



## Midwood Montessori Enrichment Program Class Description

### 2019-2020 Session 1

**Capoeira** - (Mondays) - Come learn the African-Brazilian art of Capoeira! Equal parts dance, acrobatics, martial arts, and music; 100% awesome! The class will introduce students to Capoeira's playfulness through animal-like movements set to the music of traditional Brazilian percussion. In addition to the physical movements, students learn basic phrases, numbers and songs in Portuguese as they build self-esteem, mutual respect, strength, and flexibility in a disciplined and safe class environment.

**Little Scientists** - (Tuesdays) – This program is designed to spark the curious nature of young children. Our Little Scientists will enjoy engaging demonstrations, perform fun science experiments and discover how science can help us to better understand the world around us. The experience will be an interactive, hands-on exploration of specific science topics based on biology, chemistry, physics and earth sciences.

**Chess** – (Wednesdays) – Unlock the mind through storytelling! There are proven and profound benefits of chess for children of all ages (including those as young as three years old). Our mission is to extend these benefits through the power of storytelling. The children will experience an unforgettable and interactive learning environment and in the process will learn to play and fall in love with the game of chess. The biggest benefit will be the development of strategic thinking and, more importantly, emotional intelligence.

**Stop-Motion Animation** - (Thursdays) – In this program students will learn to create stop-motion animated movies of their very own. Stop-motion is a film technique in which objects are manipulated in increments while being photographed. Students will learn how to create and incorporate set design, characters, sound tracks, credits and other film features into their movies. Innovation and originality will be highly encouraged to allow students to explore their directive and production skills.

**Amazing Athletes** - (Fridays) – Empower your child by using sports as a catalyst to engage their inner strengths and abilities so they can confidently pursue an active lifestyle through each stage of development. This multi-sport program benefits children physically, mentally, socially, and emotionally. Our program introduces the fundamentals of 10 different sports (soccer, hockey, volleyball, basketball, tennis, lacrosse, football, track and field, baseball, and golf) in a non-competitive environment. Children in Amazing Athletes routinely gain greater confidence and learn to combine fitness with fun as well as the importance of good nutrition in the development of the 6 key motor skills: balancing, running, jumping, throwing, catching and kicking.