



Ningbo British  
International School  
浙江宁波英伦  
外籍人员子女学校

# NBIS External Extra-Curricular Activities



# Extra-Curricular Activities

In addition to the diverse and exciting Internal-ECAs, NBIS offers a wide range of External-ECAs include Ice Skating, Fencing, Golf, Brazilian Jiu-Jitsu, French, Tennis, and Football.

除了丰富多彩的校内ECAs课程, NBIS还提供校外ECAs课程如冰球、击剑、高尔夫、巴西柔术、法语、网球和足球。



Extra Curricular Activities have many benefits for students, and help to enrich student learning outside of our core curriculum.

课外活动课程有利于学生全面发展, 有助于丰富学生在课堂之外的学习。

Extra-Curricular Activities (ECAs) at NBIS are very well attended and enjoyed by both the children and the staff who run them. They are a fantastic opportunity for your child to develop new interests and skills alongside developing confidence and social relationships. Don’ t miss out!

NBIS的课外活动课程参与度高, 深受学生们的喜爱。这对孩子们来说是一个发展新的兴趣和技能的好机会, 同时能够帮助他们树立信心, 培养社交能力。千万别错过!

## Fencing

### Year 1-9 (Primary and lower secondary)

Fencing can foster bravery, decisiveness, tenacity and give students the skills to overcome all difficulties. It can also cultivate children’ s concentration, reaction, judgment, coordination, and flexibility.

击剑能让孩子们具备勇敢、果断、顽强和克服一切困难的品质。还可以培养孩子的专注力、反应力、判断力、协调性、灵活性、柔韧性。







## Golf

### Year 1-9 (Primary and lower secondary)

Golf is a great way to get the kids physically active in a safe environment and a sport they'll love. And the benefits go beyond physical fitness too — it can help with mental and emotional development as well as help develop social and emotional skills that will last their whole lives. Fun, safe and educational!

高尔夫有助于孩子们在安全的环境中进行体育锻炼。它的好处也超出了体能训练的范围——不仅能促进心智的发展，而且可以提高社交技能，这将持续影响他们的一生。有趣、安全、极富教育意义！



# LP Tennis



## Year 1-3 (Lower primary)

The Tennis ECA course is designed for students to learn and improve the foundational skills of tennis. The emphasis of the training is to develop students’ fundamental skills, so they can grow an interest in tennis and physical activity, and make tennis their sport for life.

网球课外活动课程是专为学生学习和提高网球技能所设计的。训练的重点在于培养学生的基本动作技术, 让他们对网球和体育活动产生兴趣, 并使网球成为终身的运动。



# Brazilian Jiu-Jitsu

## Year 1-9 (Primary and lower secondary)

Brazilian Jiu-Jitsu is a martial art based on grappling and ground fighting. BJJ greatly benefits kids in building up mental toughness, self confidence and self esteem, and has played a key role in “bullyproofing” many kids.

巴西柔术是一种基于擒拿术和地面格斗的武术。巴西柔术在培养孩子的心理素质、自信自尊方面有极大好处, 还能让孩子学习防身防卫。







## French

### Year 4-9 (Upper primary and lower secondary)

We are delighted to announce that Miss Chloe will continue to run the NBIS French ECA this year. The teachers teach basic French and develop students' skills in listening, speaking, reading and writing.

我们很高兴地宣布, Chloe老师今年将继续教授NBIS法语课外活动课程。她会教授基础的法语知识, 培养学生们听说读写的能力。







## Football

### Year 1-6 (Primary)

Football is a combination of strength, speed, stamina, special techniques, teamwork and tactics, and is extremely action-packed and spectator-friendly. Playing football is a great way to improve physical fitness, will and collective awareness.

足球是集力量、速度、耐力、专项技术、团队配合、战术于一体，具有极强的对抗性和观赏性的运动。踢足球对身体素质的提高，意志品质的锻炼和集体意识的培养都有非常好的帮助。







## Ice Skating

### Year 1-6 (Primary)

The aim of the NBIS Skating Club is to develop a love of skating and exercise, through fun, rewarding and challenging training and activities. Our first priority is to develop the child's confidence to be courageous in taking on a new sport. This enthusiastic and positive attitude will be a key element for successful skating. Students will begin developing the fundamentals and basic skills in skating. As the students' proficiency improves, they will have opportunities to train in hockey or figure skating.

NBIS滑冰俱乐部通过有趣、有成就感、有挑战性的训练和活动，培养孩子对滑冰和运动的喜爱。我们的首要任务是培养孩子的自信心，让他们勇于面对一项新运动。这种热情和积极的心态是影响滑冰的关键因素。学生将在俱乐部里学习滑冰的基础知识和基本技能，随着学生滑冰熟练度的提高，他们 will 有机会开展冰球或花样滑冰的训练。



# NBIS

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