

## SFO Clubs Description September 2016

### Painting club:

Inspired by great artists and illustrators of all times and cultures the students will learn a variety of painting and illustration techniques and styles.

We will be painting, drawing, illustrating, working with collage, etc.

**Please, remember to bring an old t-shirt or an apron to protect your clothes!**



### Dinosaurs and space club:

Big dinosaurs and infinite space! In this club you will be both an astronaut and a paleontologist, armed with knowledge about the two coolest things ever how can this not be fun? We will learn about, discuss and be inspired by fossils and meteors!



### Mathemagics club:

Explore the magic world of math! Together we will use math to solve the mysteries of the world! You will learn the hidden secrets behind the numbers you use in class and solve impossible puzzles.



### Football club:

It's only the most popular sport in the world. We all love it... do you? But remember if you're playing the game, you have to stick to the rules too!



### Cut and Glue art club:

Cutting, gluing, pasting, coloring, folding... all of your favorite paper related activities! Learn origami, make holiday ornaments, birthday cards, cups, hats, flowers, planes, animals, decorations, crowns, boxes, pop-up books, paper houses... We will also use recyclable paper material and learn to appreciate our planet! Let your imagination roam free and explore the endless possibilities of paper crafts!



### Feel Good Singing club:



We may not be on MTV  
We may not be on a CD  
But we can sing!  
With actions to go along with the words, get the chance to learn some new songs, sing them together - and feel good!

Trondheim Hockey club:

**Year 7-10**

THC is the only Field Hockey Club north from Oslo. It was founded in 2012 and Trondheim international School is renting in Coach Mascha to offer Field hockey in partnership with the after school program.

Check out their webpage for more information: [trondheimhockey.no](http://trondheimhockey.no)



Outside activities:

We will be outside enjoying the fresh air and beautiful weather while we do different activities.

Bring your bikes, skates, boards and helmets! if you want and the weather allows it!



Hockey club:

**Year 2-6**

Hockey is a very popular, fun, fast and skilful team game. It is a stick and ball game with origins dating back thousands of years. It was traditionally played on grass, but is now increasingly played on synthetic surfaces or inside.



Theater club:

Using our bodies and our creativity we are going to visit the fantasy world and try to be whatever crosses our imagination. Through play role games, and drama exercises we shall have a lot of fun.



Dance club:

We will have fun, finding out how many things live inside our bodies. Exploiting our imaginations, through movement and games, we will travel all around the make-believe world. In a collective process, we shall develop gross motor skills, coordination, performance and communication skills, that will help us to express ourselves through creative dance.



After school Homework club:

**Year 4-6**

It is a club where reading is listened to, spelling checked and maths reviewed. It is also an opportunity to expand on the student's unit of inquiry with peer interest and supervised internet access.



### Drawing club:

Drawing develops children's solving skills, boost their confidence, improves their motor skills and concentration, makes them better communicators and is simply fun! Learn the basics of drawing with pencils, color pencils, charcoal and more using your fantasy, real objects and photos as references.



### Lego club:

How is lego used in education? What are the skills lego develop? We have the answers to these questions. Skills Lego develop :

- Lego provides tools that develop lateral thinking in a fun environment
- It teaches kids to think in three dimensions
- It develops problem-solving, organization, and planning by construction
- It improves creativity
- It enhances communication and critical thinking
- It boosts kids motor development.



### Paper maché club:

Do you want to know the secrets of the paper maché technik? Using recycling materials, newspaper and a funny glue based on water and flour we will bring to life all kind of 3d creatures and objects.



### Yoga club:

The club is designed based on the interests, energies and developmental stages of children. We recognize that all children are unique and sometimes develop at their own pace. Classes explore yoga poses, breathing exercises, and visual imagery and relaxation techniques while conveying lessons in self-expression, body image, social skills, positive thinking, and environmental awareness.

