



KAMBALA



EXTRA CURRICULAR

Humanity | Courage | Curiosity | Respect

Instilling unwavering courage and curiosity to educate women of ambition, integrity and consequence.



WELCOME

Our team runs an extensive and vibrant department that provides our girls with additional learning opportunities. Whether they choose an extra curricular activity that sparks a lifetime interest, or whether they select an activity that is new to them, we have so much on offer.

We believe learning experiences extend far beyond the classroom or the sporting field. Participation in extra curricular activities is linked to positive academic outcomes and more positive development generally.

We want our girls to be nimble and happy. We want to make sure they are:

- ◆ Enjoying their chosen activity
- ◆ Learning from their chosen activity
- ◆ Participating in problem solving and team building

These outcomes provide our girls with confidence that is necessary to help them to navigate their path in life. Our extra curricular opportunities are endless and we trust you will enjoy learning about them.

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BOOKING PROCESS

The booking process for both Junior and Senior students is easy:

- ◆ All parents must log onto 'Sundial'
<https://sundial.kambala.nsw.edu.au/homepage/>
- ◆ Hit the 'Enrol & Pay' tile
- ◆ This will take you to 'Clipboard', where all the activities, times and days for your daughter are clearly displayed
- ◆ Enrol and pay
- ◆ Your daughters activities can then be loaded onto you calendar (Gmail/Outlook/Apple)



ART CLUB

YEAR 1 TO YEAR 6

This course provides an opportunity for all our young budding artists to let their creativity flow and learn new art making techniques in a supportive fun environment. Students are introduced to a new art making technique each week.

Covering a wide range of materials and techniques including painting, drawing, print-making, and sculpture, each of the art making activities are designed to be accessible for students of different abilities.



CHESS CLUB

KINDERGARTEN TO YEAR 12

Chess Club offers professional chess coaching in a stimulating atmosphere, implementing a variety of modern teaching methods. The program caters for students of all levels, whether their goal is to 'just have fun' or to develop their skills to the highest competitive level.

The program is delivered in a number of stages, with progression and improvement a priority. Apart from weekly classes, girls will be exposed to outside tournaments and competitions throughout the year.



YEAR 3 TO YEAR 12

FILM AND TV

LIGHTS CAMERA MOVIES – the Film & TV program is based around students acting in and shooting scenes from their favorite TV shows or films, while exploring the layers beneath movie magic.

For students who want to be professional actors, behind the scenes film crew and creators or for students who just want to have heaps of fun!





PREPARATION TO YEAR 12

GYMNASTICS

The Kambala Artistic Gymnastics Program provides Kindy Gym, Recreational and Competitive pathways. Artistic Gymnastics is performed on various apparatus including the Vault, Bars, Beam and Floor. All programs offered aim to encourage students to develop their self-confidence, coordination and self-esteem through movement.



PREPARATION TO YEAR 3

MANDARIN

Studying Mandarin Chinese can support a competitive advantage. China is now the world's second largest economy and Mandarin is the world's most spoken language.

The program is a student-centric and game-based approach with customised lessons focused on students' interests and needs within a small class environment. The program uses multi-media learning resources developed by leading educators.

There is cultural enrichment through fun stories and traditional arts and craft and support for parents through take-home materials and student reports.



PREPARATION TO YEAR 12

MUSICAL THEATRE

In Musical Theatre, students will develop a variety of performance skills. Learning dance routines to musical numbers from their favourite shows: such as *Matilda*, *Frozen*, *Shrek*, *School of Rock* is very common. They will learn how the voice works, developing confidence with singing techniques and performance.

Students will participate in fun and engaging acting exercises to develop new creative ideas with others. Musical Theatre will help develop confidence in all areas of performance to become the ultimate triple threat.



PREPARATION TO YEAR 12

SWIMMING

Tivoli Swim School run our Extra Curricular Swim Program and look to develop an understanding of safety, fitness, training and competition. The skills and drills taught will educate each swimmer, as well as challenge them. Swimmers are educated in nutrition, training principles, and correct swimming techniques in conjunction with goal setting, teamwork, discipline and sportsmanship.

Tivoli Swim School is a certified Swim Australia Centre and is recognised to facilitate and assess the teaching competency of AUSTSWIM, Swimming Australia and Royal Life Saving Society candidates and courses.





PREPARATION TO YEAR 12

TENNIS

Kambala offers professional tennis coaching for all ages. In a fun environment the children will learn from a variety of modern teaching methods which cater to all levels. The program is set up in different stages with progression and improvement being at the top of the list.

Tennis Hot Shots coaching sessions are run in small groups where kids are introduced to a sport that they can play for life.

These sessions incorporate Tennis Australia's official children's starter program.



YOGA

KINDERGARTEN TO YEAR 12

Our creative and fun kids yoga classes include yoga postures, dance and movement to cultivate confidence, body awareness, strength and mobility.

We explore breathing practices and mindfulness to build resilience, confidence and calm in the face of life's challenges, and guided relaxation time (which is always everyone's favourite part of the class!) to rest and reboot busy bodies and minds.

With gentle and playful guidance, yoga and movement are explored inspiring imagination with a new theme each week.



KINDERGARTEN TO YEAR 12

CODING

The latest activity our Extra Curricular Program, the girls will love the fun and interactive way they are taught to code.

The girls will discover the basics of coding, learn drag and drop coding with 'if' statements, algorithms and logic, and more within our bespoke coding learning platform, taking their first steps to becoming a coding expert.



FOOTBALL SKILLS

KINDERGARTEN TO YEAR 2

Aimed for those that have a passion, or want to develop a passion, for this global game. The focus is to develop the vital four disciplines first touch, running with the ball, striking the ball, 1 v 1. All these disciplines are games based, that leads to confidence both on and off the pitch!

Aimed at Kindergarten to Year 2, this activity gives them a grounding for the discipline, so they are game-ready when they move into Year 3, when the competition begins.



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KINDERGARTEN TO YEAR 2

NETBALL SKILLS

The Netball Skills program features netball based skills, drills and fun games run by our highly accredited Kambala Netball coaches.

The girls will learn the basics and participate in game play.

Aimed at Kindergarten to Year 2, to give them a grounding for the discipline, so they are game-ready when they move into Year 3, when the competition begins.



PREPARATION TO YEAR 12

BALLET

Classical Ballet is a structured and elegant style of dance that is defined by its strict adherence to specific and exacting techniques. It is most commonly performed to classical music and has a relatively fixed class structure. This defined class structure is fantastic for student improvement and discipline.

Each Ballet Class encourages anatomical and spatial awareness, musical appreciation, physical control and use of imagination. At Kambala we follow the RAD (Royal Academy of Dance) which is a prestigious syllabus used worldwide.





KINDERGARTEN TO YEAR 12

HIP HOP

Hip Hop is a fun and energetic style of dance that focuses on age appropriate hip hop dancing with music your children will love. Constantly evolving, hip hop is a free, funky, soulful expression of dance and a high energy style that allows you to express more of your own style.

In our classes the students will learn Hip Hop techniques such as footwork, isolations, movement of hips and musicality to the lyrics and beats of the song.



CONTEMPORARY

YEAR 3 TO YEAR 12

Contemporary Dance has underlying elements of Ballet, Jazz and Hip Hop and explores the natural energy and emotions of ones body to produce a style that is very personal. Each class focuses on the strength and control of the dancers legwork, utilizing the technique taught in ballet and engaging the core.

The Contemporary Dance Class also includes contact-release, floor work, fall and recovery, and improvisation characteristic of modern dance.





JAZZ

KINDERGARTEN TO YEAR 10

Jazz is an energetic and fun style of dance, consisting of unique moves, fancy footwork, big leaps and quick turns. Each class focuses on building a strong foundation and technique that improves body coordination, musicality, rhythm and overall strengthening of the body.



TAP

KINDERGARTEN TO YEAR 6

Tap class for those noisy kids out there! Let them stomp it out in the studio. Students will learn the terminology and basic combinations of tap.

Each class begins with a warm up then moves on to learning and mastering technical combinations, such as time steps, and turns.



DRAMA

YEAR 1 TO YEAR 12

Drama classes are a great way to improve confidence and expression, develop creativity and imaginative thinking, and engage in storytelling and teamwork, while having fun! Students of all levels have the chance to enhance their skills of improvisation, movement, mime, character work, voice, script analysis, and performance, with tailored lessons that teach different skills each week and term.

Students from Year 5 onwards also have the opportunity to complete a graded Drama exam through the prestigious Trinity Guildhall Drama College in London, as well as performing at various soiree and performance evenings throughout the year.



STEM

KINDERGARTEN TO YEAR 12

STEM is an important part of the Extra Curricular program.

We move through a variety of great activities for the girls, including building, customising and battling your own Sumobot. Students learn how to use distance sensors & infrared sensors, 3D Modelling, coding in Arduino, assembly with basic tools (screw drivers, files etc), 3D printing, basic electronics, all done in a team building environment.

the 1990s, the number of people in the UK who are employed in the public sector has increased from 10.5 million to 12.5 million (12.5% of the population).

There are a number of reasons for this increase. One is that the public sector has become a more important part of the economy. Another is that the public sector has become more efficient. A third is that the public sector has become more attractive to workers. A fourth is that the public sector has become more diverse.

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Remarkable in the making.

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