

# EGIS Extra-curricular activities

Secondary Section  
Academic Year 2010/2011

# EGIS Extra-curricular activities

- ž Integral part of the British School System
- ž Has a number of measured benefits to the students

*“Schools that offer more activities outside the classroom get better GCSE exam results from their pupils”, the Independent Schools Council claimed (The Guardian - June 2009)*

# Benefits of extra-curricular activities

1. *Learning Time Management and Prioritizing*
2. *Getting Involved in Diverse Interests*
3. *Learning About Long Term Commitments*
4. *Raises Self Esteem*
5. *Building Solid Relationship Skills*
6. *Looks Great on College Applications*

# EGIS Extra-curricular activities

- ž Take place during 2<sup>nd</sup> break and after school during the week
- ž A late bus will be available to transport students back to Hurghada - Sunday, Monday and Tuesday.
- ž Most activities are free-of-charge to students
- ž Activities are planned to begin next week

# EGIS Extra-curricular activities

Watch the following PowerPoint which shows all of the activities that will be on offer during 2010/11.

Decide which activities you would like to participate in and complete the activities form on the back of the letter to your parents

# EGIS Extra-curricular activities

This PowerPoint will also be available on  
the school website with a copy of the  
activities form

[www.elgounaschool.net](http://www.elgounaschool.net)

# Chess – Sunday 2<sup>nd</sup> Break Years 5-13 Miss Gillian



Learn how to play and develop your skills with this fantastic classic game of strategy. Suitable for beginners through to advanced players.

# Yoga – Sunday 2<sup>nd</sup> Break Years 9-13 Ms Maren

Create a balance in the body through developing both strength and flexibility.



# TENNIS CLUB – Sunday 3pm Years 7-13 Mr Ross

Develop your fitness  
and skills in this game  
of agility and  
coordination.

Beginners-Advanced  
players welcome.



# SWIMMING FOR IMPROVERS – Sunday 3pm Years 6-13 Ms Maren

Develop your fitness  
and techniques at  
swimming



# FOOTBALL SKILLS– SUNDAY 3PM

## Years 6/7 Mr Nigel

Session focusing on development fitness and skills in the game of football.



# PHOTO ANIMATION AND MOVIE MAKING – SUNDAY 3PM Years 6-9 Mr David



Using images –  
photos, drawings,  
cartoons – to make a  
moving film with  
sounds and effects

# GOLF – SUNDAY 3pm

## Years 5-9 – Mr Steven



- ž The El Gouna Golf Club is proud to offer golf lessons for the entire academic year for just €100 including golf equipment.
- ž Become a golfer, then join us in our Junior Golf Challenge by the end of the school year, to compete amongst your peers for the prize!!

# TABLE TENNIS – MONDAY

## 2<sup>nd</sup> Break

### Years 7-13 Mr Gamal

Develop your skills  
and learn about the  
rules of this face-  
paced game



Selection will be  
made for EGIS team

# BASKETBALL – MONDAY 3PM

## Years 9-13 Mr Steven

Learn about teamwork, skills and exercise through the game of basketball from Mr Steven, ex-university team coach.



# KARATE CLUB – MONDAY 3PM

## Years 7-9 Mr Nicolas

Introduction to Karate; one of the oldest martial arts traditions. Basic kicks, blows, dodges and basic Katas.

Are you brave enough?



# DEBATING – TUESDAY 2<sup>nd</sup> Break Years 7-13 Mr Steven



To develop your debating and reasoning skills. Excellent for university interviews and to help with organising ideas for essays.

# DANCE CLUB –TUESDAY 3PM

## Years 9-13 Miss Elodie



A variety of dance styles to help you to express yourself in different ways with your body and soul through the rhythm of different genres of music

SPANISH FOR BEGINNERS—  
TUESDAY 3PM  
Years 3-11 Miss Maria



Take the opportunity to learn the basics of speaking Spanish.

Use Spanish to talk and write about yourself, friends and family, hobbies, school and food

# MATHEMATICS CATCH-UP AND EXTENSION – TUESDAY 3PM Years 7-13 Miss Libby



For students who need help meeting their IGCSE target grades or students who would just like a little more practise or to have their mind challenged further!

PREPARATION FOR GERMAN DSD  
TUESDAY 3PM Years 7 -10  
Miss Katharina and Miss Maren

All DSD students  
(Years 7-10) must  
attend these  
additional lessons to  
help reach targets  
for the DSD  
programme



# SWIM SQUAD— Tuesday 3pm Years 7-13 Mr Ross

Training session for students wishing to be part of the EGIS swimming team.



# ENVIRONMENT CLUB – TUESDAY

3PM

Years 7-9 Miss Zainab



To look at ways to promote environmental awareness around the school and the whole community through mini-projects.

# SQUASH CLUB– WEDNESDAY 3PM

## Years 7-13 Mr Jonathan

Beginners and more experienced players welcome to come and develop their skills in this fast-paced game.



# TENNIS CLUB – Thursday 3pm Years 7-13 Mr Jonathan

Join the teachers for  
a fun game of tennis  
at the end of the  
week.



Intermediate-  
Advanced players  
welcome

# HIGH SCHOOL MUSICAL– Thursday 3pm (when needed) Miss Becky



Rehearsals for the school production of High School Musical

Miss Becky will coordinate which cast members will be required each week.