



LOTS SPORTS

ECA AND TEAM TRAINING SCHEDULE



Schedule

1. Early Years

Time: 12:20 – 13:20

Day: Monday

Activities:

ECAs: Ballet (currently paid up), Beginners Football, Beginners Tennis, Painting, Drawing

Day: Tuesday

Activities:

ECAs: Karate (*currently paid up*), Modeling and Sculpting, Paper Crafting, Swimming, Dance

Day: Wednesday

Activities:

ECAs: Beginners Football, Beginners Tennis, Paper Crafting, Board games, Painting, Band (instruments).

Day: Thursday

Activities:

ECAs: Karate (*currently paid up*), Basic Swimming, Painting, Drawing, Music, Dance



1. Lower Primary (CP1 – CP3)

Time: 14:20 (Daily)

Day: Monday

Activities:

ECAs: Ballet (Currently paid up), Swimming, Beginner Basketball, Junior Tennis, Chess

Team Training: U11 Basketball, U11 / U9 Tennis

Day: Tuesday

Activities:

ECAs: Karate (*currently paid up*), Art & craft, MDD, Band

Team Training: U9 / U11 Chess

Day: Wednesday

Activities:

ECAs: Movement Club, Beginner Football, Beginner Volleyball

Team Training: U9 / U11 Chess, U11 Swimming

Day: Thursday

Activities:

ECAs: Karate (*currently paid up*), Wildlife/Scouts, Entrepreneurship, Debate & Writers, STEAM



2. Upper Primary (CP4 – CP6)

Time: 14:20 (Daily)

Day: Monday

Activities:

ECAs: Ballet (Currently paid up), Football, Volleyball, Table Tennis
Team Training: U11 Chess, U11 / U13 Volleyball

Day: Tuesday

Activities:

ECAs: Karate (currently paid up), Wildlife/Scouts Entrepreneurship, Debate & Writers, STEAM

Day: Wednesday

Activities:

ECAs: Basketball, Tennis, Chess
Team Training: U11/U13 Volleyball, U11/U13 Basketball

Day: Thursday

Activities:

ECAs: Karate (currently paid up), Art & craft, MDD, Band
Team Training: U11 Chess



3. Lower Secondary (LS1 – LS3)

Time: 14:20 (Daily)

Day: Monday

Activities:

ECAs: Ballet (Currently paid up), TEDx, Wildlife/Scouts, Debate & Writers, RedCross, Art & craft.

Team Training:

Day: Tuesday

Activities:

ECAs: Karate (currently paid up), Basketball, Tennis, Chess

Team Training: U13 / U14 Basketball, U12 Tennis

Day: Wednesday

Activities:

ECAs: TEDx, Entrepreneurship, STEAM, Poetry Club, MDD, Band

Team Training:

Day: Thursday

Activities:

ECAs: Karate (currently paid up), Football, Volleyball, Table Tennis

Team Training: U13 / U14 Volleyball, U14 Chess



4. Upper Secondary (IGCSE – A Level)

Time: 14:20 (Daily)

Day: Monday

Activities:

ECAs: Ballet (currently paid up), TEDx, Entrepreneurship, STEAM, Poetry Club, MDD, Band

Day: Tuesday

Activities:

ECAs: Karate (currently paid up), Football, Volleyball, Table Tennis

Team Training: U16 Volleyball, U16 Chess

Day: Wednesday

Activities:

ECAs: TEDx, Wildlife/Scouts, Debate & Writers, RedCross, Art & craft

Team Training:

Day: Thursday

Activities:

ECAs: Karate (currently paid up), Basketball, Tennis, Chess

Team Training: U16 Basketball, U16 Tennis



ECA Timetable

	PRE	LP	UP	LS	US
MON	Ballet (currently paid up)	Ballet (currently paid up)	Ballet (currently paid up)	Ballet (currently paid up)	Ballet (currently paid up)
	Football	Swimming	Football	TEDx	TEDx
	Tennis	Beginner's basketball	Volleyball	Wildlife/Scouts	Entrepreneurship
	Painting	Tennis	Table Tennis	Debate & Writers	STEAM
	Drawing	Chess	Team Training - V.Ball (U11/13)	Red Cross	Poetry Club
		Team Training - B.Ball (U11)	Team Training - Chess	Art & craft	MDD
		Team Training - Tennis			Band

	PRE	LP	UP	LS	US
TUE	Karate (currently paid up)	Karate (currently paid up)	Karate (currently paid up)	Karate (currently paid up)	Karate (currently paid up)
	Modeling and Sculpting	Art & craft	Wildlife/Scouts	Basketball	Football
	Paper Crafting	MDD	Entrepreneurship	Tennis	Volleyball
	Swimming	Band	Debate & Writers	Chess	Table Tennis
	Dance	Team Training - Chess	STEAM	Team Training - B.Ball (U14)	Team Training - V.Ball (U16/19)
				Team Training - Tennis	Team Training - Chess



	PRE	LP	UP	LS	US
WED	Football	Movement Club	Basketball	TEDx	TEDx
	Tennis	Football	Tennis	Entrepreneurship	Wildlife/Scouts
	Paper Crafting	Volleyball	Chess	STEAM	Debate & Writers
	Board games	Team Training - Chess	<i>Team Training - B.Ball (U13)</i>	Poetry Club	Red Cross
	Painting	<i>Team Training - Swimming</i>	<i>Team Training – Tennis (U13)</i>	MDD	Art & craft
	Band			Band	

	PRE	LP	UP	LS	US
THURS.	Karate (currently paid up)	Karate (currently paid up)	Karate (currently paid up)	Karate (currently paid up)	Karate (currently paid up)
	Swimming	Wildlife/Scouts	Art & craft	Football	Basketball
	Painting	Entrepreneurship	MDD	Volleyball	Tennis
	Drawing	Debate & Writers	Band	Table Tennis	Chess
	Music	STEAM	<i>Team Training - Chess</i>	<i>Team Training - V.Ball (U14)</i>	<i>Team Training - B.Ball (U16/U19)</i>
	Dance			<i>Team Training - Chess</i>	<i>Team Training - Tennis</i>

Revised 10/09/2024

