



# Cambridge

## English Sports

### Kindergarten



#### **CAMBRIDGE Children's Education and Methodology Center**

**Cambridge Young Learners English Test  
Children's English Language Exam Center**

### **M O B**



**Magyar Olimpiai Bizottság  
(Hungarian Olympic Comittee)**

**Hungarian Swimming Association and  
Gymnastics Federation**

**CHILDREN'S INTERNATIONAL  
SPORTS CENTER**

**Cambridge English  
Sports**

**Kindergarten**

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***Discover the fun in learning ....***



***„ International Education order ”***

**Awarded Institution**



***Association of Hungarian  
Education Organisations***

**Certified Institution**



## *What makes us different?*

- *Homogeneous groups, groups of same-aged children*
- *International education, native English environment*
- *4 grade-levels*
- *Daily development occupations - Cambridge/ international /Hungarian pedagogical programme (based on the Kindergarten's annualy and monthly project plans)*
- *Pre-School group with developmental teacher*
- *IT - computer education*
- *courses for Cambridge Young Learners English Test*
- *Sports Section trainings: swimming section, rhythmic gymnastics section, ballet trainings with professional coaches*
- *optional programmes: chess, ice skating, gym-dance, arts & craft, martial arts*



- *introducing recreation, special (healthy) menu*
- *in-house kitchen with our own chef*
- *celebrating American and Hungarian holidays*
- *international weeks*
- *children's cuisine*
- *children's horticulture*
- *home economics*
- *preparation for the traffic*
- *moral philosophy education*
- *monthly extra programs, cultural development*
- *regular monthly excursions*
- *Cambridge Minibus Service*
- *Cambridge Galas (Cambridge Christmas Gala, Cambridge End of year Gala)*
- *paediatrician, dentist, psychologist*
- *speech therapy*
- *developmental test before school*





The Presidency of „**Sports for healthy children**” **Foundation** aims to create an institution, where sports and the love of English language are incorporated into the framework of our Pedagogical Programme as an integral part.

Our Kindergarten follows the principles of **Cambridge Budapest Language School**, Methodology and Exam Centre for Young Learners, our educational material is based on the CAMBRIDGE English Language Education System.

As an international institution, our basic aim is **children's English education**. Our youngest children start their kindergartener's life at level 1.

In addition to the **international** and **Cambridge** academic programme, children are involved in the **Hungarian** education system as well. Cambridge English Sports Kindergarten trains the new generation of **MOB – Hungarian Olympic Comittee - the Hungarian Swimming Association and the Gymnastics Federation**.

Our international programme is based on English language communication, with the objective to grant our students English language vocabulary and speaking skills appropriate to their age. Every term ends with a **Cambridge Diploma**.

Our English language Academic programme program is level-based; by the end of the kindergarten (at the age of 6) children may enrol to a course, that prepares them for the **Cambridge Young Learners English Test**, and they can also take a final exam organised by Cambridge Budapest Language School.

Our English teaching methods - in addition to the existing pedagogical programme - are purpose-based, and our educational material is presented by native English teachers.

All kindergarten children will be supplied with the appropriate level **Cambridge English kindergarten package** containing the training's material and a CD.

Using them at home let parents follow and guide their children's English language development.





## About us

The Kindergarten is located in South-Pest, in district XVIII., in a small family villa with 1800 squaremeters green area, supplied with modern, colorful playground equipment.

The Kindergarten was founded in September, 2006. In the first year we started with two groups, but as a result of sudden and huge success, and increasing needs, an extension had to be added in the summer of 2007.

In 2012 our Kindergarten and educational programme was awarded as an:



*„International Educational Order”*

In 2016 our Kindergarten was also awarded by NEVOSZ (the association of Hungarian Education Organisations), and now proudly bears the title as a:



*"Outstanding International Education Institution"*

We've had several other awards during the years because of our educational and sports programme.

The area of the kindergarten is 550 squaremeters with 3 floors and 4 classrooms, a language lab, spacious changing rooms, a separate dining room, a fully equipped gym, and an IT-corner.



Our classrooms are spacious , bright, and age-appropriated.

The English language lab is equipped with interactive boards, and all devices necessary for audio and video materials, TV-, DVD- and CD-players.



Our gym is equipped with wall bars, a mirror, stools, a trampoline, sponge mats, and rhythmic gymnastics apparatus helping the trainer's work and the children's sports development.



## Educational Staff

We had special emphasis on selecting teachers, pedagogical assistants, and nurses. We tried to select the best teachers, at multi-level interviews, by considering various factors, so that the children will be educated by professionals, to whom pedagogical and educational knowledge are on the highest level.

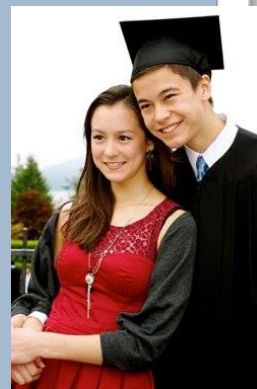
All of our kindergarten teachers have college degrees. Our English teachers not only have a degree, but they also have a Cambridge English teacher's diploma, and they speak a comprehensible and clear language.

Our teachers have many years of professional experience and are open to sport as an individual lifestyle.

Pedagogical assistants and nurses also help the educational work of the teachers.

A speech therapist and a child psychologist assist our work on a contractual basis.

A paediatrician, a paediatric nurse and a dentist also check our children's development.



# Kindergarten Open

## Opening hours

Opening hours of CAMBRIDGE English Sports Kindergarten are scheduled to meet parent's needs:

**Monday-Friday**

**7.00 – 17.30**

Our services include weekend day-care.

Full-board and professional care are on demand.

**CAMBRIDGE English Sports Kindergarten**  
besides our English educational programme, our aim is to develop  
Hungarian (mother tongue)vocabulary as well.

**Our English and Hungarian pedagogical programme is accepted by  
educational experts.**

## **CAMBRIDGE**

### **Pedagogical and Educational philosophy**

**Our education system integrates into games, ensuring the children's  
continous development, checking by the maintainer.**

**In our educational programme English knowledge, foundation of English-  
Hungarian bilingualism, developing language skills are formed by basic  
vocabulary and short conversations.**

## CAMBRIDGE Programme

Our English teachers' work is completed by our Hungarian kindergarten teachers. Besides our all-day international programme, they have Hungarian "lessons"; that is how they provide our children the Hungarian educational programme.

Because of our international education, children are grouped according to their age.

Using English on a daily basis ensures continuous training; children acquire foreign language during their daily occupations and games almost imperceptibly, as the language surrounds them naturally and becomes a normal part of their days.

Over time, children are getting more comfortable in the English-language environment, they learn about Anglo- Saxon customs and holidays parallel to the Hungarian traditions, they sing songs, and listen to stories, learn about basic information necessary later for school.

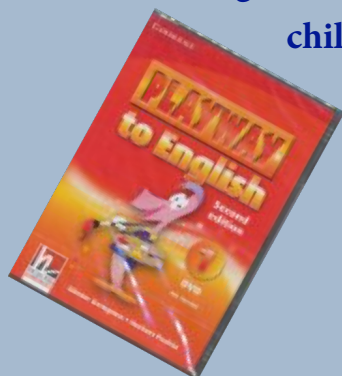
Or children's English education applies the Cambridge stages, at the beginning of the school (age 7) they are offered to prepare for the Cambridge Young Learners English test and take the final exam.

This Cambridge Young Learners Exam is an accepted language exam in Hungary, and it can also be a milestone before going to an international, bilingual or high school.





All kindergarten children will be supplied with the appropriate level Cambridge English kindergarten package containing the training material, and a CD. Using them at home let their parents follow and guide their children's English language development.



Our native English teachers follow the education method and curriculum of the Cambridge teaching methods.

**CAMBRIDGE English Sports Kindergarten** is also the preparatory Centre for British Council Young Learners English Tests.

*We recommend the Cambridge Young Learners to all children and their parents, who wish that they:*

- have an external assessment of the child's level of English skills
- gain a routine of examination, thereby promoting their school "performance"
- become comfortable and more confident in exam situations
- acquire solid grounds for an excellent high school entrance exam

## Education structure:

<u>Levels</u>	<u>Groups</u>	<u>Age</u>	<u>Teachers</u>	<u>Cambridge Program</u>	<u>International Program</u>	<u>Hungarian Program</u>	<u>Pre-School and IT</u>
1st Level	Suzy group	3-4	1.English 2. Hungarian	✓	✓	✓	
2nd Level	Garfield group	4-5	1. English 2. Hungarian	✓	✓	✓	
3rd Level	Stuart group	5-6	1. English 2. Hungarian	✓	✓	✓	
Pre-School	Pre-School group	6	1. English 2. Hungarian 3. Developmental teacher	✓	✓	✓	✓

## Key Stage 1- (3-4 years)

### Year of intensive Language Learning

#### Suzy Group

##### Teachers:

- 1.English
- 2.Hungarian

Cambridge books : Hippo and Friends 2



Our children spend their first year in a "*language preparation*" group, where we provide them an age-appropriated, intensive, but playful way of teaching. The group's aim is to have a confident and useable English knowledge, that we can build on next year. Basically we prioritize the development of the communication skills at this age.

In this group we use thematically organised games; daily activities provide possibilities for socialization, play, and development in the child's community.

In an English environment, fine motor skills are developed through activities in fun and creative ways, children sing songs, and play music a lot; gross motor skills are developed by sports activities.

Hungarian Kindergarten  
Educational Program

## Key Stage 2 - (4 - 5 years)

### Stuart Group

##### Teachers:

- 1.English
- 2.Hungarian

Cambridge books : Playway English 1.



After the intensive English course, English development is continuous by building on the solid foundations. Besides the group's English kindergarten teacher, the Hungarian teacher follows the group, who teaches the Hungarian pedagogical program in an increasing number of Hungarian lessons.

In this group we continue developing fine motor skills with craft activities, and introduce crayon- and pencil craft activities; gross motor skills are developed by lots of physical exercises and moving around.

There are age-appropriated experiences through pretend play, toy cars, and monkey bars, puzzles, building blocks, or they can have a conversation, or listen to simple stories.

## **Key Stage 3. (5 - 6 years)**

### **Garfield Group**

**Teachers:**

- 1.English
- 2.Hungarian

**Cambridge books :** Playway English 2.



In this year our teachers pay special attention to the basics of the grammatical rules, and the correct usage of English vocabulary. Our Hungarian kindergarten teachers also teach the Hungarian pedagogical programme in an increasing number of Hungarian lessons.

They discover the practical application of reading and writing for their own success in school. Exercises for number sense readiness - grouping exercises, counting, matching games, promote basic number skills.

Children get acquainted with basic maths concepts, and their problem solving ability improves. Their attention span is growing, they are able to memorize and recognize objects by form, color, and size.

Five-year-old children are showing vivid interest in their communities and their environment; their increasingly complex thinking requires the development of their memory and fine motor skills.



# Pre-School Group (6 - 7 years)

## Teachers:

1. English
2. Hungarian
3. developmental teacher

Cambridge books : Playway English 3.

This high-level program uses an integrated, thematic approach to cover language, math, science, social studies, arts, computer, music, drama and physical education panels.



Reading- and writing-preparatory activities are continued: writing letters, numbers, practicing the correct use of pencils.

Six-year-old children are active, verbal communication is increasingly accented; they start to be interested in games and

game rules, and new concepts and problem-solving skills emerge from these experiences. As a result, activities and experimentation better fit this age, than habitual activities at the table.

Great emphasis is placed - involving a speech therapist - on the correct use of languages; primarily on the English language - for native and non-native speakers - as well as on the Hungarian language - for native and non-native speakers.

Regular excursions, which focus on education and socialising, are used to learn about Hungarian traditions, history and culture.

A separate, but emphasized part of our program is school-preparation training.

The Kindergarten provides each child with a set of school-preparation materials (English, mathematics, music, science and society, information technology), we would like them to prepare for school life.

This year we pay special attention to the Hungarian habits of speaking: how to talk with children and grown-ups demurely. This is also a part of our society education programme.



# C A M B R I D G E

## English Sports Kindergarten

Our special development program is tailored to the individual skills of each child and to their development level

Every sports- and developmental programme is based on games, with special attention to the children's age.

During our sports classes our aim is not to educate competitors. Our aim is to create an individual sporty lifestyle, preconceive the love of sports, and lay down the funds of a prospective, healthy and sporty life.



# SPORTS PROGRAM



Our kindergarten trains the new generation of MOB – Hungarian Olympic Committee – the Hungarian Swimming Association and the Gymnastics Federation.

Two sport divisions operate in the kindergarten, both provide increased number of sport classes with qualified master coaches. Selection of the preferred sport division is available after the enrollment of children:



## Swimming division

## Rhythmic gymnastics division





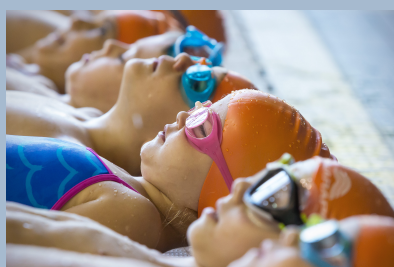
# Swimming division

## Swimming division classes:

### Trainings

- 3 trainings weekly
- Place: Kocsis Sándor Sports Centre - Újhegyi Swimming Pool

Swimming is the only sport that does not mean any strain to the skeletal system – primarily the spine – and it does not prevent but facilitates growth.



Swimming develops all muscles of the body in a balanced, proportionate manner, improves circulation and the formation of capillaries. Swimming as a basic sport triggers the development of relaxed muscles inevitable to sports. Due to the above listed, improvement is easier in other sports as well.

The time period from 3 to 6 years is as sensitive in development as the first years are in the life of a child. Their skeletal system strengthens, starts growing, at the same time the muscular system also develops, they get into a community and start to create social relationships too.

Regular activities formed in this life period determine the lifestyle of children, thus swimming should not be missing from this particular time period either. Taking this into consideration, we worked out our swimming development program, a special water activity system, a training methodology that makes it possible for this age group to train in a playful way in water while developing spectacularly.

Swimming movements are harmonic, organized, thus the movement of children will be coordinated as well, which has a beneficial effect on psychological processes too. Thanks to the organized quality of swimming, it also develops aesthetic sense. Following rules, knowledge of rules, national and international levels and skills connected to these have strong ties with the cognitive education part.



During swimming children go through a personal development: persistence, motivation, self-discipline, self-confidence, pain tolerance are developed.



Mental factors of stamina are monotony tolerance, permanent interest, motivational bases and long lasting attention. The basis of stamina are persistence, self-discipline and the ability to struggle.

Our swimming development program includes 3 water training classes weekly.

## Our swimming division's structure:

### CAMBRIDGE ENGLISH SPORTS KINDERGARTEN

Cambridge English Swimming Kindergarten



I. Level Suzy Group Age: 3 - 4	II. Level Stuart Group Age: 4 - 5	III. Level Pre-School Group Age: 5 - 7
<b>Getting used to water/ shallow water</b>	<b>Getting used to water/deep water</b>	<b>Getting used to water/deep water</b>
<ul style="list-style-type: none"> <li>- diving</li> <li>- air intaking, blowing out</li> <li>- floating</li> <li>- gliding</li> <li>- jumping into water</li> <li>- water games</li> </ul>	<ul style="list-style-type: none"> <li>- diving</li> <li>- air intaking, blowing out</li> <li>- floating</li> <li>- gliding</li> <li>- jumping into water</li> <li>- basic steps of plunge</li> <li>- water games</li> </ul>	<ul style="list-style-type: none"> <li>- diving</li> <li>- air intaking, blowing out</li> <li>- floating</li> <li>- gliding</li> <li>- jumping into water</li> <li>- basic steps of plunge</li> <li>- water games</li> <li>- start, turning around</li> <li>- mental preparation to competitions</li> <li>- competitions</li> </ul>
<b>Types of swimming /shallow water</b>	<b>Types of swimming/shallow water</b>	<b>Types of swimming/deep water</b>
<ul style="list-style-type: none"> <li>- basic steps of the backstroke</li> </ul>	<ul style="list-style-type: none"> <li>- the backstroke (arms and feet tempo)</li> <li>- the crawl (arms and feet tempo)</li> <li>- the breaststroke (feet tempo)</li> </ul>	<ul style="list-style-type: none"> <li>-the breaststroke</li> <li>-the crawl</li> <li>-the backstroke</li> </ul>

# Rhythmic Gymnastics Division

## RG Division classes

### Trainings:

- rhythmic gymnastics trainings 2-3 times weekly
- ballet training: once a week

Place: Cambridge English Sports Kindergarten gym room

Cambridge English Sports Kindergarten is also a member kindergarten of the Hungarian Gymnastics Federation - youth training for their Rhythmic gymnastics and Gymnastics Department continues. Our master trainer - Viktória Soós is a well-experienced coach, with



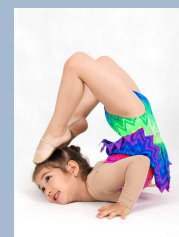
plenty of successful competitions behind her back. She also has a master trainer's diploma.

Our main goal is introducing a love of sports and healthy lifestyle education. The children are trained by master trainers following an annual plan; their training schedule is supplemented by ballet education.

First of all, our trainer introduces the basic elements of Rhythmic gymnastics in a playful way, then she shows the technical elements of the equipments.

It improves endurance, posture, muscles. This sport is the basis of all other sports, because it provides all the benefits a healthy child needs or may need later.

Characteristic movements of the above sports ensure harmonious physical development, correct posture and conscious movements ;they develop the sense of rhythm and coordination skills.



*In addition to our basic sports we also offer other, optional sports such as:*

*-show-dance, ice skating, horse riding, tennis*

This is suitable for basic training of the body, providing an excellent basis for any other sports later.





## FREE PLAYTIME

Our daily developmental classes (pedagogical and sports classes) are always in the morning hours. We pay special attention to free playtime between these classes.

In the afternoon - depending on the weather - our children spend their free playtime outside or in the classroom.





# NUTRITION

**Establishing good recreation habits is a primary goal in our kindergarten, we provide special menu to the children.**



Striving to meet this goal we provide our children with special / well balanced meals, only wholesome food (poultry, fish, and wholegrain cereal) is on the menu.

The Kindergarten has an in-house kitchen and a qualified cook provides our children with their daily food needs.

The vitamin bar offers the children fresh, raw fruits and vegetables on a self-service basis.

The children's daily water intake is provided by natural water of Aquastella Ltd. from Csillaghegy, containing minerals essential for their physical and mental progress.

The water-fountain can be used on a self-service basis.



**All of the children's meal are served in our own restaurant.**



# C A M B R I D G E

## Uniform

Referring to the international institution's rule, it is mandatory for the children to wear the Cambridge uniforms.







# CAMBRIDGE Minibus Service

## 1. DOOR TO DOOR SERVICE :

Door to door service is an individual, flexible service.

## 2. SHUTTLE BUS SERVICE :

Groupage freight service in Budapest, South-Pest suburbia, every morning and afternoon.

### Pick-up points :

- Bp. IX. district - Népliget metro station - bus station
- Bp. XIX. district- Határ út metro station – Shopmark
- Bp.X. district – Kőbánya-Kispest metro station
- Bp. XIX. district – Koós Károly square
- Bp. XX. district Pesterzsébet Centre- McDonald's
- Bp. XXI. district – Csepel Plaza – McDonald's
- Bp. XXIII. district– Hero's Square
- Bp. XVIII. district– Pestszentimre Centre
- Bp. XVIII. district Nagykőrösi Str.- Méta Str. - McDonald's
- Bp. XVIII. district - Sallai residential district
- Vecsés – Market Central – McDonald's



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KINDERGARTEN**

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