	4.00-5.00 PM Cardio studio	Our Zumba classes are the perfect opportunity for children to be active and jam out to their favorite music. We break down the steps, add games, activities and cultural exploration elements into the class structure. The classes help to develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness. Provider: Stryx Sports

			Contact: asa@stryxsports.com 055 887 6426 / 055 877 1658
<p>FC Barcelona Football</p> <p>AED 1680/16 sessions</p>	G6-G10	<p>4.00-5.00 PM</p> <p>Football Field 3,4</p>	<p>At FCBEscola Dubai, we pride ourselves on giving an opportunity to children of all abilities and both genders aged between 4-16 years old to receive a professional training in Dubai. Based on the official FC Barcelona curriculum, developing young players' technical skills and passion for the game. Ensuring the player performs the best they possibly can. Our FC Barcelona accredited and certified coaches have been flown in from Barcelona to teach the children to play football the same structure as FC Barcelona, that has become synonymous with victory. Sessions are dedicated to teaching the children the unique FC Barcelona techniques, skills and implementing matches. This allows our players to put their new skills into practice when participating in many local and international tournaments throughout the year, as we believe that the exposure to competitive situations greatly helps in the players' development.</p> <p>Registration fee of 150 AED to be paid once per year (includes FCB T-shirt)</p> <p>Provider: Stryx Sports</p> <p>Contact: asa@stryxsports.com 055 887 6426 / 055 877 1658</p>
<p>Parkour</p> <p>AED 1600/16 sessions</p>	G6-G10	<p>4.00-5.00 PM</p> <p>Activity Room 1</p>	<p>Parkour DXB: the home of Parkour in the UAE. Our differentiated extracurricular programs offer an alternative to traditional sports. Younger kids love to learn and play! We teach children the fundamentals of movement by exploring movement in a fun and engaging way. Skills include balancing, rolling, climbing, jumping and more. For older pupils, Parkour offers a holistic and engaging approach to movement training that encourages a strong body and a focused mind. Learn the basics of Parkour, challenge yourself and improve your fitness levels in a safe, but exciting environment</p> <p>Provider: Stryx Sports</p> <p>Contact: asa@stryxsports.com 055 887 6426 / 055 877 1658</p>

MONDAY

INTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
French Reading Club FREE	G6-G10	4.00-5.00 PM MY Building 216	The French Cultural Club will give an opportunity to children to learn and play in French. We will explore the French culture with games, stories and food activities as we interact in French and share time together. Teacher: Elisabeth Lefort
Art Club FREE	G6-G10	4.00-5.00 PM MY Building 102	Ideas Matter Here. Which is why we empower you with the freedom to work in multiple media. The ART CLUB provides secondary school students with the necessary creative freedom to develop a sustained, structured dialogue between ideas and process. Mirroring the methods and practices of the contemporary artists and designers, students are given the opportunity to freely explore across media in order to build strong skills and develop their portfolios while reflecting their personal interests. Students should be able to master not just one medium, but to have the freedom to move and explore throughout different disciplines; to experiment; to take risks; to find the right solution for each visual arts related projects they decide to work on. Our art rooms are laboratories where conceptual thinking, artmaking, and design skills are developed under our guidance. All creative minds are welcome to join! Teacher: Leo Lefort
French Swiss Matura FREE	G6-G10	4.00-5.00 PM MY Building 203	Students have the choice of registering once a week (applicable for Monday only) or twice a week (Monday and Wednesday) - It is not possible to register for only Wednesday. This is an ASA targeted at Swiss-German students who are willing to learn French as a Foreign Language. They will acquire the language, grammar and learn about the culture. In the end, they will be able to communicate in the language. Both sessions (Monday and Wednesday) are complimentary and will encourage students to interact in the French language and culture. Teacher: Lisa Lotters
German Swiss Matura FREE	G6-G10	4.00-5.00 PM MY Building 001	Students have the choice of registering once a week (applicable for Monday only) or twice a week (Monday and Wednesday) - It is not possible to register for only Wednesday. This ASA is designed for non-German speaking students who want to prepare the Swiss Matura or be able to join a Matura class in Switzerland in the next years. The focus will be on German language acquisition and the program will follow the Swiss curriculum for German as additional language (2nd national language). This ASA takes place twice a week. If students do not register for the second ASA, they will have to make sure that they are updated, i.e. homework will be required. This ASA is open to Grade 6-10 students. Number of participants is limited to 10. Teacher: Hans Rudolf Buehlmann
Homework Help FREE	G6-G10	4.00-5.00 PM MY Building 205	Children are required to come to this ASA with their homework. Help will be provided Teacher: Maryame Razawi

Concert Band (Advanced) FREE	G6-G10	4.00-5.00 PM MY Building 213	Each student will choose a band instrument and learn to play that instrument and to play in a group with other musicians. This is a great way to use what you have learned in music class in a fun and active way and to learn even more. It's also a chance to make new friends who share an interest in making music. We will have opportunities to perform for your families and other students and maybe even outside of the school. Come and join us! Possible instruments to choose from: flute, clarinet, alto or tenor saxophone, trumpet, or trombone. Teacher: Richard Hazlet
--	--------	-------------------------------------	--

EXTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Tennis AED 1680/16 sessions	G6-G10	4.00-5.00 PM Tennis courts 1,2	Kids develop a wide range of strategies in order to have their own style of play. They now play in normal conditions and build a complete game as a tennis player. Provider: Stryx Sports Contact: asa@stryxsports.com 055 887 6426 / 055 877 1658

TUESDAY

EXTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
FC Barcelona Football AED 1680/16 sessions	G6-G10	4.00-5.00 PM Football Field 1,2	At FCBEscola Dubai, we pride ourselves on giving an opportunity to children of all abilities and both genders aged between 4-16 years old to receive a professional training in Dubai. Based on the official FC Barcelona curriculum, developing young players' technical skills and passion for the game. Ensuring the player performs the best they possibly can. Our FC Barcelona accredited and certified coaches have been flown in from Barcelona to teach the children to play football the same structure as FC Barcelona, that has become synonymous with victory. Sessions are dedicated to teaching the children the unique FC Barcelona techniques, skills and implementing matches. This allows our players to put their new skills into practice when participating in many local and international tournaments throughout the year, as we believe that the exposure to competitive situations greatly helps in the players' development. Registration fee of 150 AED to be paid once per year (includes FCB T-shirt) Provider: Stryx Sports Contact: asa@stryxsports.com 055 887 6426 / 055 877 1658
Swimming Development 1-2 AED 1600/16 sessions	G6-G10	4.00-5.00 PM Olympic pool 1,2	This phase is an introductory level to competitive swimming and the development of the four competitive strokes. In order to begin in the development levels of our program, swimmers must be able to swim a minimum of 25 meters' freestyle/front crawl and backstroke. Contact: jhag@walkahead.ae dulanjan@walkahead.ae /055 486 6580/055 775 6943
Parkour AED 1600/16 sessions	G6-G10	4.00-5.00 PM Activity Room 1	Parkour DXB: the home of Parkour in the UAE. Our differentiated extracurricular programs offer an alternative to traditional sports. Younger kids love to learn and play! We teach children the fundamentals of movement by exploring movement in a fun and engaging way. Skills include balancing, rolling, climbing, jumping and more. For older pupils, Parkour offers a holistic and engaging approach to movement training that encourages a strong body and a focused mind. Learn the basics of Parkour, challenge yourself and improve your fitness levels in a safe, but exciting environment. Provider: Stryx Sports Contact: asa@stryxsports.com 055 887 6426 / 055 877 1658
French Theater AED 1920/16 sessions	G6-G10	4.00-5.00 PM MY Building 113	Come and discover the exciting and fun world of acting and drama with this weekly workshop around drama and improvisation exercises and techniques. Kids will work on their skills, confidence, creativity, body language, team work to unleash their artistic potential! A show/play will be prepared and presented at the end of the semester. Provider: Culture Emulsion Contact: 050 905 8401 / contact@culture-emulsion.com

<p>Mobile App Development</p> <p>AED 1760/16 sessions</p>	<p>G6-G10</p>	<p>4.00-5.00 PM</p> <p>MYP IT Lab S11</p>	<p>Students with a non-technical background are empowered to create mobile apps and games with ease using Visual Programming interface. Students will use online software platforms like MIT App Inventor to develop apps. Students are required to bring an Android device (no SIM needed) to test their app. Students will develop Paint App, Mole Mash App and their own app ideas. Time allowing students will participate in an app jamming session. Student apps can be uploaded to Google App store for sharing.</p> <p>Provider: Makers Builders/Junkbot Robotics Contact: Amir-0527219211 amir@makersbuilders.com</p>
<p>Chess</p> <p>AED 1280/16 sessions</p>	<p>G6-G10</p>	<p>4.00-5.00 PM</p> <p>MY Building 106</p>	<p>According to research, test scores improved by 17.3% for students regularly engaged in chess classes, compared with only 4.6% for children participating in other forms of enriched activities" said 4-time World Champion Susan Polgar. Chess Lesson – teaching a particular skill, idea, strategy, move or concept. The focus being on improving Thinking Skills such as Problem Solving, Memory, Critical Thinking, Analysis, Decision Making, Concentration, Visualization, Lateral Thinking, Creative Thinking and more.</p> <p>Provider: Chess Dubai Contact: Alexandra 050 5028145 / alexandrachess@yahoo.com</p>

WEDNESDAY

INTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
French Support FREE	G6-G10	4.00-5.00 PM MY Building 209	The French support activity is to encourage the enthusiasm, interest and curiosity for the French language. We revise some grammatical points and practice sometimes using online games. We mainly focus on writing and students can be asked to write a newsletter for the school, a recipe of their favorite dish or dessert, or even study the lyrics of a recent popular French song they like. We play different games in pairs or in groups to develop imagination and team spirit. Teacher: Salima Azizeh
French Swiss Matura FREE	G6-G10	4.00-5.00 PM MY Building 204	Students have the choice of registering once a week (applicable for Monday only) or twice a week (Monday and Wednesday) - It is not possible to register for only Wednesday. This is an ASA targeted at Swiss-German students who are willing to learn French as a Foreign Language. They will acquire the language, grammar and learn about the culture. In the end, they will be able to communicate in the language. Both sessions (Monday and Wednesday) are complimentary and will encourage students to interact in the French language and culture. Teacher: Saila Aumeerally

German Swiss Matura FREE	G6-G10	4.00-5.00 PM MY Building 001	Students have the choice of registering once a week (applicable for Monday only) or twice a week (Monday and Wednesday) - It is not possible to register for only Wednesday. This ASA is designed for non-German speaking students who want to prepare the Swiss Matura or be able to join a Matura class in Switzerland in the next years. The focus will be on German language acquisition and the program will follow the Swiss curriculum for German as additional language (2nd national language). This ASA takes place twice a week. If students do not register for the second ASA, they will have to make sure that they are updated, i.e. homework will be required. This ASA is open to Grade 6-10 students. Number of participants is limited to 10. Teacher: Hans Rudolf Buehlmann
Arabic B FREE	G6-G10	4.00-5.00 PM MY Building 118	This is an Arabic Language ASA reserved for children who wish to learn Arabic as a foreign language Teacher: Lubna Jiad

MUN/Debate FREE	G6-G10	4.00-5.00 PM MY Building 003	The MUN club engages the students in an authentic simulation of the United Nations system by learning about the UN system, the skills of debate, compromise, conflict resolution and negotiation. MUN team members have fun learning about the workings of world diplomacy through the lens of current events. The students take the roles of ambassadors from various countries and debate current issues. It gives students hands-on learning in international relations, diplomacy, and the United Nations. Teacher: Mohamed Bensif, Pierre De Levay
Concert Band (Beginners) Free	G6-G10	4.00-5.00 PM MY Building 213	Each student will choose a band instrument and learn to play that instrument and to play in a group with other musicians. This is a great way to use what you have learned in music class in a fun and active way and to learn even more. It's also a chance to make new friends who share an interest in making music. We will have opportunities to perform for your families and other students and maybe even outside of the school. Come and join us! Possible instruments to choose from: flute, clarinet, alto or tenor saxophone, trumpet, or trombone. Teacher: Richard Hazlett
Honours Choir Free	G6-G10	4.00-5.00 PM MY Building 212	Welcoming everyone who loves to sing! The SISD MYP Choir ASA is offered to students from grades 6-10 and will feature a variety of genres including folk, musical theatre, and contemporary music, ending with a term-end choral concert (TBA). All students will participate in the choir and there will also be opportunities to sing solos. No choral experience is necessary, but a love of singing is! Throughout this ASA, you will develop and become familiar with your vocal range, learn proper vocal techniques to avoid vocal strain, learn to sing in harmony, learn the basics of sight-singing, gain confidence as a performer, and so much more. If you are passionate about singing and want to experience what it feels like to synchronize your heartbeat with other people, then this ASA is for you! Teacher: Lacie Rempel
EXTERNAL			
ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Karate AED 1190/14 sessions	G6	4.00-5.00 PM MY Building 113	Budo Juku (meaning Martial Arts in Japan) are currently delivering a professional standard of Wado Ryu Karate style to both children and adult across the UAE. Our lesson are conducted in Japanese and all students are registered and affiliated to the official "Wado Ryu Academy". Provider: Budo Juku Contact: budojuku@yahoo.co.uk / 04 813 5637 / 050 289 3981
Chinese (as foreign language) AED 1400/14 sessions	G6-G10	4.00-5.00 PM MY Building 110	What we do? We teach Chinese calligraphy, a Chinese style in writing; We teach Chinese pinyin, the Chinese alphabets; We teach Chinese pronunciation or enunciation, the Chinese 4 tones; We teach Chinese traditional art, such as paper folding, paint blowing; We introduce Chinese culture, tradition, and history such as the use of chopsticks, traditional stories for kids. Provider: Think First Dubai Contact: thinkfirstdubai@gmail.com

Swimming Development 1-2 AED 1400/14 sessions	G6-G10	4.00-5.00 PM Olympic Pool 4,5	This phase is an introductory level to competitive swimming and the development of the four competitive strokes. In order to begin in the development levels of our program, swimmers must be able to swim a minimum of 25 meters' freestyle/front crawl and backstroke. Contact: jhag@walkahead.ae dulanjan@walkahead.ae /055 486 6580/055 775 6943
Rhythmic Gymnastics (Girls) AED 1330/14 sessions	G6-G10	4.00-5.00 PM Sports Hall 1	Rhythmic gymnastics is a sport in which individuals or teams of 5 or more manipulate one or two pieces of apparatus: clubs, hoop, ball, ribbon, rope and freehand (no apparatus). Rhythmic gymnastics is a sport that combines elements of ballet, gymnastics, dance, and apparatus manipulation. The victor is the participant who earns the most points, determined by a panel of judges, for leaps, balances, pirouettes (pivots), apparatus handling, and execution. Provider: Stryx Sports Contact: asa@stryxsports.com 055 887 6426 / 055 877 1658
Intelligent Robotics with coding AED 1540/14 sessions	G6	4.00-5.00 PM IT Lab S23	Students will learn basic programming by building a robot and creating programs to control the robot. Visual Programming software is used to show children computer science principles. Students will experiment with reading data from the robot sensors and develop programs to control robot action and activation of lights, motors, buzzer, line tracker, etc. Provider: Makers Builders/Junkbot Robotics Contact: Amir-0527219211 amir@makersbuilders.com

THURSDAY

INTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Film FREE	G6-G10	4.00-5.00 PM MY Building 218	Film Club is aimed toward students who enjoy creating and critically examining short (often unique and artistic) films; there will be particular emphasis on filmmaking styles and techniques. Students must have and bring a device capable of filming and editing to each session. Films created during this activity session may be shared with the school community. Teacher: Sandi Harrison
Homework Help FREE	G6-G10	4.00-5.00 PM MY Building 111	Children are required to come to this ASA with their homework. Help will be provided Teacher: Lauren Dixon
Quran Club FREE	G6-G10	4.00-5.00 PM MY Building 116	The Quran Club will help developing the recitation, pronunciation and Tajweed skills of students with the support in memorization of the requested Suras of their levels. Teacher: Mohamed Bekir

EXTERNAL

ACTIVITY/COST	GRADE	TIME/LOCATION	DESCRIPTION
Basketball AED 1400/14 sessions	G6-G10	4.00-5.00 PM Sports Hall 1	We developed after school activities in order to invite youths to participate outside of the traditional school day. The goal of PSSA after school activity program is to provide your child with the opportunity to engage in a positive, active, and fun environment, while also learning and developing basic basketball skills. Here we also search for players to play for their respective school's basketball teams. Provider: Stryx Sports Contact: asa@stryxsports.com 055 887 6426 / 055 877 1658
Tennis AED 1470/14 sessions	G6-G10	4.00-5.00 PM Tennis Courts 1,2	Kids develop a wide range of strategies in order to have their own style of play. They now play in normal conditions and build a complete game as a tennis player. Provider: Stryx Sports Contact: asa@stryxsports.com 055 887 6426 / 055 877 1658
Badminton AED 1260/14 sessions	G6-G10	4.00-5.00 PM Sports Hall 2	All our training programs are custom-built based on the individual needs and skill level & goals by our trainers. Our Aim and Goal in our training program is to improve physical, emotional, and intellectual fitness. All of our coaches had many years of experienced, from beginners to advance players. Our dedication and passion to teach a quality coaching is second to none. We love the sports that's why we guaranty all the parents and children, schools and students, groups and clubs that we are giving our full commitment for our coaching. All of our trainers are required to have a certain skill level in order to coach and cater excellent and quality services. Our trainers won many tournaments in and out of the country local and national. Provider: Walk Ahead Sports Contact: kirk@walkahead.ae henry@walkahead.ae /050 944 3007/056 308 7138

Judo AED 1190/14 sessions	G6-G10	4.00-5.00 PM MY Building 113	Judo was founded by Jigoro Kano from Japan in 1882. Judo is an Olympic sport and made its first appearance for men at the 1964 Tokyo Games with the female event being introduced a little later at the 1992 Barcelona Games. Judo focuses on a lot of grappling techniques and came from Ju-jitsu. Provider: Stryx Sports Provider: Budo Juku Contact: budojuku@yahoo.co.uk / 04 813 5637 / 050 289 3981
Yoga AED 1400/14 sessions	G6-G10	4.00-5.00 PM Dance studio	Children learn through play. This is true not only for yoga exercises but also for other areas of life. A children's yoga class should, therefore, be an adventure that is experienced with all your senses. Children do not practice yoga, they are the dog, tree, warrior, butterfly, we just show. The imagination knows no limits and we explore a variety of concepts from ecology, biology, anatomy, geography, etc . Children are naturally curious and enjoy learning while moving Provider: Stryx Sports Contact: asa@stryxsports.com 055 887 6426 / 055 877 1658
Spanish (as foreign language) AED 840/14 sessions	G6-G10	4.00-5.00 PM F03	In the children department of UCAM Español Institute we offer Spanish lessons for native and non-native children. As per the non-native program, we also offer Spanish in a secure and friendly environment where your kids can express themselves, with activities designed to boost your child's creativity and love for Spanish and with a final fun project for your kids to demonstrate what they have learned. For that, we count on native educators with a minimum experience of 5 years in the public or private education system in Spain. We also work with materials provided by the most prestigious editors in Spain. 100 AED registration fee including a language book Provider: UCAM Espanol Institute Contact: espanol@ae.ucam.edu / +971 44308286
Badminton AED 1260/14 sessions	G6-G10	4.00-5.00 PM Sports Hall 2	All our training programs are custom-built based on the individual needs and skill level & goals by our trainers. Our Aim and Goal in our training program is to improve physical, emotional, and intellectual fitness. All of our coaches had many years of experienced, from beginners to advance players. Our dedication and passion to teach a quality coaching is second to none. We love the sports that's why we guaranty all the parents and children, schools and students, groups and clubs that we are giving our full commitment for our coaching. Provider: Walk Ahead Sports Contact: kirk@walkahead.ae henry@walkahead.ae /050 944 3007/056 308 7138
Judo AED 765/14 sessions	G6-G10	4.00-5.00 PM MY Building 113	Judo was founded by Jigoro Kano from Japan in 1882. Judo is an Olympic sport and made its first appearance for men at the 1964. Tokyo Games with the female event being introduced a little later at the 1992 Barcelona Games. Judo focuses on a lot of grappling techniques and came from Ju-jitsu. Provider: Budo Juku Contact: budojuku@yahoo.co.uk / 04 813 5637 / 050 289 3981