



St. Paul's School

MANIBUS POTENTIA STUDIUM ANIMIS

Senior School

ECA Booklet

Term 2

2014-2015

SENIOR SCHOOL ECA PROGRAMME

Current Affairs

L6, U6

This ECA is for Sixth Form students interested in International Politics and following the news. Each week, students will take turns to give a powerpoint presentation to the group about 2 or 3 current affairs stories that they are interested in and lead a discussion in them.

| Day(s) and Time | Location | Max. Pupils | Staff |
|------------------------|-----------------|--------------------|--------------|
| Monday(15.10-15.40) | 301 | 12 | AMN/DOS |

Creative Computing

F1, F2, F3, F4, F5, L6, U6

Learn to program Python for creating GUI Apps, Games or Search Engines.

Python is a forgiving language in terms of data types used and what is learnt here can be re-applied in Pascal, C and nearly all other languages.

Pupils may be expected to do the OBI. Raspberry Pis, Arduinos and Drones can be used for independently researched projects.

| Day(s) and Time | Location | Max. Pupils | Staff |
|------------------------|-----------------|--------------------|--------------|
| Wed(15.05-15.45) | 324 | 20 | MRC |

Brazilian Robotics Olympiad

F4, F5, L6, U6

2014 is an election year! Our future state governors and president will be known in October, and it is of utmost importance for you to learn, in fact, what are their proposals for the country we all live in! This year we have three candidates with actual chances of winning, something that haven't happened for the better part of the past decade.

Come to this ECA to learn more about the candidates, discuss their proposals, the polls, as well as their campaigns to try and win brazilians' votes. It's going to be a tight race, and you can't afford to be left out of it.

| Day(s) and Time | Location | Max. Pupils | Staff |
|------------------------|-----------------|--------------------|--------------|
| Wednesday(15.30-16.30) | 324 | 4 | MRC |

Eleições

F4, F5, L6, U6

2014 is an election year! Our future state governors and president will be known in October, and it is of utmost importance for you to learn, in fact, what are their proposals for the country we all live in! This year we have three candidates with actual chances of winning, something that haven't happened for the better part of the past decade.

Come to this ECA to learn more about the candidates, discuss their proposals, the polls, as well as their campaigns to try and win brazilians' votes. It's going to be a tight race, and you can't afford to be left out of it.

SENIOR SCHOOL ECA PROGRAMME

| Day(s) and Time | Location | Max. Pupils | Staff |
|----------------------|----------|-------------|------------|
| Tuesday(15.05-15.35) | 321 | 15 | LGS/BL/APG |

Física para o Vestibular

L6-U6

Topics of Physics as in the curriculum of Fuvest and Enem. Problem solving techniques with no use of calculators. ECA conducted in Portuguese.

| Day(s) and Time | Location | Max. Pupils | Staff |
|---------------------|----------|-------------|-------|
| Thursday(13h-13.20) | 329 | 10 | ALB |

Horrible Histories World War I

F1, F2, F3

Interested in the gruesome, gritty and gory facts about the First World War? Are you drawn to the history's dirty and mucky side: mud, guns, fleas, lice and rats? Then the Horrible History Club is for you! We'll present our research to celebrate the fact that 2014 is the centenary of the start of the First World War.

| Day(s) and Time | Location | Max. Pupils | Staff |
|-----------------------|----------|-------------|-------|
| Thursday(12.12-12.55) | 321 | 6 | COS |

MUN

F4, F5, L6, U6

Student led conference that simulates a conference similar to the United Nations, in which students/pupils participates as delegates in various UN committees. There is a lot of research involved, as well as writing resolutions demonstrating political positions and solutions to the world's problems.

| Day(s) and Time | Location | Max. Pupils | Staff |
|------------------------|----------|-------------|-------|
| Wednesday(15.05-15.35) | 324 | 50 | CEL |

Olimpíada Brasileira de Matemática (OBM) – Nível 1

F2, F3

Be a proactive learner! Challenge yourself with Maths problems! Your participation in OBM will show you a different approach towards Maths and help you improve skills of independent learning. Please notice that this ECA is given in Portuguese and it is only being offered to pupils who qualified to OBM's second round.

| Day(s) and Time | Location | Max. Pupils | Staff |
|-----------------------|----------|-------------|-------|
| Tuesday (15.05-16.05) | 307 | 16 | DD |

SENIOR SCHOOL ECA PROGRAMME

Olimpíada Brasileira de Matemática (OBM) – Nível 3

F5, U6

Be a proactive learner! Challenge yourself with Maths problems! Your participation in OBM will show you a different approach towards Maths and help you improve skills of independent learning. Please notice that this ECA is given in Portuguese and it is only being offered to pupils who qualified to OBM's second round.

| Day(s) and Time | Location | Max. Pupils | Staff |
|------------------------|-----------------|--------------------|--------------|
| Thursday (15.05-16.05) | 307 | 10 | DD |

Periódico Impressão

F4, F5, L6, U6

Exercite sua criatividade e expressão em língua portuguesa escrevendo breves textos sobre o que acontece em nossa escola, nossa cidade e no mundo e veja-os publicados em nosso Periódico e lidos por toda a escola a cada semestre.

| Day(s) and Time | Location | Max. Pupils | Staff |
|------------------------|-----------------|--------------------|--------------|
| Monday(15.05-15.35) | 318 | 12 | TA/CTN |

Psychology and Cinema

F5, L6, U6

An exploration of themes in Psychology through movies

| Day(s) and Time | Location | Max. Pupils | Staff |
|------------------------|-----------------|--------------------|--------------|
| Thursday(15.10-15.50) | 319 | 15 | EFA |

Super Science Video Extravaganza

F1, F2, F3, F4, F5, L6, U6

Science at it's best! All aspects of science decided by the group will be explored with the aim of creating super videos of a variety of science experiments and investigations.

The best videos will be entered in the COBIS Young Scientist Film Awards!

| Day(s) and Time | Location | Max. Pupils | Staff |
|------------------------|-----------------|--------------------|--------------|
| Monday (15.15-16.15) | 327 | 15 | CEN/ LK |

Vestibular in Brazil

F5, L6, U6

This ECA intends to update our pupils and students that are thinking about studying in Brazil about how the vestibular tests work in the Brazilian universities

| Day(s) and Time | Location | Max. Pupils | Staff |
|------------------------|-----------------|--------------------|--------------|
| Thursday(15.05-15.35) | 320 | 15 | PMF |

SENIOR SCHOOL ECA PROGRAMME

Write your own Historical Fiction

F1, F2, F3

Come and write your own historical fiction! You choose a historical period of your choice and, through research, create a convincing setting and historical character for your story. Great stories will be entered for The Historical Association Historical Fiction competition by 29th May 2015.

| Day(s) and Time | Location | Max. Pupils | Staff |
|------------------------|-----------------|--------------------|--------------|
| Thursday(12.25-12.55) | 302 | 15 | HG |

SENIOR SCHOOL ECA PROGRAMME

Beginners Photography

F1, F2, F3, F4, F5, L6, U6

Learn how to improve the pictures you take with your DSLR camera including, portrait, action and landscape photography. (you should have access to a DSLR camera).

| Day(s) and Time | Location | Max. Pupils | Staff |
|-------------------------|----------|-------------|-------|
| Wednesday (12.30-13.15) | 316 | 10 | MS |

Chamber Orchestra

F1, F2, F3, F4, F5, L6, U6

Be a member of this elite group of musicians! We practise for major musical events, and the range is classical to modern. Not to be missed!

| Day(s) and Time | Location | Max. Pupils | Staff |
|----------------------|-----------|-------------|-------|
| Monday (15.15-16.15) | Music 2/3 | 30 | CN |

Knitting

L6, U6

Come knitting and learn a healthy way to relax.

| Day(s) and Time | Location | Max. Pupils | Staff |
|------------------------|----------|-------------|-------|
| Thursday (12.50-13.20) | 320 | 7 | ASM |

Making Short Films

F3, F4, F5, L6, U6

Learn the techniques of making short films. We will cover screenwriting, cinematography, editing and sound design. This ECA will focus on both studying the way good short films are made, and on making your own film.

| Day(s) and Time | Location | Max. Pupils | Staff |
|--------------------|----------|-------------|-------|
| Friday (15.15-16h) | ITA | No limit | SM-MF |

Model Club ECA

F1, F2, F3, F4, F5, L6, U6

Model Club is the place to make model planes, trains and automobiles, oh and rockets, hot air balloons too. It will be a place to work on your model in the company of other model makers and enthusiasts. You can make any type of model in model club. Whether you want to make a plastic Spitfire World War II fighter plane or a balsa wood glider that flies, model club is the place to be.

| Day(s) and Time | Location | Max. Pupils | Staff |
|-----------------------|----------|-------------|-------|
| Wednesday (15.05-16h) | 326 | 15 | PWG |

SENIOR SCHOOL ECA PROGRAMME

Printmaking

F4, F5, L6

For pupils keen on exploring printmaking techniques! A diversity of tools and engraving methods will be introduced. As well as printing techniques such as metal engraving, woodcut and monotype. Pupils will be encouraged to develop their own images and ideas using this medium.

| Day(s) and Time | Location | Max. Pupils | Staff |
|----------------------|----------|-------------|-------|
| Monday (15.15-16.15) | ART | 15 | SAR |

Produção Narrativa Gráfica

F1, F2, F3

Do you like reading and drawing? Then come to this wonderful ECA on comics!

| Day(s) and Time | Location | Max. Pupils | Staff |
|------------------------|----------|-------------|-------|
| Thursday (15.05-15.35) | 318 | 10 | ABS |

(Re)Descobrimos a Música Popular Brasileira

F4, F5, L6

The objective of this ECA is to present Brazilian popular music as an important cultural expression. Pupils and students should research the music relating it to its historical period. The activity should be fun but above all educational.

| Day(s) and Time | Location | Max. Pupils | Staff |
|-----------------------|----------|-------------|---------|
| Tuesday (15.05-15.35) | 315 | 10 | AFG/DBD |

Sketchup – Introduction to Computer Aided Design F1, F2, F3 F4, F5, L6, U6

In this ECA, you will be introduced to computer aided design using the Sketchup package. Learn how to construct 3-D designs for objects, rooms, even whole cities!

| Day(s) and Time | Location | Max. Pupils | Staff |
|-----------------------|----------|-------------|-------|
| Tuesday (15.05-15.35) | 324 | 18 | JMD |

SENIOR SCHOOL ECA PROGRAMME

Scrapbooking

F2, F3, F4

Keep memories, celebrating good moments? How about doing this creatively and using your arts and crafts talents? Join us in this ECA!

| Day(s) and Time | Location | Max. Pupils | Staff |
|----------------------|----------|-------------|---------|
| Monday (15.05-15.35) | 317 | 04 | ADP/MDM |

Senior School Choir

F1, F2, F3, F4, F5, L6, U6

Come and join the choir and sing some wonderful music, often with adults of the choral society and professional orchestras. Improve your sight-reading and be part of a hard working, but fun team.

| Day(s) and Time | Location | Max. Pupils | Staff |
|------------------------|----------|-------------|-------|
| Wed/Thurs (12:30- 13h) | Music 2 | 35 | LW |

Community Service

F1,F2, F3

If you want to help others, this is the right ECA for you. This term we will work with TUCCA, an institution that helps children with cancer. We will develop projects to work with them in our 3 outings next term.

| Day(s) and Time | Location | Max. Pupils | Staff |
|---|-------------|-------------|----------------------|
| Mon/ Tues/Wed/Thurs (Mon 13h-13h25/ Tues and wed 12.25-13h/ Thurs 13h-13h25) | 325/326/328 | 15 | AST/CAH/HL/RC/ZS/SCV |

Debate Club

F3

Got an opinion? Planning on making waves in the MUN ECA next year? Then Debate Club is for you! Come along and hone your debating skills whilst thrashing out some of the controversial issues that surround us in the world today. Remember: 'There is no truth, only human opinion.'

| Day(s) and Time | Location | Max. Pupils | Staff |
|----------------------|----------|-------------|-------|
| Tuesday(12.35-12.55) | 312 | 15 | JT |

French Club

F1

Come and learn some French words and phrases in a fun way.

SENIOR SCHOOL ECA PROGRAMME

| Day(s) and Time | Location | Max. Pupils | Staff |
|----------------------|----------|-------------|-------|
| Thursday (12.30-13h) | ITA | 10 | CS |

Good News for the 21st Century

F1, F2, F3, F4, F5, L6, U6

After 2,000 years it may seem that the Bible doesn't really have much to offer us today. But when we look at the daily news, it is clear that the world is not getting any better. Come to this ECA and explore the message of Jesus and the hope that he offers to a world that still isn't fixed.

| Day(s) and Time | Location | Max. Pupils | Staff |
|-------------------------|----------|-------------|-------|
| Wednesday (12.55-13.25) | 303 | 12 | JDB |

Press Team

F5, L6, U6

The St. Paul's Press Team aims at raising awareness of school events for students and faculty, getting pupils engaged and involved in school life. Our team members attend events, write reports, take photos and videos and use social networks, such as Twitter, to keep everyone up to date. If you want to take part and help spark an interest in school life, the Press Team is where you should be!

| Day(s) and Time | Location | Max. Pupils | Staff |
|--------------------|----------|-------------|-------|
| Monday (09.35-10h) | 313 | 15 | DLP |

St Paul's Amnesty International

F1, F2, F3, F4, F5, L6, U6

Amnesty International is human-rights awareness group which fights for the protection of human-rights across the world.

Amnesty International campaigns for many causes, including the defense of freedom of speech, the abolition of the death penalty, the release of political prisoners and the right of women's to education and equality. St Paul's group will choose a campaign which we feel needs our support and we will organise events, lobby politicians, write letters, make films, raise funds, organise creative publicity stunts, and have a lot of fun – all in support of Amnesty's campaign to defend the human rights of individuals across the globe.

SENIOR SCHOOL ECA PROGRAMME

Some of Amnesty International's cases demand immediate attention – an enforced disappearance, a case of torture, or an impending execution for example. Just one quick appeal letter may help to convince a politician or leader to act in order save someone's life.

If you want to be a part of a movement which saves lives, defends liberty and fights for justice, you are sure to find Amnesty International an amazing and fulfilling challenge.

| Day(s) and Time | Location | Max. Pupils | Staff |
|------------------------|----------|-------------|-------|
| Wednesday(15.30-15.45) | 312 | 10 | CA |

The International Award (Bronze)

F4

The International Award is an exciting self-development programme which aims to equip participants with life skills that will make a difference to themselves and their communities. The Award has four sections designed to provide a balanced programme of personal development:

SERVICE - to learn how to give useful service to others

SKILLS - to encourage the development of personal interests, creativity or practical skills

PHYSICAL RECREATION - to encourage participation in physical recreation and improvement of performance

ADVENTUROUS JOURNEY - to encourage a spirit of adventure and discovery whilst undertaking a journey in a group.

For more information, check out this website: <http://www.intaward.org/>

| Day(s) and Time | Location | Max. Pupils | Staff |
|---------------------|----------|-------------|------------|
| Monday(12:25-12:55) | 329 | 32 | GWC/ACL/AK |

The International Award (Silver)

F5

The International Award is an exciting self-development programme which aims to equip

SENIOR SCHOOL ECA PROGRAMME

participants with life skills that will make a difference to themselves and their communities. The Award has four sections designed to provide a balanced programme of personal development:

SERVICE - to learn how to give useful service to others

SKILLS - to encourage the development of personal interests, creativity or practical skills

PHYSICAL RECREATION - to encourage participation in physical recreation and improvement of performance

ADVENTUROUS JOURNEY - to encourage a spirit of adventure and discovery whilst undertaking a journey in a group.

For more information, check out this website: <http://www.intaward.org/>

| Day(s) and Time | Location | Max. Pupils | Staff |
|-----------------------|----------|-------------|--------|
| Thursday(12:25-12:55) | 329 | 20 | GWC/DB |

The School Yearbook 2014

L6, U6

The St. Paul's Yearbook 2015 is undoubtedly one of the best ways to preserve memories of friends, teachers, life and remarkable moments of the School Year 2014-2015. It is a publication that covers all three schools within St. Paul's as well as commemorating the graduating class of 2015. It is produced by a committee of dedicated and enthusiastic Sixth formers who will make major decisions about the theme, creative layout and production of the yearbook.

In order to guarantee a special spot in the Yearbook Committee, you must be able to collaborate in groups, demonstrate enthusiasm towards photography and graphic design, be responsible, organised and creative throughout the project and MEET DEADLINES most of all.

If you would really like to be a part of this group but the time is unsuitable please come and talk to Mrs. Blackaby.

If you have got what it takes, sign up for the Yearbook Committee.

| Day(s) and Time | Location | Max. Pupils | Staff |
|-----------------------|---------------|-------------|-------|
| Mondays (15:20-16.15) | Prep Art room | 15 | LAB |

SENIOR SCHOOL ECA PROGRAMME

Chess

F1, F2, F3, F4, F5, L6, U6

Chess for all ages and all abilities. Even if you are an absolute beginner feel free to join. There will be a Chess Ladder as well as a Chess Cup.

| Day(s) and Time | Location | Max. Pupils | Staff |
|----------------------------------|----------|-------------|--------------|
| Mon-Tue-Wed-Thu (15:05-15:30) | 309 | 40 | NB/MD/DGL/DB |

Cricket Club

F1, F2, F3

Fun, fast-paced activities to introduce you to the game of cricket and give everyone a go. It's a bat and ball game that mixes hand-eye coordination, speed, and agility with tactics and team work.

Originally a British sport, it is now played in 25 countries around the world. With over 1.63 billion fans, it is currently the second most popular sport in the world after football.

| Day(s) and Time | Location | Max. Pupils | Staff |
|----------------------|----------|-------------|-------|
| Friday (12.25-12.55) | Gym | 20 | NAJ |

F1/F2 Boys Basketball

F1/F2

This ECA is designed specifically for Basketball players with less than two years of playing experience and has not yet been a member of the Junior Varsity Team. The aim will be to develop the fundamental Basketball skills. According to the pupils dates of birth, players will be able to enter into the Under 11(born in 04), Under 12(born in 03) or in Under 13 (born in 02) age group categories, in various local school tournaments and leagues. In this ECA pupils need a lot of commitment and be hard working.

| Day(s) and Time | Location | Max. Pupils | Staff |
|-----------------|----------|-------------|-------|
|-----------------|----------|-------------|-------|

SENIOR SCHOOL ECA PROGRAMME

Tue/wed (16:00-17:30) Gym/hard court 25 RGP-PSF

F1/F2/F3 Boys Football

F1-F2-F3

The Form 1, 2 and 3 boys will practice twice a week this term. This training session will focus on developing football skills, tactics and teamwork. If you want to be part of this team, you're more than welcome!

| Day(s) and Time | Location | Max. Pupils | Staff |
|---|----------|-------------|-------|
| Tues/Fri(Tue 17h-18.30/Fri 15h20-16h40) | Field | 30 | FPB |

F1/F2/F3 Girls Football

F1-F2-F3

The Form 1, 2 and 3 Girls will practice twice a week this Term. This will be to prepare players for next years Little Eight Tournament – It is important that if you are accepted onto this ECA, you must be a committed and reliable player. If you want to be part of this team, you're more than welcome!

| Day(s) and Time | Location | Max. Pupils | Staff |
|--|----------|-------------|-------|
| Tues/Thur(Tue 15h30-17h/Thu 17h15-18h45) | Field | 30 | FPB |

F1/F2 Boys Futsal

F1-F2

The Form 1 and 2 boys will practice Futsal twice a week this term. These training sessions will focus on developing futsal skills, tactics and teamwork. If you want to be part of this team, you're more than welcome and you must attend both sessions. Some of you might be selected to the JV Boys Team!

| Day(s) and Time | Location | Max. Pupils | Staff |
|--|----------|-------------|-------|
| Mon/Thurs(Mon 15h15-16h30/Thu 15h15-16h20) | Gym | 20 | FPB |

F1-F2 Girls Basketball

F1/F2

This ECA is designed specifically for Basketball players with less than two years of playing experience and has not yet been a member of the Junior Varsity Team. The aim will be to develop the fundamental Basketball skills. According to the pupils dates of birth, players will be able to enter into the Under 11(born in 04), Under 12(born in 03) or in Under 13 (born in 02) age group categories, in various local school tournaments and leagues. In this ECA pupils need a lot of commitment and be hard working.

| Day(s) and Time | Location | Max. Pupils | Staff |
|-----------------|----------|-------------|-------|
|-----------------|----------|-------------|-------|

SENIOR SCHOOL ECA PROGRAMME

Mon-Thurs(16:00-17:30) Gym/Hard court 25 PSF-RGP

F1, F2, F3 Girls Volleyball

F1, F2, F3

The Form 1, Form 2 and Form 3 girls will practice twice a week. This training session will focus on developing basic skills, tactics and teamwork. Participants will be able to play in the Liga de Voleibol Escolar, local schools tournaments and festivals in the 12 and Under and 13 and Under age groups.

| Day(s) and Time | Location | Max. Pupils | Staff |
|------------------------|----------|-------------|-------|
| Tues/Thrus (16.30-18h) | Gym | 24 | FMC |

F1 Boys Volleyball

F1

Do you want to try a fun game full of challenges? If you are interested to participate in tournaments to represent our school, let's play volleyball and join our team!

| Day(s) and Time | Location | Max. Pupils | Staff |
|--------------------------|----------|-------------|-------|
| Mon/Wed/Fri(15.20-16.20) | Gym | 25 | PAF |

F2/F3/ F4 Boys Volleyball

F2, F3

Do you want to try a fun game full of challenges? If you are a boy born between 2000 to 2003 and you are interested to participate of tournaments to represent our school, let's play volleyball and join our team!

| Day(s) and Time | Location | Max. Pupils | Staff |
|----------------------|----------|-------------|-------|
| Mon/Fri(16.20-17.30) | Gym | 25 | PAF |

JV Girls Volleyball

F2, F3, F4

The Junior Varsity Girls Volleyball Team will practice twice a week. This training session will focus on preparing the team for the Little Eight Tournament. Participants will also be able to play in the Liga de Voleibol Escolar, local schools tournaments and festivals in the 14 and Under age group. This ECA is open only to Form 3 and Form 4 and invited pupils from F2.

| Day(s) and Time | Location | Max. Pupils | Staff |
|-----------------|----------|-------------|-------|
|-----------------|----------|-------------|-------|

SENIOR SCHOOL ECA PROGRAMME

Tues/Thrus (18h-19.30) Gym 16 FMC

JV Boys Basketball

F2, F3

This ECA is designed for Basketball players with some playing experience. Aims will be to development the fundamental skills and preparation for the Little 8 Rancho Tournament. The players will be expected to play against other local Schools and in the Liga de Basketball Escolar. In this ECA pupils need to be committed and hard working. Pupils will have lots of fun while playing basketball.

| Day(s) and Time | Location | Max. Pupils | Staff |
|---|----------------|-------------|---------|
| Tue/Wed (Tue: 18h-19.30 / Wed: 17h-18.30) | Gym/Hard court | 20 | RGP-PSF |

JV Girls Basketball

F2, F3

This ECA is designed for Basketball players with some playing experience. Aims will be to development the fundamental skills and preparation for the Little 8 Rancho Tournament. The players will be expected to play against other local Schools and in the Liga de Basketball Escolar. In this ECA pupils need to be committed and hard working. Pupils will have lots of fun while playing basketball

| Day(s) and Time | Location | Max. Pupils | Staff |
|--|----------------|-------------|---------|
| Tue/Wed (Tue: 16.30-18.00 / We: 18h-19.30) | Gym/Hard court | 20 | PSF-RGP |

JV Boys Futsal

F3

It's FUTSAL SEASON and it's time to train hard. If you want to do your best to represent the School this is your ECA. This is a demanding ECA and you will need to be a committed and reliable member of the squad. Are you ready for this?

| Day(s) and Time | Location | Max. Pupils | Staff |
|--|----------|-------------|-------|
| Mon/Wed(Mon 16.30-18h 17.50 - 19.30/Wed 18h-19.30) | Gym | 12 | FPB |

Prep 5 F1 Girls Volleyball

P5, F1

The Prep 5 and Form 1 girls will practice twice a week. This training session will focus on developing basic skills, tactics and teamwork. Participants will be able to play in the Liga de Voleibol Escolar, local schools tournaments and festivals in the 11 and 12 age groups.

SENIOR SCHOOL ECA PROGRAMME

| Day(s) and Time | Location | Max. Pupils | Staff |
|----------------------|----------------|-------------|-------|
| Mon/Wed(15.20-16.30) | Out side court | 20 | FMC |

F4, F5 Girls Volleyball

F4, F5

The Form 4 and Form 5 Girls Volleyball Team will practice twice a week and play in the Liga de Voleibol Escolar, local schools tournaments and festivals in the 16 and Under age group.

| Day(s) and Time | Location | Max. Pupils | Staff |
|--------------------------------------|----------|-------------|-------|
| Wed/Fri(Wed:18h-19.30/Fri:16.30-18h) | Gym | 18 | FMC |

Rugby

F4, F5, L6, U6

Do you like keeping fit and having fun at the same time? Then this ECA is for you. We will learn basic skill sets and drills, moving on to a form of contact rugby. Fast, flowing, running rugby is our goal, possibly leading to competitive games with local schools depending on interest and readiness. With the UK due to host the 2015 Rugby World Cup, there is no better way to anticipate the Championship!

| Day(s) and Time | Location | Max. Pupils | Staff |
|----------------------------|----------|-------------|-------|
| Thursday (Thurs 15.15-16h) | Field | 30 | DS |

Shark Swimming

F1, F2, F3, F4, F5, L6, U6

Pupils will develop and train their Swimming Skills

| Day(s) and Time | Location | Max. Pupils | Staff |
|---------------------|---------------|-------------|---------|
| Mon/Wed (17h-17.40) | Swimming pool | 15 | ALM/SLM |

The Ultimate Frisbee

F1, F2, F3, F4, F5, L6, U6

So... Frisbee can be Ultimate? Absolutely. As the name says, UF isn't just about tossing a Frisbee around. That's not extreme enough. Not ultimate enough. So what does it actually mean? It's not a way of living, but it's close enough. It's two teams head-to-head, trying to outmaneuver each other and make the most fluid, elegant and insanely beautiful plays. It's an intense, rapid-fire game. It's teamwork, passion and skill. It's different, unique and good fun. It's Ultimate Frisbee. Come learn to play and take Frisbee to the next level. The Ultimate level.

| Day(s) and Time | Location | Max. Pupils | Staff |
|-----------------------|----------|-------------|-------|
| Tue/Thurs (15.15-16h) | Field | 25 | JF |

SENIOR SCHOOL ECA PROGRAMME

Varsity Boys Basketball

F4, F5, L6, U6

This ECA is designed for Basketball players with some playing experience. Aims will be on developing fundamental Basketball skills and preparation for S.P.H.S.L. and I.S.S.L. Tournament. The players will be expected to play against other local Schools and in the Liga de Basketball Escolar. In this ECA pupils will be required to be committed and hard working. Pupils will have lots of fun while playing Basketball

| Day(s) and Time | Location | Max. Pupils | Staff |
|--|----------|-------------|---------|
| Thurs/Weekend (Thurs 18h-19.40/Weekend 9h-10.30) | Gym | 20 | RGP-PSF |

Varsity Boys Football

F4, F5, L6, U6

The Varsity Boys team will practice once a week in order to prepare for next Football season. A huge commitment is necessary and we need to start it now! If you want to be part of this team, you're more than welcome!

| Day(s) and Time | Location | Max. Pupils | Staff |
|-------------------------|----------|-------------|-------|
| Tuesday(Tues 17h-18.30) | Field | 30 | FPB |

Varsity Boys Futsal

F4, F5, L6, U6

It's FUTSAL SEASON and it's time to train hard. If you want to do your best to represent the School this is your ECA. Two training sessions and a SPHSL Match per week. Are you ready for this? This is a demanding ECA and you will need to be a committed and reliable member of the squad.

| Day(s) and Time | Location | Max. Pupils | Staff |
|--|----------|-------------|-------|
| Mon/Wed(Mon 17h50-19.30/Wed 16h20-18h) | Gym | 25 | FPB |

Varsity Girls Basketball

F4, F5, L6, U6

This ECA is designed for Basketball players with some playing experience. Aims will be on developing fundamental Basketball skills and preparation for S.P.H.S.L. and I.S.S.L. Tournament. The players will be expected to play against other local Schools and in the Liga de Basketball Escolar. In this ECA pupils will be required to be committed and hard working. Pupils will have lots of fun while playing Basketball.

| Day(s) and Time | Location | Max. Pupils | Staff |
|-----------------|----------|-------------|-------|
|-----------------|----------|-------------|-------|

SENIOR SCHOOL ECA PROGRAMME

| | | | |
|--|-----|----|---------|
| Thurs(Thurs 17h-18.30/ weekend 10h-11h30) | Gym | 20 | RGP-PSF |
|--|-----|----|---------|

Varsity Girls Football

F4, F5, L6, U6

The Varsity Girls team will practice twice a week in order to prepare for next Football season. If you want to be part of this team, you're more than welcome!

| Day(s) and Time | Location | Max. Pupils | Staff |
|---|-----------------|--------------------|--------------|
| Tues/Thrus(Tues 15.30- 17h /Thurs 16h30-18h) | Field | 30 | FPB |

Varsity Girls Volleyball

L6, U6

The Varsity Girls Volleyball Team will practice twice a week during the off-season term as a preparation for the SPHS League and Inter 6 tournament. Participants will be able to play many inter school tournaments and the Liga de Voleibol Escolar.

| Day(s) and Time | Location | Max. Pupils | Staff |
|--|-----------------|--------------------|--------------|
| Mon,Wed(Mon:17.20- 19.00/Wed:16.30-18h) | Gym | 16 | FMC |