

Sports, ECA's & International trips at Nadeen School

Tuesday 29th August 2023



Physical Education & Sport at Nadeen

Mr Kyle
(Director of Sport)

Mr Matt
(Head of PE)



Sport for All

Sport for all

A strategy to ensure all students are provided with the opportunity to get involved with sport. Creating pathways for everyone to be fit and active and to find their love of sports and exercise.

- ECA programmes (27 sports ECA's)
 - Football
 - Basketball
 - Badminton
 - Gymnastics
 - Yoga
 - Athletics
 - Dance
 - Zumba
 - Multi-sports

Sports ECA's will run at 2 separate times each day. (2:00 - 2:45 & 2:45 - 3:30)

ECA's will begin September 10th

- Lunchtime sports clubs
- Friendly fixtures



Sport for All

Sport for all

Creating a community around sport

Research has shown that children who received greater parental support for physical activity and had parents who were actively involved in physical activity themselves were significantly more likely to engage in physical activity for one hour or more daily.

(Zecevic, Tremblay, Lovsin & Michel, 2010)

- Community events/parent involvement
 - Sports Festival
 - Football festival
 - Netfest
 - Opportunities for parents to volunteer
- PE exit points





Sports Events 23/24

Key dates

Date	Event
<i>Saturday 4th November</i>	<i>Parents Sports Festival</i>
4th - 7th December	Sports Days 4th - EYFS, 5th - Lower Primary, 6th - Upper Primary, 7th - KS3
<i>Saturday 16th March</i>	<i>Nadeen Football Festival</i>
<i>Saturday 27th April</i>	<i>Nadeen NetFest</i>
3rd - 6th June	Splash Days & Swimming Galas 3rd - KS1 Splash Day, 4th - Lower Primary Gala, 5th - Upper Primary Gala, 6th - Secondary Gala

Sport for Excellence

Sport for excellence

A strategy to ensure our gifted and talented students are provided with opportunities to play competitively, develop their talents and receive expert coaching.

- Weekly squad training sessions
 - Trials will be held September 21st
- Squads will take part in competitive fixtures as part of an International Schools Bahrain league. We will continue to participate in the Primary Sports League and have now formed a new Senior School Sports League with International Schools on the island.
- International sports tournaments
 - BSME U13 Netball tournament (Abu Dhabi - 10/11/23 - 11/11/23)
 - BSME U11 Football tournament (Bahrain) - 26/01/24 - 27/01/24)
 - BSME U11 Games (01.03.24 - 03.03.24)

Separate trials will be held for International tournaments.



Sports Academy Partnerships

We have looked to partner with academies on the island that can offer expert coaching, but also share the same values as us of respect, unity, compassion and growth. For all of our partnerships, Nadeen school parents will receive a 10% discount

Confirmed

- 24N Football
- Victoria Dance
- Aspire Gymnastics
- Aces Taekwondo
- The Padel Academy
- Royal Lifesaving Bahrain

Pending

- Learn to swim
- Basketball Academy



24N Football Academy



Vision

Our company mission at 24N Football Academy is to produce imaginative, creative, entertaining and skilful football players.

The individual child-centred development programs ensure our youngest players reach their full potential cultivating a thoroughly fun but disciplined approach alongside a nurturing atmosphere.

In addition to modern coaching techniques, our sessions will help them develop character on and off the field as well as technical skills.

Sign-ups now active!!

Player Development

The training programs within 24N Football Academy have been developed based on the following philosophy.

U8s Program

Discovery Phase Learning

'LOVE' the game

- Lots of touches of the ball.
- Ball mastery and introduction to turning and manipulating the ball in different directions.
- Help players build a positive bond with the sport and their teammates. (Love)

U11s Program

Skill Acquisition Phase Learning

'LEARN' the game / 4 fundamental core skills

- Passing and 1st touch/receiving.
- Dribbling and running with the ball.
- 1v1 (Attack and Defence)
- Striking the ball.
- Psychological skills to be ambitious and bold, we want them to aim high and be comfortable with taking risks.

U12/U14s Program

Competition / Game Training Phase Learning

'LIVE' and breathe the game.

- Football is consuming their lives in a great way. They are watching it on tv, playing at school, down the local park, at the Academy and fine tuning their skills ready for the next phase.
- Building or maintaining social relationships and making friends for life.



AUTUMN TERM

Naideen School

14 WEEK PACKAGE

27 AUG - 2 DEC

INCLUSIVE OF VAT

1X PER WEEK	-->	BD 154
2X PER WEEK	-->	BD 231
3X PER WEEK	-->	BD 261
KIT	-->	BD 25

SESSION TIMES

SUN	WED	THU
U3/U5		4:00PM - 4:45PM
U6		4:00PM - 5:00PM
U8/U10		5:00PM - 6:00PM
U12		6:00PM - 7:00PM
TUE		
U6/U8		5:00PM - 6:00PM
U10/U12		6:00PM - 7:00PM

24N_FOOTBALL

SIGN UP NOW:
36228055 / 37118259



Join us!



SCAN HERE

Victoria Dance

Victoria Dance is the leading dance school on the island with over 25 years of teaching experience. All our teachers are fully qualified under the International Dance Teachers Association. Which is an internationally recognized exam board through which children as young as 3 can take exams.

Students from Victoria Dance have gone on to top international dance schools in The USA and England. Many Victoria Dance students have gone to work professionally in the dance and entertainment industry.

Not only is our syllabus great fun for children to dance, it also helps coordination, fitness, sense of rhythm, musicality and self-expression as well as promoting self-discipline and boosting confidence.

Programmes begin W/B 17th September

Days & Timings

Tuesdays.

- 12.15 - 1.15 - Baby Ballet (Age 3 - 4)
- 1.15 - 2.15 - Baby Tap (Age 3 - 4)
- 2.15 - 3.15 - Jr Street Dance (Age 5 - 9)
- 3.15 - 4.15 - Contemporary (Age 10 +)
- 4.15 - 5.15 - Senior Ballet (Age 10 +)

Thursdays.

- 12.15 - 1.15 - Mini Popstars (Age 3 - 4)
- 1.15 - 2.15 - Baby Ballet (Age 3 - 4)
- 2.15 - 3.15 - Jr Ballet (Age 5 - 9)
- 3.15 - 4.15 - Dance Fusion (Age 10+)
- 4.15 - 5.15 - Commercial (Age 10+)

DANCE CLASSES

TUESDAY	THURSDAY
Baby Ballet (Age 3 to 4) 12:15PM - 1:15PM	Mini Pop Stars (Age 3 to 4) 12:15PM - 1:15PM
Baby Tap (Age 3 to 4) 1:15PM - 2:15PM	Baby Ballet (Age 3 to 4) 1:15PM - 2:15PM
Junior Street Dance (Age 5 to 9) 2:15PM - 3:15PM	Junior Ballet (Age 5 to 9) 2:15PM - 3:15PM
Contemporary (Age 10+) 3:15PM - 4:15PM	Dance Fusion (Age 10+) 3:15PM - 4:15PM
Senior Ballet (Age 10+) 4:15PM - 5:15PM	Commercial (Age 10+) 4:15PM - 5:15PM

BD9 + VAT per class (1 class per week)
BD8 + VAT per class (2 or more classes per week)

Earn UCAS points through IDTA accredited examinations
* terms & conditions apply

Scan to register

NADEEN SCHOOL BAHRAIN | JOIN TODAY | Call +973 3987 6215 | VICTORIA DANCE

REGISTER YOUR INTEREST AT NADEEN SCHOOL

Register your interest now for professional dance classes at Nadeen School.

Complete the form below and we'll contact you soon.

<input type="text" value="Your First Name"/>	<input type="text" value="Your Last Name"/>
<input type="text" value="Your Email"/>	<input type="text" value="Your Mobile No."/>
<input type="text" value="Preferred Day/Class"/>	
<input type="text" value="For any questions, or if you would like to register multiple people and/or multiple classes, please list the details here (adult's/child's names, ages, which classes)."/>	
<input type="button" value="Submit"/>	

Aspire Gymnastics

Vision

To be regarded as a premier provider of quality gymnastics in the Kingdom of Bahrain. Provide a safe, nurturing, fun and inspiring environment where gymnasts are challenged and encouraged by committed and friendly coaches.

Mission

Our mission is to provide an inclusive atmosphere to enhance movement, development through fitness and gymnastics for toddlers, children, teens, and adults for a promotion of lifelong wellness.

Programmes begin W/B 17th September

Days & Timings

Tuesdays & Thursdays

4:00 - 5:00 (abc's 3-4)

5:00 - 6:00 (Recreational 5-7)

6:00 - 7:00 (Recreational 8+)

Saturdays

9:00 - 10:00 (abc's 3-4)

10:00 - 11:00 (Recreational 5-7)

11:00 - 12:00 (Recreational 8+)

1:00 - 2:00 (Invitational)





Aces Taekwondo

About the Academy

ACES TKD Academy was established in 2001 under the umbrella of the Bahrain Taekwondo Federation and following World Taekwondo (Korea).

Currently ACES TKD has 6 branches across the island with 200+ students and more than 10 officially licensed international instructors holding high black belt certifications.

Vision

Our vision is to develop healthy, confident players competing in national and international tournaments. ACES TKD is lead by its founder, Master Ali Al Aradi, holder of 6th Dan Black Belt, International Coach and Referee, Head of Bahrain Competitions & Black Belt Examination Committee.

Nadeen School will be the newest branch and we promise to deliver high standard exciting training in a safe environment.

Programmes begin W/B 17th September

Days & Timings

Monday & Wednesday 4:30-5:30pm

NADEEN
SCHOOL
BAHRAIN

ACES

TEAKWONDO ACADEMY

الآن
اكاديمية ايس للتايكواندو في مدرسة
نادين | جزيرة دلمونيا

NOW
Ace Taekwondo Academy in Nadeen
School | Dilmunia Island

MONDAY / WEDNESDAY **4:30 TO 5:30**

The Padel Academy



Flexible Options

Students can choose between two course options: a six-session course (one session per week) or a twelve-session course (two sessions per week). This allows students to select a schedule that suits their availability and commitment level.

Indoor or Outdoor Sessions

We have partnered with the Padel Club-Dilmunia and Pro Padel, two exceptional facilities located in close proximity to the school. These venues offer state-of-the-art Indoor & outdoor courts, providing an ideal setting for students to hone their skills and enjoy the sport in a natural environment.

Days & Timings

To be decided between you and The Padel Academy

Pricing

15% discount for Nadeen Students, parents & staff



Padel Club
Dilmunia



Pro Padel
Hidd

Taster Sessions

24N Football (Monday 4th September)

2:30 - 3:10 (Year 1&2)
3:10 - 3:50 (Year 3&4)
3:50 - 4:30 (Year 5&6)
4:30 - 5:10 (Year 7+)

Victoria Dance (Tuesday 5th September)

2.00pm to 2.15pm Baby Ballet. (Age 3-4)
2.15pm to 2.30pm Baby Tap. (Age 3-4)
2.30pm to 2.45pm Mini Popstars.(Age 3-4)
2.45pm to 3.00pm Junior Ballet. (Age 5-9)
3.00pm to 3.15pm Junior Street Dance. (Age 5-9)
3.15pm to 3.30pm Dance Fusion. (Age 10+)
3.30pm to 3.45pm Senior Ballet. (Age 10+)

Aces Taekwondo (Wednesday 6th september)

2:00 - 2:30 (Reception - Year 3)
2:30 - 3:00 (Year 4 - Year 6)
3:00 - 3:30 (Year 7+)

Aspire Gymnastics (Thursday 7th September)

2:45 - 3:15 (ABC's 3-4yrs)
3:15 - 3:45 (ABC's 4-5yrs)
3:45 - 4:15 (Recreational 5-7yrs)
4:15 - 4:45 (Recreational 8+yrs)

<https://forms.gle/VLmxcLax1x64Ypei6>

Royal Lifesaving Bahrain - Safer Community Partnership

Mission

To promote safe enjoyment of recreation in water, build cohesive communities, enable economic development and save lives

Rookie Programme

The Rookie Junior Beach Lifesaving Club is a unique, fun and exciting beach program which has been designed by Royal Life Saving Bahrain to introduce children from 6 to 16 years old to the world of lifesaving. The after-school program involves children participating in safe, fun and organised activities in a beach environment; preparing them to be future lifesavers. Nadeen students receive a 10% discount on termly fees. This term, RLS have agreed the use of Marassi Beach. More details will be announced shortly!

Swim Safety for the Community/Staff

12 week course for non-swimmers. RLS will use the Nadeen swimming pool to teach parents, nanny's, drivers, carers how to swim, water safety, water survival etc.

Teacher Courses

Teacher Rescue Award - water safety course for teachers that are able to swim. By the end of the course, staff will have the knowledge of how to safely rescue a person from the water in case of an emergency

المؤسسة الملكية
للإنقاذ والسلامة المائية

ROYAL
LIFE SAVING
BAHRAIN





International Trips 2023/2024

International Trips

Trip dates

Dates	Activity	Staff leaders	Location
10-11.2023 - 11.11.2023	BSME U13 Netball	Ms. Kate, Ms Louise	Abu Dhabi
12.11.2023 - 16.11.2023	Y5-6 Ecoventure	Ms. Hannah. S	UAE
19.11.2023 - 23.11.2023	Y7-9 Ecoventure	Mr. Matt	UAE
14.01.2024 - 19.01.2024	Y6-9 Ski Trip	Mr. Kyle	Azerbaijan
01.03.2024 - 03.03.2024	BSME U11 Games	Mr. Kyle, Mr. Matt, Ms. Jade	Al Ain

BSME U13 Netball

Who?

Girls from Year 7 & 8

Selection will be based on trials - trial dates TBC

Lead teachers - Miss Kate & Miss Louise

When?

Friday 10th November - Saturday 11th November

Depart Bahrain - Friday 10th November AM

Return to Bahrain - Saturday 10th November PM

Where?

Brighton College - Abu Dhabi

What?

1 day netball tournament with other BSME schools

Cost?

Flights, accommodation, food, transfers, participation fee



BSME U11 Games

Who?

Boys & Girls from Year 5 & 6 - **students must be 10 or under on 31 August 2023**

Selection will be based on trials - trial dates TBC

Lead teachers - Mr. Matt & Mr. Kyle

When?

Friday 1st March - Sunday 3rd March

Depart Bahrain - Thursday 29th February PM

Return to Bahrain - Sunday 3rd March PM

Where?

Brighton College - Al Ain

What?

3 day sports tournament consisting of 4 different sports

Cost?

Flights, accommodation, food, transfers, participation fee



BSME U11 Football

Who?

Boys & Girls from Year 5 & 6 - **students must be 10 or under on 31 August 2023**

Selection will be based on trials - trial dates TBC

Lead teachers - Mr. Matt & Mr. Kyle

When?

Friday 26th January - Girls

Saturday 27th January - Boys

Where?

St Christopher's School, Bahrain

What?

1 day football tournament with other BSME schools

Cost?

Participation fee





International Trips 2023/2024

ECOVENTURE



Ecoventure specializes in Inspiring young people to be confident and competent Adventurers as well as helping them engage with the natural world through our Outdoor Education programs.

Ecoventure operate from several locations in the UAE and overseas.

Ecoventure have been operating in the UAE since 2010 and we see over of 11,000 students on our programs each year.

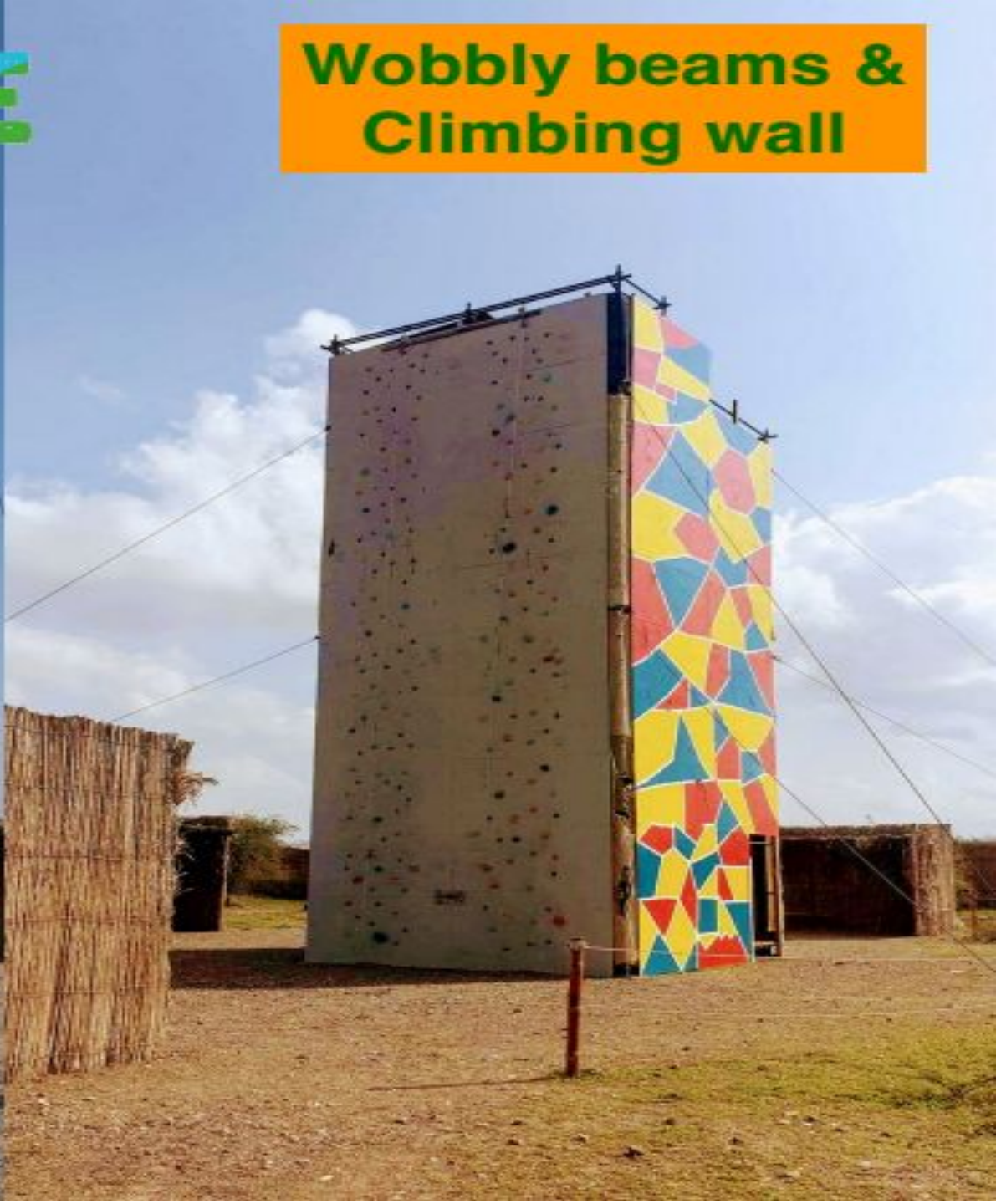


What we provide

- Tailored programs
- Unique learning environment
- Diverse range of staff qualifications which allow us to provide a holistic teaching approach
- Knowledge of the U.A.E's ecosystems.
- Operate to British safety guidelines, with regular equipment checks
- Risk assessments for all of our activities
- First Aid qualified instructors
- Staff to student ratios of 1:16 on land 1:8 on water
- Insurance up to \$3 million (excluding pre-existing conditions)
- Meals based on healthy eating guidelines
- Transportation - coaches with seat belts, checked prior to boarding
- Accommodation - dorms & or tents depending location

ECOVENTURE

Wobbly beams & Climbing wall





ECO-ADVENTURE

Canoeing



ECOVENTURE

Jacobs ladder





ECO-ADVENTURE

Why send your child?

- Building confidence
- Personal Development
- Making new friends
- Making memories
- Challenging
- Instilling independence

ECOVENTURE

ECOVENTURE

Parents Handbook
Local Programs



You will all receive our
Parents Handbook.
Please take the time to read
and understand all of our
outlined points.



Ecoventure Year 5 - Year 6

Who?

Year 5 & 6. Lead Teacher - Miss Hannah (Upper Primary Phase Leader & Year 6 teacher)

When?

12th November - 16th November

Where?

UAQ Marine Club, UAE

What?

5 day outdoor education program/activities

Sensory Trail, Climbing Wall, Archery, Problem Solving, Kayaking, Raft Building, Canoeing, UAQ House Boat

Cost?

Approximately BD470

Specialist activity equipment, instruction by qualified staff, food, accident liability insurance, transport and accommodation



Ecoventure Year 7 - Year 9

Who?

Year 7 - 9. Lead Teacher - Mr. Matt (Head of PE & Year 9 Tutor)

When?

19th November - 23rd November

Where?

Al Mazra'a, UAE

What?

5 day outdoor education program/activities

Orienteering, Climbing Wall, Archery, Leap of Faith, Jacobs Ladder, Canoeing, Raft Building, Kayaking, Beach Games and much more!

Cost?

Approximately BD470

Specialist activity equipment, instruction by qualified staff, food, accident liability insurance, transport and accomodation





The logo for ECOAVENTURE is displayed in a light blue, textured font. The letter 'O' is replaced by a circular icon containing a stylized green plant, a brown mountain peak, and a blue body of water with a small orange boat.

ECOAVENTURE

The background of the slide is a scenic view of a snowy mountain range under a bright blue sky with wispy clouds. In the foreground, there are several bare, thin trees and a ski lift system with cables and towers stretching across the slopes.

Azerbaijan

Nadeen International School Bahrain
14 – 19 January 2024

About Azerbaijan

Azerbaijan is a country located where Eastern Europe meets Western Asia.

40% of Azerbaijan is comprised of mountain ranges!

We will ski/snowboard on the Greater Caucasus Range.

Çox sağ olun!
(Choh-sag-olun) – Thank you!



The Program

6 Days of jam-packed fun.

4 Days skiing/snowboarding!

4+ Hours of skiing per day.

1:8 Ski instructor ratio.

1:10 Teacher ratio.



Buckle up

Bahrain → Baku: 4 hour flight.

Baku → Shahdag: 3 hour van ride.



 Baku

 Shahdag



Shahdag Slopes

Ski in, ski out
for all abilities.

16.5 km of slopes
with 17 lifts.

Ski & snowboard
groups
determined by
ability/experience.

XIZƏK ENİŞLƏRİ / SKI SLOPES

- ASAN EASY
- ÇƏTİN DIFFICULT
- ÇOX ÇƏTİN VERY DIFFICULT
- PESƏKARLAR ÜÇÜN EXPERTS ONLY

ZOLAQDAN KƏNAR ƏRAZİLƏR / OFF PISTES

- RİSKLİ AÇIQ ƏRAZI RISK AREA
- QADAĞAN OLUNMUŞ ƏRAZI RESTRICTED AREA

KANAT XƏTTLƏRİ / LIFTS

KANAT XƏTTLƏRİNİN NÖVLƏRİ / TYPES OF LIFTS

- BUOEL BUGEL LIFT
- KÜRSÜ TIPLI CHAIR LIFT
- GONDOLA GONDOLA
- SEHIRLI XALÇA MAGIC CARPET

YENİ BAŞLAYANLAR ÜÇÜN ƏRAZI BEGINNER'S AREA

- XIZƏK MƏKTƏBİ SKI SCHOOL
- XIZƏK İCARƏSİ SKI RENTAL
- QAR PARKI SNOWPARK
- QIŞ ƏYLƏNCƏLƏRİ WINTER ACTIVITIES
- KAFE COFFEE SHOP
- TİBB KLİNİKASI MEDICAL CENTER
- BİLETLƏRİN SATIŞ MƏNTƏQƏSİ TICKET OFFICE
- AVTOPARK CAR PARK
- MƏLUMAT MƏNTƏQƏSİ INFORMATION POINT
- ATILCILO MƏRKƏZİ SHOOTING CENTRE
- HELİKOPTER MEYDANÇASI HELIPAD

DAĞ XILASETMƏ QAYNAR XƏTTİ
+99477 277 32 24
MOUNTAIN RESCUE HOTLINE

Shahdag Instructors

Qualified instructors with local knowledge.

1:8 ratio means small groups on the slopes.

Ski groups based on experience.
First-timers welcome!



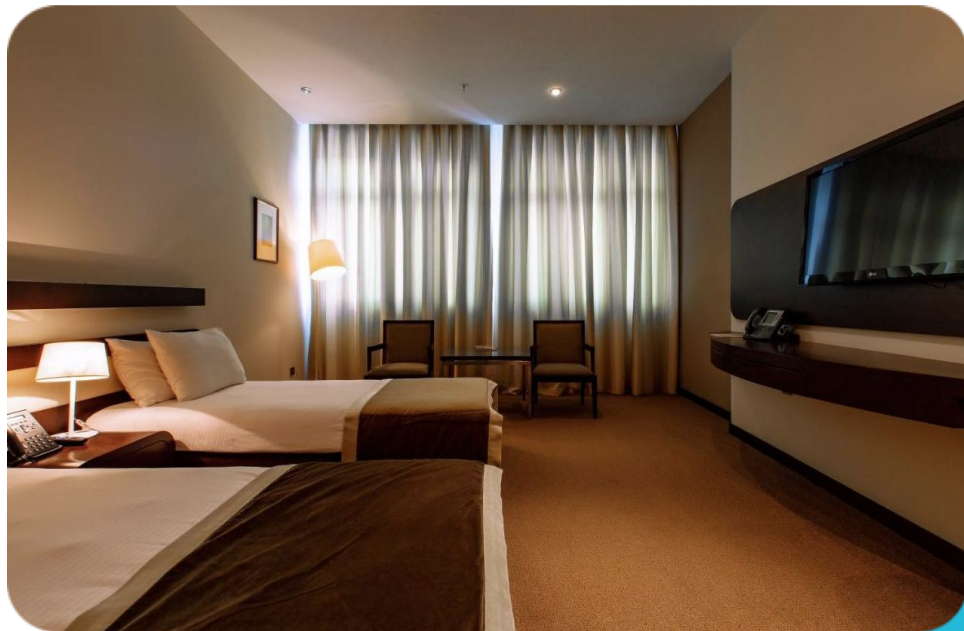
Accommodation: Zirve Hotel

Situated on the slope!

Full-board with mixture of azerbaijani and European dishes.

Buffet breakfast and dinner.

Ensuite twin and triplet rooms.



Azerbaijan – At A Glance

Trip Dates:
14-19 January 2024

AM & PM Lessons:
15, 16, 17, 18 January 2024

7.30-8.30 – Breakfast.

8.30-8.50 – Get ready and head downstairs.

9.00 – Lifts open and the AM lesson begins.

12.00 – Lunch.

13.00 – PM lesson starts.

16.30 – Regroup, daily debrief, and
afternoon tea.

17.00 – Showers and free time.

18.00 – Dinner.

19.00-20.00 – Evening entertainment.

21.00 – Bed.



Next Steps

Registration & Trip Deposit: 30th September 2023

Travel Requirements

Passports and GCC residency visas must have six months validity.

Visas

Obtaining a visa is the responsibility of each family.

- Azerbaijan Government Website:
<https://evisa.gov.az/en>
- Countries eligible for an e-visa:
<https://evisa.gov.az/en/countries>



Ski Trip Year 6 - Year 9

Who?

Year 6 - 9. Lead Teacher - Mr. Kyle (Director of Sport)

When?

14th January - 19th January

Where?

Shahdag, Azerbaijan

What?

6 day trip with 4 days on the slopes

Skiing & snowboarding both available (All abilities welcome)

Cost?

Approximately BD950

Ski/snowboard equipment, helmets, lift passes, instruction by qualified staff, food, accident liability insurance, transport and accommodation



AZERBAIJAN
NADEEN INTERNATIONAL SCHOOL - BAHRAIN
14 - 19 JANUARY 2024

PROGRAM OVERVIEW
Flight time DXB to Baku: 3 hrs
Transfer time Baku to Shadag: 4 hrs
AM & PM Ski/Snowboard Lessons
Evening Entertainment Activities

WHAT'S INCLUDED
AM & PM ski/snowboard lessons
Skis or snowboard
Flights & all transportation
Accommodation & meals
Travel insurance

HEALTH AND SAFETY
1:7 Ski instructor to student ratio
Qualified instructors
Risk Assessments
Minimum operation standards

ECOVENTURE
www.ecoventureme.com

The poster features several images: a group of students on a ski lift, a large group photo on a snowy slope, two students in ski gear, and a student posing in the snow. The background is a scenic view of a ski resort.



Thank you for listening.