



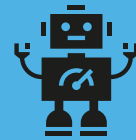
YOGA

from 3 to 7 years old



MULTISPORT

from 3 to 7 years old



STEAM

from 8 to 12 years old



ENGLISH

all ages



DIGITAL MUSIC

from 12 to 16 years old



# MULTISPORT

from 3 to 7 years old

The main objective of this activity is to get the boys and girls to acquire a series of **basic motor skills through different sports**, with the movement, jumps, turns, bounces, passes and receptions.

With this practice, students will start in different sports based on their **psychomotor evolution, corporal expression** and **creativity** through movement.

The physical benefits of multisport are:

- + Increase aerobic capacity.
- + Increase muscle strength.
- + Better coordination of movements and balance.
- + Greater speed, agility and flexibility.
- + Promotion of values such as: teamwork, effort and self-esteem.



 FRIDAYS  
from 2.30pm to 3.30pm

 40€/month

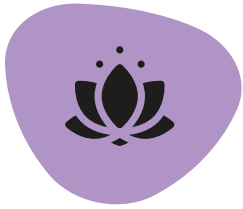
FOR MORE INFORMATION ON REGISTRATION PROCESS:

 (+34) 93 252 61 61     [administracion@collegicreanova.org](mailto:administracion@collegicreanova.org)

Extracurriculares open to all children from 3 to 16 years old of College CreaNova.  
Minimum number per group required.



According to the progression of the situation generated by the Covid19 Pandemic, Extra CreaNova will be held following the guidance and regulations of the Health and Education Departments. For more information please contact [administracion@collegicreanova.org](mailto:administracion@collegicreanova.org)



# YOGA

from 3 to 7 years old

When they do yoga, children **become aware of their own body**, they learn to recognize each of its parts and to **adopt good postures**.

On a mental level, thanks to the breathing exercises they can relax the mind and calm down. Yoga helps them concentrate better and stimulates creativity.

Objectives to work on throughout the sessions:

- + Improve flexibility.
- + Increase strength and endurance.
- + Strengthen muscles.
- + Help coordination.
- + Promote body awareness.
- + Promote companionship and friendship.
- + Promote respect for the environment.



 **TUESDAYS**  
from 4.30pm to 5.30pm

 40€/month

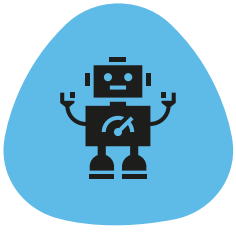
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# STEAM

from 8 to 12 years old

As a continuation of the work developed through technology and coding at CreaNova, we present this activity with the following objectives:

1. Extension of the **capacity of abstraction** through processes of analysis and synthesis: challenges are posed in which they have to find a concrete solution from different proposals.
2. Development of **logical thinking** through programming structures: extension of logical-mathematical knowledge, through the application of numerical calculations and following logical programming patterns.
3. Empowerment of **critical thinking** and **leadership skills** by the dynamics of teamwork: interaction with technology as a natural way of doing.
4. Stimulation of **creativity** through design and problem solving: development of skills and abilities in areas known as STEAM - Science, Technology, Engineering, Art and Mathematics.
5. Development of **oral and written expression skills**: children enhance their reading and writing skills through the correct documentation of technical information. In this way, they expand their vocabulary, using technical words effectively.



 TUESDAYS + THURSDAYS  
from 4.30pm to 5.30pm

 55€/month

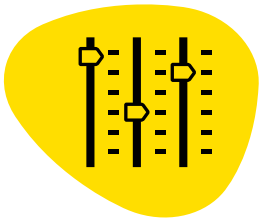
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# DIGITAL MUSIC

from 12 to 16 years old

Through this activity we will continue to develop skills and abilities worked on in the CreaNova curriculum:

- 1 Stimulation of the intellect: **concentration** and **memory**.
- 2 Development of **creativity**.
- 3 Reinforce **body expression**: singing, dancing or playing an instrument is a different way of expressing yourself in which rhythm control is essential.



📅 WEDNESDAYS  
from 4:30pm to 6pm

€ 50€/month

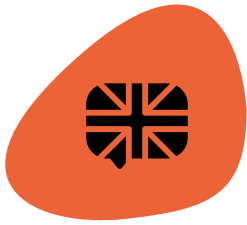
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# ENGLISH

all ages

Objectives and dynamics in the workshop:

- + Oral activities aimed at improving **pronunciation** and **communication**.
- + Topics and specific projects that increase **vocabulary** and good use of it.
- + Facilitating dynamics of self-learning: time organization, decision-making, teamwork.
- + Preparation for **official Cambridge exams** (optional).



 **MONDAYS +  
WEDNESDAYS**  
from 4.30pm to 5.30pm

 **55€/month**

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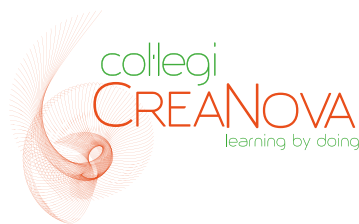
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CREANOVA **EXTRA** ESCOLARS 2020-2021  
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