



Netherlands Inter-community School



MANIS Activities

2016 - 2017

term 1

Early Years Programme

Music

Rhythm & Sounds



Rhythm & Sounds class is a musical activity session for Nursery children. The main goal is simply the pure enjoyment of music through (English) songs, finger-plays, movement to music, exploring musical instruments, group circle dances and parachute play to music. The activities will also promote the development of listening, concentration, social skills & early musical skills.

For who

Nursery 1 – Nursery 2

Duration & Preparation

30 minutes; material included.

Teacher(s)

NIS

Our highly experienced piano teachers provide lessons for young children. Excellent teaching methods guarantee engagement and inspire young children. Make your child's first exposure to the piano fun and enjoyable. These first piano lessons also set in place the basics of piano technique, posture, hand position, listening skills, and musicality and expression, that will provide the foundation for your child's life-long adventure in piano playing.

Piano for kids



For who

Kindergarten 1 - Kindergarten 2 / Group 1 - Group 2

Duration & Preparation

45 minutes group lesson; instrument is included. Students must be on time during the lesson hour.

Teacher(s)

Ms. Elsa Sigar has been a piano teacher at NIS since 1996 to date. The other teacher is Hitty Rumantir. Both teachers are highly educated in teaching and music and have a large variety of experience in the field of music.

Swimming



We divided the swimming group for our Early Years into the following groups:

- Water Confidence 1 and 2 (with parents)
- Certificate Swimming 1 and 2

Our Swim Coach assesses the students over a two-week period. Groups, days and times may change as a result of these assessments. Children are allocated into their groups following the results of these assessments. The coach has the final decision of the child's group level. The levels are as follows : Water Confidence 1, Water Confidence 2, Certificate Swimming 1, Certificate Swimming 2 and then Diploma A etc. UNLESS the coach sees differently.

Water Confidence (with Parents): gain confidence in water; develop gross motor skills; equip children with survival skills in both shallow and deep water.

Certificate Swimming: water jump from the side or from a raft; able to sit /lie on the bottom of the pool; swim underneath a floating object (and swim for 2 meters); belly and back float; upright driving for 10 seconds; float with a ball (balloon) for 20 seconds

For who

Nursery 1 - Nursery 2

Duration & Preparation

30 minutes (group activity); all participants need to be equipped with proper swimsuits, a towel and a sun block. Please note that during all swimming lessons an adult should at all times accompany participants (parent or nanny). Also, accompanying siblings and/or friends should be watched over by an adult (parent or nanny).

Teacher(s)

Mr. Felipe has been a swim coach at NIS for more than 10 years. He works as Head Swim Coach for Shark Swim Squad at ACG. Additionally, he works at the American Embassy Recreation Club as Head Swim Coach and is a personal trainer for triathletes and diplomats with over 10 years expertise.

Soccer Skills Training



This term our weekdays Soccer training is provided by SuperSkills Soccer. SuperSkills teach the secrets to expert dribbling and complete ball mastery. At NIS SuperSkills, the 60 minutes lessons have ball mastery aspects as well as a team play aspect. SuperSkills believe that agility is a main component in athletic development. Agile athletes in every sport are the most skilled and dominating athletes. Their goal is to clearly empower the students by helping them turn into excellent athletes.

Everybody is constantly improving and nobody gets left behind. SuperSkills uses a Progressive Belt system; this innovative approach modeling the Marshall Arts format of belts gives students clear indications of their present ability as well as defined targets for their future development.

There is also the opportunity to participate against others regularly at invitational competitions so that the students can compare themselves to others at alternative venues. Please refer to their website for more detailed information.

Fees for new and returning students differ. Please see the MANIS schedule for more details.

For who

Nursery 2 – Kindergarten 2 / Group 1 - Group 2

Duration & Preparation

60 minutes; fee is including SuperSkills outfit (Progressive Belt system). Participants need indoor and outdoor shoes; the training will take place both in the large PE hall and soccer field. Please also bring a small snack, water bottle and towel.

Teacher(s)

SuperSkills

It is a kid-friendly program designed and modified to suit the specific needs for children aged 4-12 years old. At NIS we offer two groups (Zumba Junior and Zumba).

The Zumba Junior program promotes more than exercise. The goal is to develop a healthy lifestyle and to incorporate fitness as a natural part of children's live. Developing a healthy lifestyle therefore includes Leadership, Respect, Team Work, Pride, Confidence and Responsibility, as well as developing Coordination, Balance, Discipline, Memory and Creativity.

Children participate in various skill building activities through movement while learning about different cultures, and are encouraged to be creative and work together as they make their way to a healthy life. Most importantly, the children are having lots of fun.

Zumba junior



For who

Nursery 2 – Kindergarten 1 / Group 1

Duration & Preparation

30 minutes; material included.

Teacher(s)

Ms. Inca

Gymnastic



Gymnastics is an ancient sport that is the basis of many other sports. The benefits of physical activity for health and well-being are well-known. For children, it is not only limited to their physical development, but also for their mind and social development.

Gymnastics Jak'05 provides gymnastics classes at NIS based on an Australian gymnastic program. It seeks to enhance total body strength, flexibility, coordination, balance, self-discipline and self-confidence in a safe environment. Participants will work on some basic gymnastics moves including forward and backward rolls. The content of the class changes each week to ensure variety and fun.

The older students will also learn basic gymnastics skills and build these into a simple routine incorporating handstands, cartwheels, and bridges, forward and backward rolls. Flexibility and strengthening exercises are also done.

For who

Nursery 1 - Kindergarten 1 / Group 1

Duration & Preparation

45 minutes (group activity); materials included.

Teacher(s)

Ms Hesti (coordinator)

Art and Skills

Art Club



Art Club is for children who enjoy exploring their creativity. At our Art club children learn to develop different artistic techniques working with a variety of different mediums; painting, drawing, sculpting, collage and working with natural materials.

We draw inspiration from art forms from around the world such as Australian aboriginal art, Indian rangoli, mandalas, batik, etc

For who

Nursery 1 – Kindergarten 2 / Group 2

Duration & Preparation

45 minutes; material included.

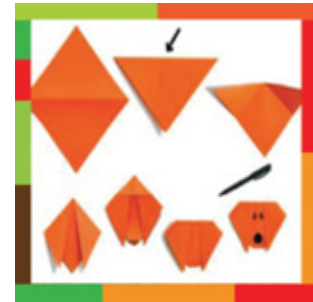
Teacher(s)

NIS

Origami is the art of paper folding, often associated with Japanese culture. In modern usage, the word "origami" is used as an inclusive term for all folding practices, regardless of their culture of origin. The goal is to transform a flat sheet square of paper into a finished sculpture through folding and sculpting techniques.

Paper-folding is a wonderful hobby, and a wonderful group activity. It is a great opportunity for kids to see what they can do just with a single piece of paper. It is incredible for them to watch an ordinary piece of paper transforming into a three dimensional form, and the more complex the design, the more incredible this process becomes...!

Origami Beginners



For who

Kindergarten 2 - Primary 6 / Group 2 - Group 8

Duration & Preparation

45 minutes (group lesson). Materials included.

Teacher(s)

NIS

Bricks for Kidz junior



At Bricks 4 Kidz, they believe it's important to tap into a child's potential by encouraging their curiosity and creativity in and out of the classroom. Their fun-filled model plans designed by engineers and architects, teach children to learn with LEGO® Bricks.

The Junior Program is suitable for children at the age of 2-4 years old. The objective of this program is for children to recognize the letter of the week (A-Z), recognizing colors, counting, identifying key terms such as (same and different, bigger, smaller, next to, on top of), sorting, patterning, following simple directions.

The other program focuses on theme based project kits that motivate children by reinforcing S.T.E.M. (Science, Technology, Engineering, Maths) based principles while enhancing self-esteem, improving fine-motor skills, and teaching important classroom lessons such as organization and following directions.

For who

Nursery 1- Kindergarten 1 / Group 1

Duration & Preparation

45 minutes (group lesson); materials included.

Teacher(s)

Instructors from Bricks 4 Kidz

Primary Years Programme

Music

Private Instrument



Interested in learning how to play an instrument? Sign up for Private Music Lessons! Open for all Primary students that would like to start playing or improve their skills in guitar (electric, acoustic, bass), drums, piano or keyboard. Theory and practical will be covered in a one to one basis (private) for 30 minutes lesson. For guitar you must bring your own guitar in a correct size. It is strongly advised for beginners to start with nylon string's guitar (classical).

For who

Primary 1 / Group 3 – Primary 6 / Group 8

Duration & Preparation

30 minutes; drum set, keyboard and piano available. For guitar you must bring your own guitar in a correct size.

Teacher(s)

NIS

Sport

Taekwondo is an excellent choice for children who are keen on physical activity and want to learn self-protection skills. Classes will be divided into age groups. The team from the MATRA Taekwondo will teach your child(ren) basic taekwondo skills with an emphasise on practical self-defense skills (Hosinsul), sparring (Olympic style kyorugi) and forms (series of movement or Poomsae).

Taekwondo



For who

Primary 1 / Group 3 – Primary 6 / Group 8

Duration & Preparation

60 minutes (group activity); a special taekwondo uniform, excluded from the MANIS fee, should be purchased.

Teacher(s)

MATRA; Mr. Andre Tarwajan is a Taekwondo Instructor for children, self-defence and elite competition athlete trainer since 1988. He works also as a taekwondo Examiner, National Coach Level Instructor and a PE teacher.

Swimming



The goal of the NIS MANIS swimming program is to ensure that each child will pass the swim diploma exam and acquire the Dutch Swim Diploma Certificates that they apply for. The necessary skills include survival swim and swim strokes. Also feel free to enroll if you would like your child to improve his or her swimming skills!

We divided the swimming group into the following groups:

- Diploma A
- Diploma B
- Diploma C
- Zwemvaardigheid 1,2,3
- Sharks Swim Squad

Please note that the duration of this term is shorter than usual; Therefore it might result in children having to continue with diploma swimming into the next MANIS term. For participants who wish to finish their diploma this term, it may be possible to add additional swimming lessons subject to availability and with extra charge. More information will follow soon.

Diploma / Zwemvaardigheid:

For the exact requirement for Diploma swimming and “Zwemvaardigheid” we refer to the website of the “Nationaal Platform Zwembaden” (www.npz-nrz.nl).

Sharks Swim Squad:

Participants can join the Sharks Swim Squad from age 7 years onwards and should be able to swim at least 2 competitive strokes for 25 meters.

We believe we have a highly motivated team and wish to encourage these skills by enrolling our Sharks team in more swimming competitions held in and around Jakarta, this school year. In order to be fully prepared for these competitions, it is required that the children practice 4 times a week. We do understand that this is a big commitment for some of our younger / new participants, so for them we require a minimum of 2 times per week participation. Please meet Ms Yolla at the Front Office if your child will only attend 2 times a week.

For who

Primary 1 / Group 1 - Primary 6 / Group 3 - Group 8; depending on level / course (see MANIS schedule).

Duration & Preparation

45 minutes (group activity); all participants need to be equipped with proper swimsuits, a towel and a sun block. Please note that during all swimming lessons participants should at all times be accompanied by an adult (parent or nanny). Accompanying siblings and/or friends should also be watched over by an adult (parent or nanny). For Sharks group, please take these following items with you:

- Black swimsuit
- Swim cap
- Swim goggles
- Water bottle

* Please note that fees for Diploma swimming are not included in the Manis fee. Our Swim Coach will decide who is ready to participate in the exams. Based on the child’s progress that term and the selection for the Diploma swim takes place before the exam.

Teacher(s)

Mr. Felipe has been a swim coach at NIS for more than 10 years. He works as Head Swim Coach for the Shark Swim Squad at ACG and at the American Embassy Recreation Club as Head Swim Coach. He is a personal trainer for triathletes and diplomats with over 10 years experience.

Gymnastic



Gymnastics is an ancient sport that is the basis of many other sports. The benefits of physical activity for health and well-being are well-known. For children, it is not only limited to their physical development, but also for their mind and social development. Gymnastics Jak'05 provides gymnastics classes at NIS based on an Australian gymnastic program. It seeks to enhance total body strength, flexibility, coordination, balance, self-discipline and self-confidence in a safe environment.

Participants will work on some basic gymnastics moves including forward and backward rolls. The content of the class changes each week to ensure variety and fun.

The older students will also learn basic gymnastics skills and build these into a simple routine incorporating handstands, cartwheels, and bridges, forward and backward rolls. Flexibility and strengthening exercises are also done.

For who

Kindergarten 2 / Group 2 – Primary 6 / Group 8

Duration & Preparation

45 minutes (group activity); materials included.

Teacher(s)

Ms Hesti (coordinator)

It is a kid-friendly program designed and modified to suit the specific needs for children of Zumba). The Zumba program promotes more than exercise. The goal is to develop a healthy lifestyle and to incorporate fitness as a natural part of children's live. Developing a healthy lifestyle therefore includes Leadership, Respect, Team Work, Pride, Confidence and Responsibility, as well as developing Coordination, Balance, Discipline, Memory and Creativity.

Children participate in various skill building activities through movement while learning about different cultures, and encouraged to be creative and work together as they make their way to a healthy life. Most importantly, the children are having lots of fun.

For who

Kindergarten 2 / Group 2 – Primary 6 / Group 8

Duration & Preparation

45 minutes; material included.

Teacher(s)

Ms Inca

Zumba



Soccer Skills Training

This term our weekdays Soccer training is provided by SuperSkills Soccer. SuperSkills teach the secrets to expert dribbling and complete ball mastery. At NIS SuperSkills, the 100 minutes lessons have ball mastery aspects as well as a team play aspect. SuperSkills believe that agility is a main component in athletic development. Agile athletes in every sport are the most skilled and dominating athletes. Their goal is to clearly empower the students by helping them turn into excellent athletes.



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For who

Primary 1 - Group 3 - Primary 6 - Group 8

Duration & Preparation

100 minutes; fee is including SuperSkills outfit (Progressive Belt system). Participants need indoor and outdoor shoes; The training will take place both in the large PE hall and soccer field. Please also bring a small snack, water bottle and towel.

Teacher(s)

SuperSkills

Ball Games



Do you like ball team sports in general and are you interested in improving your overall techniques? Join our Ball Games MANIS program this term! You will be introduced to a range of ball sports, such as volleyball, basketball and beach ball.

For who

Primary 2 / Group 4 – Primary 6 / Group 8

Duration & Preparation

45 minutes; material included.

Teacher(s)

NIS

Origami Advanced



This new activity is especially designed for our advanced paper folders who have already finished a full term of Origami last school year or for children that are 8 years and up.

From folding a simple triangular unit to creating elaborate sculptures! Take your origami skills to the next level and sign up quickly for this great lesson.

For who

Kindergarten 2 / Group 2 - Primary 6 / Group 8

Duration & Preparation

45 minutes; material included.

Teacher(s)

NIS

Drawing Class



U Art Drawing Jakarta nurtures children's passion for art by providing the best environment and the right methods of learning. The courses are designed for children aged 4 years old and above. The Global Art & Creative Programs comprise of several carefully designed levels to allow children of ages 4 to 12 to participate and enjoy our courses progressively.

For who

Kindergarten 2 - Primary 6 / Group 2 - Group 8

Duration & Preparation

75 minutes; material included.

Teacher(s)

U Art Drawing

Chess



Playing chess in school helps students to achieve many learning outcomes faster and more effectively. It improves your critical thinking and decision-making skills. And let's not forget the boost in your algebraic and geometric thinking! But most of all: playing chess is fun.

For who

Primary 1- Primary 6 / Group 3 – Group 8

Duration & Preparation

45 minutes (group lesson). Materials included.

Teacher(s)

NIS

Engineering for Kids® is a pre-engineering program from USA targeted at kids aged 4 to 14 years old available in over 20 countries worldwide and now it's proud to serve Indonesia. Kids learn through A World of Fun Experiments such as learning the Newton's Third Law of Motion through building & constructing a rocket that could fly up to 45 meters to the sky, assembling flashlights, turning bananas into piano tuts, mixing chemicals for colourful fun reactions in a safe environment and many more.

There are over 200 experiments to learn from various field of engineering and we put focus on fun and hands-on learning so kids won't feel they are in a classroom. With Engineering for Kids® learning Science, Technology, Engineering and Math can never be more fun than this. More information can be found on Instagram (EFK.INDONESIA) or Facebook "Engineering for Kids Indonesia".

Engineering Class



For who

Kindergarten 1 - Primary 6 / Group 1 – Group 8

Duration & Preparation

60 minutes (group activity); materials included.

Teacher(s)

EFK Indonesia

Parental courses

Yoga



If you are willing to have a balance for your body, mind and soul, yoga might be a good option for you. It also teaches us to become fully-aware of our own being, making us realise when to slow down and when to speed up.

Yoga consists of physical exercise, breathing exercise and relaxation: Physical exercises include forward bends, side bends, back bends, twisting, balancing, and inversion.

Breathing exercise teaches us to do deep and conscious breathing in order to maximize lung capacity. In a stressful situation, proper breathing can soothe our nervous system. On the other hand, we can also use our breath to energize our body. Relaxation is the time when the body integrates the benefits of the practice. This enables the body and mind to be in a quiet state, which leads it to experience peace, calm, and self-awareness.

Duration & Preparation

45 / 90 minutes (group activity) : once or twice a week. Please bring your own yoga mat, a towel and a bottle of water. Wear something comfortable, exercise pants and tops, and avoid having full breakfast 2 hours before the class. If there is some information regarding your health, please inform Ms. Treacy before joining the class.

Teacher(s)

Ms. Treacy will give yoga lessons for parents once or twice a week at NIS. She is a fully trained and highly experienced yoga teacher.

Zumba Fitness, as now called as Zumba is fitness program that combines Latin and international music with cardio dance workout. Zumba routines incorporate interval training, alternating fast and slow rhythms and resistance training. This program designed for anyone of all ages, shapes and sizes. All are welcome and encouraged to attend the classes.

No dance experiences or skills are necessary. Unlike other aerobics classes, where you learn a move and then add on more moves to create routine, Zumba uses different parts of the songs, such as chorus or particular phrase or sound in the song, as basis of its choreography. All routines will be led by instructor's cues, using hand signals of which direction to move or a loud hand clap that signifies that it's time to move to a new move. As one of high energy workout, Zumba not just bring the party atmosphere to the class but also tons of fun for the participants.

Zumba / Fitness



Duration & Preparation

60 minutes (group activity); once a week; Participants should wear comfortable clothing (suitable for a work-out) along with footwear such as comfortable gym or tennis shoes, plimsolls and trainers. It is best to avoid something heavy or with too much tread, as this will hinder twisting and turning movements. All participants should also bring a water bottle.

Teacher(s)

Ms Inca

Parents Masters Swim

Our Masters Swim will work on swim stroke techniques to improve swim skills on all four swim strokes. Learning all the swim drills, such as long and short distance swimming for sports or personal fitness, helps improve your overall flexibility and cardiovascular fitness



Duration & Preparation

60 minutes (group activity). The class is open for all swim levels: beginners, intermediate and advance swimming abilities. Please take these following items with you:

- Swim cap
- Swim goggles
- Training flippers
- Water bottle

Teacher(s)

Mr. Felipe is a swim coach at NIS for more than 10 years. Besides he works as Head Swim Coach for Shark swim squad at ACG. Additionally, he works at the American Embassy Recreation Club as Head Swim Coach and is a personal trainer for triathletes and diplomats for over 10 years.