

# Oak Knoll School - Winter/Spring 2010

## After School Programs

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### SCIENCE ADVENTURES:

1<sup>ST</sup> – 5<sup>TH</sup> GRADES

#### **Space Explorers: 1/27, 2/3, 2/10, 2/24, 3/3**

Reach beyond the sky and explore the final frontier on an amazing adventure through the solar system! Discover how robots and astronauts explore other worlds and investigate the science behind the rockets that send them into space. Blast off on a journey to the outer reaches of our universe!

#### **Wildlife Safari: 3/17, 3/24, 4/7, 4/14, 4/21**

Are you ready to go wild? Grab your gear— we're going on a Wildlife Safari! Join us for a journey into the heart of the animal kingdom as we dissect an owl pellet, make a crocodile, and discover the life cycle of a frog. Embark on an animal adventure and uncover what makes each group of vertebrates wild!

#### **Invention Dimension: 5/5, 5/12, 5/19, 5/26, 6/2**

Leap into the Invention Dimension where science and imagination mix to form amazing inventions. Launch a marshmallow across a room with a Medieval Lever, discover how the Wright Brothers conquered the sky, and build your very own motorized pen to become a certified "Ingenious Inventor"!

### SPORTS AND FUN

K – 2<sup>ND</sup> GRADES

Sports and Fun is for boys and girls, kindergarten through 2nd grades. New this year we are offering a separate Sports and Fun program for Kindergarteners. Program offers a variety of sports and games. There's constant activity, minimal waiting in line and enthusiastic instructors. Classes are set up in a supportive environment and a lot of fun! Director, Jim Heebner taught physical education to kindergarten through fifth graders for seven years in Menlo Park. Currently Jim is directing Sports and Fun at six local schools.

#### **Sports and Fun for Kindergarten**

This class will focus on motor development, ball skills and sportsmanship. Also, program will work on a variety of activities such as: Jumping rope, hula hoop, tag, relays, obstacle courses and parachute.

#### **Sports and Fun for 1<sup>st</sup> & 2<sup>nd</sup> Grades**

This class will focus on sports skills and sportsmanship. The main sports will be working on are: Soccer, basketball, tennis and wiffle baseball. Also, playing recess games, all-time favorite games and many more challenges.

### AFTER SCHOOL HOOPS:

K – 5<sup>TH</sup> GRADES

This is a weekday, after school program for aspiring young players. Combines fundamental skill instruction with organized team competition with the goal of providing an enjoyable and educational after-school athletic event. Boys and girls of all skill levels are encouraged to join. After School Hoops provides children with an opportunity to improve their overall physical fitness, develop sportsmanship and athletic integrity, and gain an understanding of the game of basketball.

### FLAG FOOTBALL:

1<sup>ST</sup> – 5<sup>TH</sup> GRADES

Boys and girls will learn the proper fundamentals of Flag Football through drills, skills and games. These clinics are designed to instruct participants in passing, catching, flag pulling, and game strategies.

### PRE ENGINEERING WITH LEGO®:

2<sup>ND</sup> – 5<sup>TH</sup> GRADES

Design and build motorized machines, catapults, pyramids, demolition derby cars, truss and suspension, bridges, buildings, and other constructions. Explore concepts in physics, mechanical engineering, structural engineering, and architecture while playing with your favorite creations. This is a hands-on and minds-on class suitable for LEGO® building system novices to "maniacs."

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## **FUN AFTERSCHOOL MATH:**

**K – 5<sup>TH</sup> GRADES**

Would you like for your child to have extra time learning math in a way that is challenging and fun? Or do you want to take the fear out of math for them? Help your child learn to their full potential while developing their love of learning! In Fun Afterschool Math, children work with Stanford undergrads who make learning fun and are great role models. We place children into small groups based on what they know and what they need to learn next, which makes our program good both for children who seek to explore new or challenging topics, and for children who need to strengthen their knowledge of math fundamentals. Our program builds confidence, and develops conceptual learning and critical thinking skills. Children normally work in groups of 3-8 children per instructor and use an international math curriculum. Our program was started at Stanford six years ago and is run by Stanford students and Alumni. For more information and to register, go to [www.f4ed.com](http://www.f4ed.com)

## **CHESS:**

**K – 5<sup>TH</sup> GRADES**

BayAreaChess provides children with an enjoyable activity and plays a key role in their emotional and mental development. We believe that chess is an excellent medium to achieve that goal because studies have shown that chess:

- a. Improves math and reading skills.
- b. Boosts memory and retention.
- c. Cultivates problem solving ability, analytical skills and critical thinking
- d. Increases visualization and imagination capability.
- e. Rewards patience and persistence
- f. Teaches good sportsmanship in a group environment.

## **CHOIR:**

**2<sup>ND</sup> – 5<sup>TH</sup> GRADES**

In this class, your child will learn the basics of healthy singing—individually and as part of a vocal ensemble—all within a fun learning environment where they will explore the basics of rhythm and melody (and peripherally, good citizenship and how to work as a team). Using a dynamic, positive teaching approach, Karen Carle will lead students on a musical journey of self-discovery through classics, folk and show music.

## **PENINSULA YOUTH THEATER-DRAMA:**

**3<sup>RD</sup> – 5<sup>TH</sup> GRADES**

With the "Play in a Box" program, students will learn the basics of acting, character development, and storytelling while having fun, learning teamwork skills and rehearsing a production. The program will culminate after 10 weeks with a play that will be presented to parents and students.

## **KIDS. JUST RUN:**

**1<sup>ST</sup> – 5<sup>TH</sup> GRADES**

Kids' After-School Running Group: 1st-5th graders

Improve your running, run with a group for fun, or just keep up your fitness for other sports. Each Monday workout will include core strengthening, running drills, running games, and longer runs. Spring 1 and Spring 2 sessions offered. Start preparing for the Otter Run now! Come out and RUN!