



Extracurricular Activities program ZSB 2025-26



benlleure

GENERAL INFORMATION

PRICES and REGISTRATIONS

Registrations can be made at any time here:
<https://forms.gle/UnzZhnceB82SdM4j9>

Each activity has an annual price that is divided into 10 monthly payments of the same amount.

If registration takes place after the course has already started, the price for the first month will be proportional to the start date and, in all cases, we will facilitate the integration of students so that they can adapt to the pace of the group appropriately.

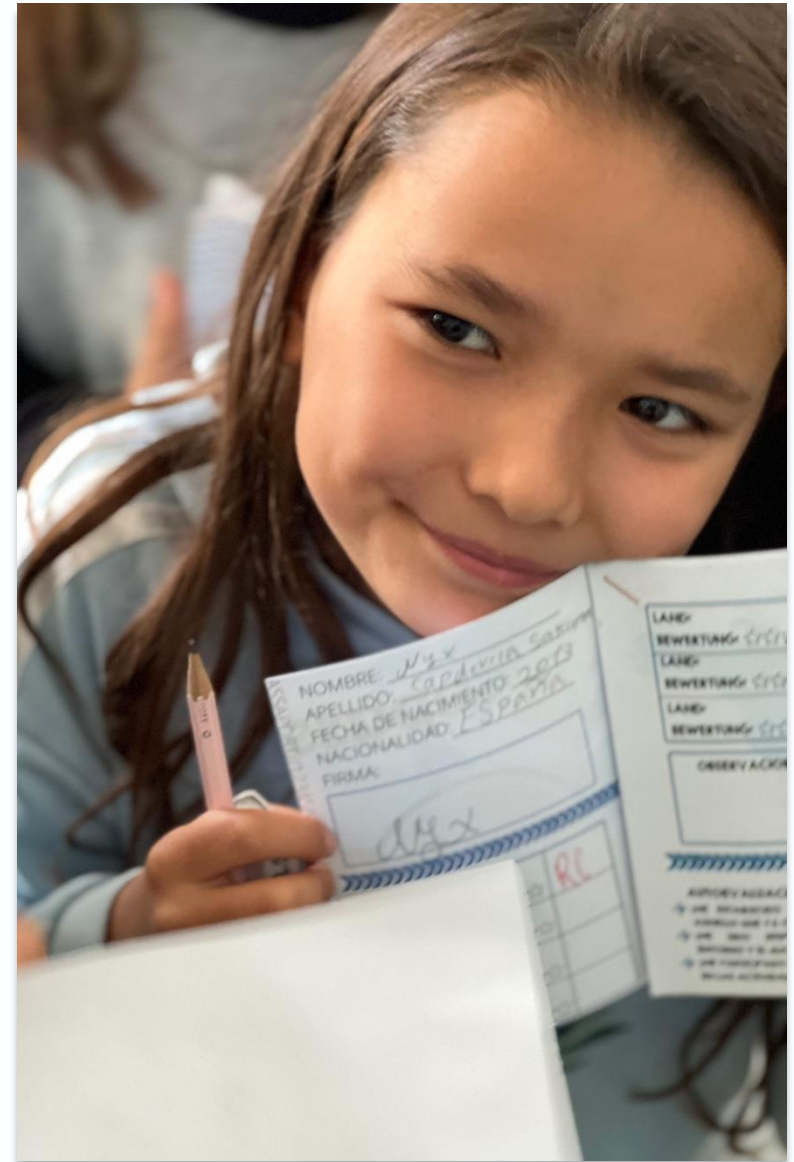
Payments will be charged monthly to the account indicated on the registration form. In the event of a rejected payment, a surcharge of £5 will be applied.

LOCATION

All **EI3 and EI4** activities will be held **at c/Ifni, 2**.
EI5 activities up to 10K will be held **at Av/Pearson, 73**
with the exception of competitive football, which will take place at Kinobs.

CONTACT

Coordinator of extracurricular activities: Eduard
Email: ebenlliure@benlleure.cat
Phone / Whatsapp: 678 241 539



GENERAL INFORMATION

CANCELLATIONS, TRIAL SESSIONS AND CONTINUITY

All activities run on an annual basis (from September to June, both inclusive) and require a commitment to **continue for each term**, although fees are paid monthly. Withdrawals will only be accepted before the end of the term if justified on medical grounds.

Cancellations must be notified before the start of the following term in order to be effective.

They must be communicated by email using the school's app or to the address ebenlliure@benlleure.cat

They can also be processed via WhatsApp on 678 241 539.

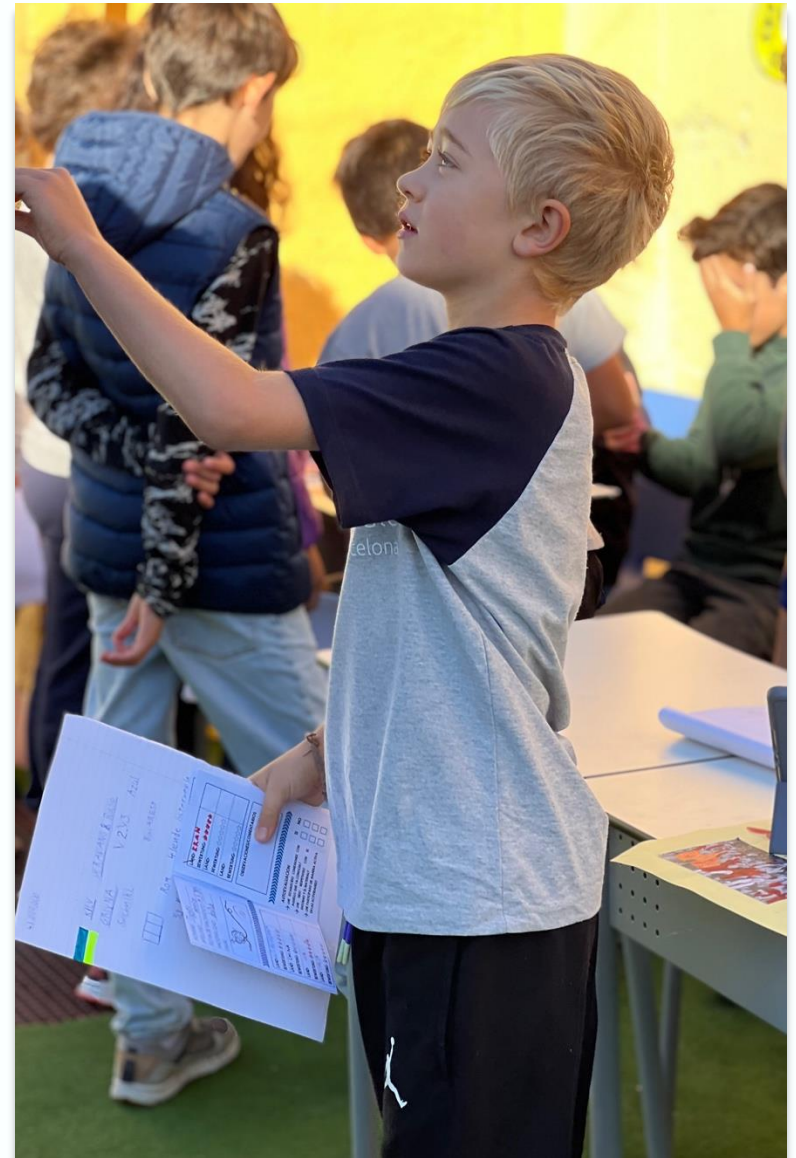
The **trial period** for activities consists of registering on the form and paying the monthly fee. If the trial is not satisfactory, withdrawal will be requested and will take effect the following month.

No refunds will be given except for justified medical reasons.

DATES

Activities will begin on **8 September at PEARSON (from EI5)** and on **1 October at IFNI (EI3-EI4)**, and in the second and third terms, on the same day that classes begin.

They will normally end on the same day as the last day of school. There will be no extracurricular activities on public holidays or on other days indicated by the school for any reason (school camps, school parties, etc.). These reasons do not justify a reduction in the fee.



GENERAL INFORMATION

GROUPS

Minimum: Each activity has a minimum number of students required to be able to form a group, if the minimum is not reached there are two options:

- 1- Cancel the group, it will remain on the waiting list until new registrations are received that allow the group to be created.
- 2- To agree a price adjustment with the interested families in order to be able to start the activity (only for those activities that make sense to be done with small groups).

Maximum: Each activity has a maximum number of students that we cannot exceed. If this maximum is reached, we will close the group and new registrations will be put on the waiting list. The criterion will be the date of enrolment.

FOLLOW-UP OF ACTIVITIES

We will periodically report on the evolution of the course via email. In addition, families who would like more personalised information about the progress of their children or would like to discuss any concerns, contributions, discomfort, etc..., may request a termly meeting via email ebenlliure@benlleure.cat or via Whatsapp at 678 241 539.

In the same way, if we detect this need, we will contact the pupil's family directly.

SPORADIC ATTENDANCE

New this year, students from any course will be able to attend **Improshow, Dance, Football and Multisport** activities on a sporadic basis, upon payment of **€12 via Bizum** and prior notification to Eduard on 678 241 539.



ACTIVITIES ON OFFER

Midday schedule (between 13:00 and 15:00)

	MONDAY	THUESDAY	WEDNESDAY	THURSDAY	FRIDAY
E15	EMOTIONAL EDUCATION	THEATRICAL MAGIC	EMOTIONAL EDUCATION	EMOTIONAL EDUCATION	
	THEATRICAL MAGIC		THEATRICAL MAGIC	THEATRICAL MAGIC	
1.Kl. – 6.Kl.	MUSICAL INSTRUMENT	MUSICAL INSTRUMENT	MUSICAL INSTRUMENT	MUSICAL INSTRUMENT	MUSICAL INSTRUMENT
	THEATRICAL MAGIC	THEATRICAL MAGIC	THEATRICAL MAGIC	THEATRICAL MAGIC	
	EMOTIONAL EDUCATION		EMOTIONAL EDUCATION	EMOTIONAL EDUCATION	MUSICAL LANGUAGE
7.Kl. – 10.Kl.	MUSICAL INSTRUMENT	MUSICAL INSTRUMENT	MUSICAL INSTRUMENT	MUSICAL INSTRUMENT	MUSICAL INSTRUMENT
					MUSICAL LANGUAGE

- **Chess:** The days and times of the activity are yet to be determined - please consult PATXI. (patxi@zurichschule.com)

ACTIVITIES ON OFFER

Afternoon schedule 16:30 to 18:00

	MONDAY	THUESDAY	WEDNESDAY	THURSDAY
EI3-EI4	CREATIVE MODELLING	MUSICAL INITIATION	ENGLISH / DANCE	MULTISPORT
EI5	MULTISPORT	CREATIVE LAB	ENGLISH / MULTISPORT	COOKING / DANCE
	GERMAN	IMPROSHOW / FOOTBALL	MUSICAL AWARENESS	FOOTBALL / TAEKWONDO
1.Kl. – 2.Kl.	MULTISPORT	CREATIVE LAB	APPLIED ENGINEERING/ ENGLISH	COOKING / DANCE
	GERMAN / SPANISH	IMPROSHOW / FOOTBALL	MUSICAL AWARENESS / MULTISPORT	FOOTBALL / TAEKWONDO
3.Kl.	MULTISPORT	CREATIVE LAB	APPLIED ENGINEERING	COOKING / DANCE
	GERMAN / SPANISH	IMPROSHOW	ENGLISH / MULTISPORT	TAEKWONDO
4.Kl. – 6.Kl.	GERMAN / SPANISH	CREATIVE LAB	APPLIED ENGINEERING	COOKING / DANCE
		IMPROSHOW	ENGLISH	TAEKWONDO
7.Kl. – 10.Kl.	GERMAN / SPANISH		ENGLISH	

- **Instrument and music** will preferably take place at midday, but there is also an afternoon option.
- **Competitive football** will take place in the afternoon at the Kinobs facilities.
- **Taekwondo** is the only activity that finishes before 6pm, specifically at 17:50
- **Language activities** are organised by Docendo. For further information, please contact aroger@docendo.es

APPLIED ENGINEERING

PROVIDER	TIMETABLE	DAYS	AGES	MONTHLY PRICE
TRENCACLOSQUES	16:30 – 18:00	WEDNESDAYS	1.Kl. – 6.Kl.	65€

Our activity is taught in Spanish and English and is divided into monthly missions and its main objective is to ingeniously solve the problems of our society. Students, with the help of teachers, present their hypotheses and prototypes using the scientific method and the most innovative technological tools, such as **virtual and augmented reality, LEGO robotics, programming, 3D design and scientific experiments.**

STEM Skills:

1. 3d Design Area: Modelling - Texturing - Boolean.
2. Virtual Reality area: Environment construction - Cinematography - Animation
3. Programming area: 2d motion - Audiovisuals - Controllers and clones - Functions and variables - Advanced Scripting
4. Robotics and mechanics area: Simple machines without motors and with motors - Sensors - Advanced machines - Advanced machines
5. Electronics area: Basic electronics - Circuit design - Hardware interface - Internet of Things (IoT)

SOFT Skills:

1. Inter-intrapersonal area: Teamwork - Emotional management - Communication
2. Divergent-Convergent Thinking Area: Detecting problems - Determining solutions - Creativity - Following instructions



[CLICK HERE FOR INFORMATIVE VIDEO](#)

CHESS

PROVIDER	TIMETABLE	DAYS	AGES	MONTHLY PRICE
PATXI	MIDDAYS	*	1.KL. – 6.KL.	*

Patxi will teach the fundamental techniques of Chess and will offer the opportunity to put them into practice in very participative classes, through games, challenges, games and tournaments.

Ideal for stimulating analytical skills, speeding up your cognitive system, helping you to better understand and manage the situations that may arise.

*Consult PATXI (patxi@zurichschule.com) for prices, days and registration procedures.



CREATIVE LAB

PROVIDER	TIMETABLE	DAYS	AGES	MONTHLY PRICE
TRENCACLOSQUES	16:30 – 18:00	THUESDAYS	E15 – 6.KL.	65€

In this extracurricular activity, our aim is to awaken pupils' artistic creativity through both traditional plastic tools, such as **painting, clay or models**, and innovative digital tools, such as **3D design, digital pencils or virtual modelling**.

Our activities offer a fun way of mixing the history of art and popular culture with new technologies, through **projects** in which pupils create their own clothing line, design interiors like great decorators or use mind-blowing applications to discover the importance of beauty and colours in the creation of advertising campaigns.

In addition, our students develop autonomy, responsibility, fine motor skills and entrepreneurship. This space offers a unique opportunity to create an environment rich in stimuli where pupils can express what they feel and interpret the beauty of the world around them.



CREATIVE MODELLING

PROVIDER	TIMETABLE	DAYS	AGES	MONTHLY PRICE
EIXOS CREATIVA	16:30 – 18:00	MONDAYS	E13 –E14	47€

Artistic modelling activity adapted by age and where the main material used is a coloured clay that dries in the air, which does not stain, is non-toxic and is specially designed for activities with children.

This extracurricular activity stimulates artistic talent, imagination, creativity and the capacity for observation and concentration of students of any age in a fun way. It also promotes autonomy, personal initiative and self-confidence.

What will we do in this activity?

We use our own hands to model termly projects that the children carry out step by step and make progress in class after class. This work is taken home at the end of the term.

The termly project with specific projects linked to themes such as Christmas, Sant Jordi, Carnival... these specific projects are taken home when they are finished.

Objectives

Stimulate creativity

Improve manual dexterity

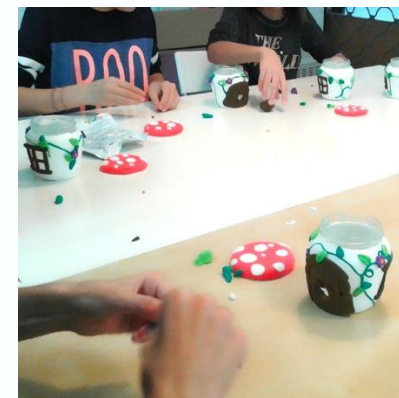
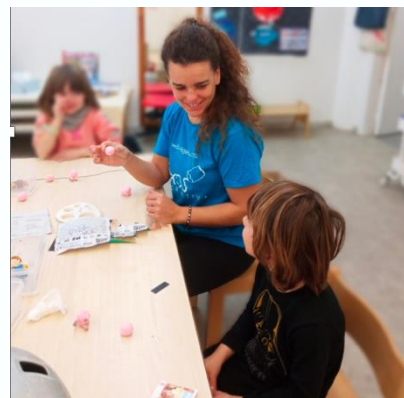
To strengthen concentration and patience

Encourage self-expression and self-confidence.

Promote respect for artistic productions.

In this video you can see what the activity consists of:

<https://www.youtube.com/watch?v=n7T14X5AaUE>



COOKING

PROVIDER	TIMETABLE	DAYS	AGES	MONTHLY PRICE
TEDI	16:30 – 18:00	THURSDAYS	E15 – 6.KL.	56€

The best way to promote **learning about cooking and healthy eating** from a very young age is to encourage curiosity about cooking.

In the extracurricular cooking class they will learn to cook and create good eating habits, to recognise foods and to stimulate creativity by encouraging teamwork. Values and skills:

Hygiene rules, autonomy, recycling, organisation and coordination, recognising the effort of cooking.

We promote the learning of cooking through practical and fun classes, in which the teacher explains each step of the recipes and the students carry them out.

The levels of the programme are designed according to age.

Younger students prepare dishes without fire and with materials that are easy to handle.

In addition, through our blog, students can access worksheets, videos and material to practise at home.



DANCE

PROVIDER	TIMETABLE	DAYS	AGES	MONTHLY PRICE
BENLLEURE	16:30 – 18:00	WEDNESDAYS	E13 - E14	40€
BENLLEURE	16:30 – 18:00	THURSDAYS	E15 - 6.Kl.	40€

The Modern Dance activity is aimed at boys and girls who want to move, express themselves and have fun through rhythm and dance.

In these classes, participants will learn dynamic choreographies combining different styles such as funky, hip hop, jazz or contemporary, adapted to their age and level.

Objectives

- Develop coordination, sense of rhythm and body awareness.
- Encourage personal expression, creativity and self-esteem.
- Promote teamwork, discipline and perseverance.
- Learn group choreographies that will be performed for families at the end of the course.



EMOTIONAL EDUCATION

PROVIDER	TIMETABLE	DAYS	AGES	MONTHLY PRICE
OWL EMOCIONS	MIDDAY	MONDAYS, WEDNESDAYS or THURSDAYS	E15 – 6K	44€

With this activity we will help children in the process of **acquiring and developing emotional competences** such as:

- Acquisition of a better knowledge of their own emotions.
- Identifying the emotions of others.
- Tricks or tools for the regulation of their own emotions.
- Increasing the threshold of tolerance to frustration.
- Prevention of the harmful effects of maladaptive emotions.
- Development of the ability to generate adaptive emotions.
- Development of self-motivation skills.
- Adoption of a positive attitude towards life.
- Development of social and communication skills and/or competences.
- Development of optimal self-esteem.
- Promotion of autonomy.
- Learning to flow and relax.

We have a team of **psychologists and therapists who specialise in working with children and young people and in the field of neuroscience.**

The first term will be used to get to know and identify emotions (emotional awareness), which is the basis for everything to flow afterwards.

From the second term onwards, we will work on the management of these identified emotions through different dynamics adapted to each group, the children develop their abilities in a didactic and fun environment that we adapt according to the dynamics and needs of the group: crafts, drawing, music, more physical games...

We maintain **direct and personalised contact with families and teachers.**

We provide didactic material to be able to work at home and we give practical advice to those families who have doubts or specific needs, so that the families can continue playing, learning and working at home if they wish.

In addition, we also send **extra material** and propose a free visit in which we collect the expectations and particular needs of each one, thus adapting the dynamics to the children.

In short, we provide tools so that children can have a happier childhood and be prepared for the challenges of life.

FOOTBALL

PROVIDER	TIMETABLE	DAYS	AGES	MONTHLY PRICE
BENLLEURE	16:30 – 18:00	THUESDAYS & THURSDAYS	E15 – 2.Kl.	38€ (1 day per week) 50€ (2 days per week)

This is an introductory football activity, **perfect for stimulating the physical development and psychomotor skills** of the pupils through exercises in ability, strength, dexterity, speed, flexibility, passing, shooting, skill circuits, improved vision of the game, etc., and which also stimulates cognitive development and certain values such as teamwork, companionship, effort and strategies, which will be fundamental for the pupils to teach them basic concepts of life, such as companionship or the importance of effort to achieve a common good.

This activity is aimed at initiation but with the intention of creating a small football school so that later, from 3.Kl. onwards, those who wish to, can continue outside the school in teams that compete with **a base of preparation already acquired**.

The team will participate in the quarterly tournaments organised by the CEEB, where we will compete against other schools.

Participation is not compulsory, but it is recommended.

Students who wish to participate must pay €30 in November, which covers the registration fee for the three annual tournaments (one per term).



FOOTBALL – KINOBS

PROVIDER	TIMETABLE	DAYS	AGES	MONTHLY PRICE
KINOBS	*	1 Day	*	52€
KINOBS	*	2 Days	*	77€
KINOBS	*	1 Day + Competition	*	72€
KINOBS	*	2 Days + competition	*	87€

Born in 2016–2017

Monday to Thursday from 6pm to 7pm

Born in 2014–2015

Monday and Wednesday from 6pm to 7pm

Tuesday and Thursday from 5pm to 6pm

Born in 2010–2011–2012–2013

Monday to Thursday from 6pm to 7pm

You can choose your schedule, taking different days and at different times.

Children who arrive at 5 p.m. and whose training begins at 6 p.m. will have access to a classroom where they can do their homework and study.

There is a transport service with pick-up from school, provided there are at least 5 children. The service costs £50 per year.



This activity will take place at the Centro Asturiano de Barcelona:

Carrer de Ràfols, 17-21, Sarrià-Sant Gervasi, 08034

IMPROSHOW

PROVIDER	TIMETABLE	DAYS	AGES	MONTHLY PRICE
BENLLEURE	16:30 – 18:00	THUESDAYS	E15 – 6.Kl.	55€

Improshow is an activity designed to learn and **practise German** through theatre, music and role-play games.

Improvised scenes and everyday situations will be simulated, which will help to achieve greater integration of vocabulary and expressions and of the language in general.

Situations such as going shopping, situations related to school and relationships with classmates in the classroom or playground, possible conflicts in any area of life, household chores, free time, etc.

The activity will be conducted entirely in German with teacher Daniel Wolf.

Objectives

- To foster self-esteem, expression and creativity.
- To overcome fears through play.
- To stimulate emotional, linguistic and musical development.
- Learn German naturally, playing and interacting in everyday situations with gestural, musical and emotional support.
- Present what has been learned in a final performance at the end of the school year.

MULTISPORT

PROVIDER	TIMETABLE	DAYS	AGES	MONTHLY PRICE
BENLLEURE	16:30 – 18:00	THURSDAYS	E13 - E14	36€
BENLLEURE	16:30 – 18:00	MONDAYS & WEDNESDAYS	E15 – 3.Kl.	38€ (1 day per week) 50€ (2 days per week)

Activity aimed at initiation into sport, adapted according to age and the tastes of each group.

Perfect for those who want a general sports extracurricular activity, very playful and focused on the integral development of the student. They will practice a multitude of sports and games, learn and develop the physical and cognitive benefits and improve their motor skills through physical activity.

In **E13 and E14** we will combine activities, circuits, games, tests, challenges... associated with different sports with the aim of being physically active, developing motor skills and, above all, having fun!

From E15 onwards, the programme will be adapted and different sports will be played at an introductory level; Volleyball, Badminton, Hockey, Table Tennis, Mini-tenis and Basketball mainly, although this may vary depending on the tastes and demands of the group. The practice of these sports will be combined with traditional, cooperative and symbolic games, and we will even let our imagination run wild, allowing the students to create their own sports or games.



MUSIC

PROVIDER	ACTIVITY	TIMETABLE	DAYS	AGES	MONTHLY PRICE
ESCOLA DE MÚSICA FARRÉ	MUSICAL INITIATION	16:30 – 18:00	THUESDAYS	EI3 - EI4	58€
ESCOLA DE MÚSICA FARRÉ	MUSICAL AWARENESS	16:30 – 18:00	WEDNESDAYS	EI5 – 2.KL.	58€

EI3 - EI4: Musical Initiation

The different basic concepts of music will be incorporated through both theoretical and practical activities, as well as fostering a love of music and culture as a means of expression.

The main objective is **to develop the musical abilities** of each child, working on rhythm, intonation, listening, concentration, creativity, attention and auditory memory through musical activities and games. The aim is also to give them a general knowledge of the use of the voice and the body as a musical instrument, as well as the sound and functioning of the different musical instruments.

And finally, through different auditions and visualisations, the aim is to give them an overview of the history of music from its beginnings to the present day.

EI5 – 2.Kl.: Music Awareness

This activity is the continuation of musical initiation, although students who have not participated in this activity can also join in.

Through different types of musical activities and games, the aim is to develop the musical abilities of each child as they learn the basic concepts of music, such as the difference between sound and noise, the different qualities of sound (pitch, intensity, timbre and duration), musical notes, silences, rhythm, auditory memory, etc.

In addition, an approach to the different musical instruments will be sought through images, videos, listening exercises and rhythmic and melodic dynamics with the same instruments. There will also be visualisations of different musical works so that students can get a general idea of the different applications of music in our daily lives, as well as to continue fostering a love of music and culture as a means of expression.

MUSIC

PROVIDER	ACTIVITY	TIMETABLE	DAYS	AGES	MONTHLY PRICE
ESCOLA DE MÚSICA FARRÉ	MUSICAL LANGUAGE	13:30 – 14:30	-	3.Kl. – 10.Kl.	58€

1.Kl. – 10.Kl.: Musical language

Musical language is one of the fundamental axes to be able to advance more easily in the practical part, such as playing a musical instrument.

Although it is not compulsory in unregulated studies, it is absolutely recommended in order to have greater ease and advance more quickly, having clearer concepts.

It is the most theoretical part of the music, it has the part of the tuning in which we work the voices and the teamwork, making all of us one.

It has 5 different parts:

- The auditory dictation both rhythmic and melodic.
- Music theory.
- Music reading
- Listening
- Tuning

The aim is to facilitate and digest musical concepts that would otherwise probably be more difficult and time-consuming for the pupils to understand, while at the same time helping the instrument class.

It is therefore recommended that students who play an instrument at school also take part in the extracurricular musical language classes, as it will allow them to achieve a more complete learning and greater progress in the practice of the instrument.

The musical language classes will take place in a group on Fridays at midday in 45-minute sessions per week.

MUSIC

PROVIDER	ACTIVITY	TIMETABLE	DAYS	AGES	MONTHLY PRICE
ESCOLA DE MÚSICA FARRÉ	INSTRUMENT	MIDDAY OR AFTERNOON	ALL DAYS	1.KL. – 10.KL.	90€

From 1.Kl.: Instrument

We will learn to play instruments in **individual lessons of 45 minutes** per week through musical performance as a whole.

We will work on both the individual learning of the instrument and the different social skills involved (listening, collaboration, roles).

The classes focus on gradually incorporating the technical aspects of the instrument, covering both pieces from the classical repertoire of the instrument, as well as pieces that are chosen together with the students based on their personal tastes and needs, encouraging musical practice with other students from the music school through concerts and auditions.

Instrument classes are only made up in the event of the teacher's absence.



All students who are prepared, both as a group and as an instrument, and who wish to do so, can take part in the concert organised by our collaborator the Escola de Música Farré at the end of the course.

MUSIC

The Farré School of Music and Dance has more than 50 years of experience as a music school and we are characterised by our dedication and vocation to teaching music.

The school is authorised by the Department of Education of the Generalitat de Catalunya.

Musically, we have experience in recording projects, audiovisuals, concerts and we have collaborated with all kinds of institutions, both public and private. At a pedagogical level, we have trained, supported and encouraged many students both professionally and for fun.

All our teachers are graduates or recognized with a lot of experience and with great vocation, with international awards, both in classical and modern styles, many of them have studied Masters both at the Conservatori Superior del Liceu and at the Escola Superior de Música de Catalunya (ESMUC), teachers who are active which gives us a real vision of the interpretation and staging.

Added value:

- Every year we organise at least one concert at the end of the school year (June) where ZSB students participate voluntarily.
- Currently the piano department is part of the programme "Tú toques" in collaboration with the Palau de la Música Catalana, where our students, with the consensus of the teachers and the faculty, are given the opportunity to play on the main stage of this emblematic theatre.
- After 2 years or according to the level of the student we do follow-up exams, not compulsory, to motivate and evaluate the level of our students with recognised juries of Conservatories of Catalonia, where they receive the accredited diploma of the music school, with the qualification.
- All students receive a report at the end of the course to encourage communication and to monitor how the course has gone.

TAEKWONDO

PROVIDER	TIMETABLE	DAYS	AGES	MONTHLY PRICE
ALIANZA ARTES MARCIALES	16:30 - 17:50	THURSDAYS	E15 – 6.KI.	75€

Activity taught by our partner Alianza Artes Marciales, formed by instructors of the highest level and led by Doiel Duran, bi-world champion and member of the Spanish national team, who will teach weekly classes in our school.

One of its main objectives is to promote values such as: Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit.

In the training sessions we will be looking to develop physical, mental and emotional skills, promoting discipline, confidence and respect for others.

The **belt graduations** allow us to evaluate the progress of each student, enabling them to advance on their path of learning and self-improvement.

Each belt carries with it new work tools and responsibilities.

Sporting events give us the opportunity to put into practice everything we have learnt, emotionally it gives us the tools to develop resilience, confidence and the ability to manage emotions such as stress.

Exams and sporting events for the year will be sent to families in calendar format at the beginning of the season.

Access to sporting events and graduations will only be possible with the permission of the instructor and payment of the annual federation fee where applicable.

Exam dates: MARCH/ JUNE/ DECEMBER

Examination fee: 70€.

Federation annual fee: (+7 years): 60€.

Championship fees: (dates and prices vary according to the event).

All students will have the opportunity to participate in internal School events such as special classes and internal championships which will be specified in the calendar.

Costume prices:

Uniform 55€.

Gloves 45€.

Protective boots 45€.

Protective helmet 50€.

Protective mouth guard 10€.

For students who want to compete it will be necessary to purchase all the clothing from the second month onwards.

THEATRICAL MAGIC

PROVIDER	TIMETABLE	DAYS	AGES	MONTHLY PRICE
MAGIC SCHOOL	13:00 – 14:00	MIDDAYS	E15 – 6.Kl.	38€

The perfect activity to awaken artistic creativity, imagination and grow in confidence. It goes far beyond learning simple tricks: it is a fun, creative and emotional experience, designed for children to discover their inner world while having fun.

What do we do?

Through magic tricks, body language and basic acting techniques, participants:

- Develop their creativity and artistic ability
- Reinforce their self-esteem and self-confidence
- Improve their communication and emotional expression
- Learn to connect with the audience from their authentic selves

Benefits

- Fosters respect, listening and empathy
- Stimulates attention, memory and coordination
- Creates a safe space to express oneself freely
- Awakens the joy of learning through play

A positive and caring environment that accompanies each child in their personal, emotional and artistic development.





Extracurricular Activities program ZSB 2025-26

International School
ZÜRICH Schule
Barcelona
Kindergarten + Primary + Secondary



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