

# INTERNATIONAL SCHOOL OF UGANDA



**Season 2: 26th November-22nd February  
3:00pm-4:00pm unless specified**

**Students not involved in ASA's will be expected to leave the school campus at 3:00 pm on Monday, Tuesday, Thursday, Friday and 2:10 pm on Wednesday**

Activity	Descriptor	Location/Other
<b>MONDAY</b>		
Basketball skills (mixed) Monday	Develop and strengthen your basketball skills- shooting, passing, dribbling, rebounding etc.	Upper Court
Choir Monday	All Grades 3 to 5 students who love to sing a variety of songs are invited to join the JS choir.	JS Music room
Computer World Monday	Have you ever wondered what the inside of a computer looks like? How all the wires and different parts are connected? This ASA is a chance for you to learn all of that while you carefully disassemble and assemble a computer.	Senior School IT Lab
Fashion & Design Monday	Fashion and Design is a form of creative art which enables budding young designers to create original clothing, jewelry, and accessories. Students sketch designs, select fabric, and cut patterns, make clothes and accessories. It is a skill that builds competence and boosts self-esteem	80,000 UGX Grade 3 Hut
Sign Language Monday	Are you intrigued by Sign Language? Do you know someone who can only communicate this way? Then this ASA is for you. You will learn the sign language alphabet and also learn some of the commonly used gestures	TBA 80,000 UGX
Swim Monday	Open for swimmers of all levels. Swimming is the perfect exercise that works the whole body! Learn various strokes of swimming like the breaststroke, backstroke, butterfly etc. while building strength and endurance	Pool
<b>TUESDAY</b>		
Cookery Tuesday	Learn to prepare and make simple and delicious food!	EC Kitchen 70,000 UGX
Drama Tuesday	Have you ever wanted to pretend to be someone else? Or wondered what it would feel like to live out your dreams? Well through drama games and short plays that you will create, you can. Each week, we will explore a new fantasy through fun games in small groups. This ASA will help you build your confidence, express yourself through your body and words and most importantly have a lot of fun!	3A

**Mission statement:** We learn together to unlock the opportunities of a changing world

**Authorised:** International Baccalaureate Organisation, **Accredited:** Council of International Schools and Middle States Association of Colleges and Schools

The International School of Uganda 272/3 Lubowa Estate P.O. Box 4200 Kampala, Uganda Tel: +256 414 200 374/8/9 Mob: +256 772 754 810 email: admin@isumail.ac.ug www.isu.ac.ug

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Fencing Tuesday	Exercise quick thinking skills while learning to use your fencing weapons( <i>foil, subree &amp; epee</i> ) This awesome ASA that will be led by Fencers from the Uganda Fencing Association.	The Cave 105,000 UGX
JS Track Tuesday	JS Track and Field ASA will help you work on improving your speed, power, endurance, and strength while working on your athletics in a safe supportive environment	Track
Nanowrimo Tuesday	Do you love writing? Are you committed to writing a Novel? Then Nanowrimo is the Club for you! Come ready to edit and eventually submit your book to be published	Grades 4 & 5 ONLY
ISSAK U9 Girls Football Tuesday	Join the Football team and be ready to compete in the ISSAK League. A player must be 8 or younger as of 1st September 2018. Grade 2 & 3 ONLY	Upper pitch Must practice Tuesday and Thursday
Tennis Tuesday	Develop many physical benefits such as increased reaction time, flexibility, muscle tone etc. Tennis classes will be divided into 2 groups, beginner and intermediate.	Tennis Courts
<b>THURSDAY</b>		
Cookery Thursday	Learn to prepare and make simple but delicious food!	EC Kitchen 80,000 UGX
ISSAK U11 Boys Football Thursday	Join the Football team and be ready to compete in the ISSAK League. A player must be 10 or younger as of 1st September 2018.. Grade 4 & 5 ONLY	Main pitch Must practice Thursday and Friday
ISSAK U11 Girls Football Thursday	Join the Football team and be ready to compete in the ISSAK League. A player must be 10 or younger as of 1st September of the Academic School Year. Grade 4 & 5 ONLY	Main pitch Must practice Thursday and Friday
ISSAK U9 Boys Football Thursday	Join the Football team and be ready to compete in the ISSAK League. A player must be 8 or younger as of 1st September 2018.. Grade 2 & 3 ONLY	Upper pitch Must practice Thursday and Friday
ISSAK U9 Girls Football Thursday	Join the Football team and be ready to compete in the ISSAK League. A player must be 8 or younger as of 1st September 2018. Grade 2 & 3 ONLY	Upper pitch Must practice Tuesday and Thursday
Puppy Hour	Do you enjoy little furry creatures? You will learn basic dog training,	Mini Golf Area

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Thursday	gain confidence by not being fearful of dogs, learn responsibility by cleaning up, It is going to be fun!	120,000 UGX
Relax & Color Thursday	Enjoy some downtime and join the coloring craze. From mandalas to intricate patterns, you will be able to relax your brain and make colorful creations at the end of the day	J2
Swim Thursday	Open for swimmers of all levels. Swimming is the perfect exercise that works the whole body! Learn various strokes of swimming like the breaststroke, backstroke, butterfly etc. while building strength and endurance.	Pool
Taekwondo Thursday	Certified coaches will introduce you to Taekwondo skills. Split into ability groups. Belt exams can be arranged throughout the year.	Dr. Gibbon's Veranda 120,000 UGX
<b>FRIDAY</b>		
Capoeira Friday	A dance-based martial art from Brazil. Also a game, a dance, governed by the rhythm of the berimbau, a native African instrument.	Dr. Gibbons 70,000 UGX
SS (Sustainable Schools) Friday	Sustainable Schools ASA brings together support for the five themes for this year looking at plant, tree and wildlife diversity, food sustainability and recycling. It will range from labelling trees, to building wildlife information stations, to surveying the campus or create public service announcements and media to increase participation in these important issues.	JS Staff room (meeting point)
Football skills-Boys Friday	Develop and strengthen your Football skills-dribbling, passing, ball control, foot use etc.	Upper Pitch Skill development ASA
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		Friday
In line skating Friday	A fun sport using the same techniques as ice skating and skiing. Based on self-confidence, this activity helps build stamina, leg strength and general fitness. No experience needed and the equipment available.	Upper court 98,000 UGX

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