



CATALOGUE

2022-23

Extracurricular Activities

French International School of Delhi



CHESS

Instructor: Mr. Puneet Jaiswal

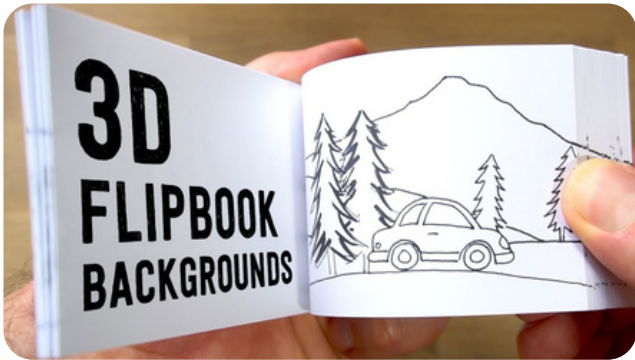
An International Arbiter, Candidate Master, Fide Instructor & Founder of Champions Chess Centre, teaching chess basics introduces young minds to strategic and analytical aspects. It fosters critical thinking, concentration, and decision-making skills.



AEROMODELLING

Instructor: Mr. Chaitanya

Aeromodelling melds design, crafting, and flying miniature aircraft with engineering and aviation passion. It explores practical flight principles, incorporating interdisciplinary engineering concepts. Students learn aviation science via hands-on experiments, build Balsa wood models, and acquire drone flying experience through simulators.



FLIPBOOK/ANIMATION

Instructor: Mr. Nishant

Animation creates films using cinematic techniques for live-action and animated short films. These can be showcased at global film festivals. The class covers film and animation aspects including concept, story, character design, filming, sound design, editing, and more.



TAEKWONDO

Instructor: Mr. Kumar

Taekwondo, originating in South Korea, offers fitness, self-defence, confidence, and discipline. Children embrace it for skill, motivation, meditation, and relaxation. It adds fun, aiding in temporarily freeing their minds.



KARATE

Instructor: Mr. Akhilesh Kumar Jain

Karate provides fitness, self-defense, discipline, confidence, character growth, and social interaction benefits. This martial art improves overall fitness, strength, flexibility, coordination, and endurance, promoting a healthy lifestyle and countering sedentary habits.



GYMNASTICS

Instructor: Mr. Vikas Sharma

Artistic gymnastics is a sport involving dynamic exercises and routines demanding strength, flexibility, balance, coordination, and grace. It's both challenging and fulfilling, offering abundant mental and physical advantages.



BADMINTON

Instructor: Mr. Vikram Bhasin

Improve your badminton skills with M. Vikram Bhasin, covering basic techniques such as gripping, foot work and various shots played. The classes are open to students of all skill levels, from beginners to those with some prior experience.



BASKETBALL

Instructor: Mr. Alexis Jarry

Basketball, a fundamental global sport, aims to score more than the opposing team. Yet, its complexity surpasses first impressions. Shooting, dribbling, defending, rebounding, and passing are vital skills. Agility, acrobatics, speed, and endurance are also crucial.



FOOTBALL

Instructor: Mr. Ahmed Rahmani

In football, passing is vital and taught early. Players learn skills like dribbling, heading, and ball control. Individual training covers defender tactics and goalkeeper skills. The sport builds endurance and strength.



ARCHERY

Instructor: Mrs. Noemie Connan

The aim of archery is to shoot an arrow into the centre of a target using a bow. It brings a sense of freedom and inner tranquillity, making it perfect for channelling energy and enhancing focus. Through this, adolescents learn concentration and discipline while having fun.



CIRCUS ARTS

Instructor: Mr. Utsarga Mondal

The course allows students to enhance their strength, balance, coordination, concentration, and teamwork through exercises, juggling, skipping, and exploring human pyramids. Utsarga, with over 12 years of sports experience, has worked with school students in India and Germany.



ROBOTICS, CODING & AI

Offered by IIT Rancho Labs

Explore the limitless world of technology in our Robotics, Coding & AI workshop. Dive into the fascinating realms of automation, programming, and artificial intelligence. Join us for a hands-on experience that sparks creativity and equips you for the future of innovation.



THEATRE (SECONDARY)

Instructor: Mr. Patrick Beck

Theatre games and exercises introduce students to drama with interactive, non-intrusive activities. This includes improvisation, acting, directing, refining, and performing. Students explore roles, characters, and relationships through movement, voice, language, and ideas.



ART AND CRAFT

Instructor: Mrs. Gauri

Engage in art and craft activities with Mme Gauri, fostering confidence and self-discovery through cutting, painting, drawing, and learning paper craft, painting, paper mache, clay art, and other techniques.



HIP HOP DANCE

Instructor: Mr. Sandeep

Learn hip hop dance with M. Sandeep, exploring street dance styles influenced by hip hop culture and music that emerged in the 1970s, gaining popularity through US dance crews.



BOLLYWOOD DANCE

Instructors: Mrs. Manjushri and Mrs. Angmo

Experience the fusion of dance styles in Bollywood with Mme Manjushri and Mme Angmo. Choreograph and perform in a lively class that blends India's classical and folk dances with elements of Jazz, Hip Hop, Arabic, and Latin forms.



BALLET

Instructor: Mrs. Aanchal

Ballet dancers maintain a graceful exterior, while their technique demands immense strength, balance, skill, and flexibility. Fundamental ballet movements include arabesques, pliés, and pirouettes. A traditional element involves performing en pointe, dancing on tiptoes.



THEATRE (PRIMARY)

Instructor: Mrs. Myriam MOUNIER

Theatre games and exercises introduce students to drama with interactive, non-intrusive activities. This includes improvisation, acting, directing, refining, and performing. Students explore roles, characters, and relationships through movement, voice, language, and ideas.

For any queries, please contact Ms. Manjushri SAWHNEY



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