

## CCA INFORMATION 2018 (Sports & Games)

<b>Badminton</b>	
<b>Teacher ICs</b>	<p><u>School Team</u> Mr Pang Toh Jin, Mr Eric Seah</p> <p><u>LLP</u> Ms Ong Liting Ariana / Mdm Chua Yu Han / Ms Charlene Chu / Mdm Ting Wan Sin / Mdm Farhana (AED)</p>
<b>CCA Days</b>	<p><u>School Team</u> (Junior) – Monday, Wednesday &amp; Saturday (Senior) – Tuesday, Thursday &amp; Friday <u>(Badminton)</u> LLP P4 – Tuesday &amp; Thursday LLP P3 - Friday Sports Exposure Programme– Monday</p>
<b>Time</b>	<p><u>School Team</u> Junior Team Monday (1.30pm-4pm) Wednesday (2.00pm-4.30pm) Saturday (8.00am-10.30am) Senior Team Tuesday (2.45pm-4.15pm) Thursday (2.00pm-4.30pm) Friday(2.00pm-4.30pm) <u>(Badminton)</u> Sports Exposure Programme LLP P2 – Monday (1.45pm-3.45pm) LLP P3 – Friday (2.15pm-4.15pm) LLP P4 – Tuesday (2.45pm-4.45pm) &amp; Thursday (2.15pm-4.15pm)* <i>*2 sessions per week for semester 1 only. 1 session per week for semester 2</i></p>
<b>Venue</b>	<p><u>School Team</u> Secondary School Hall – Shaw Hall <u>Sports Exposure Programme (Badminton)</u> Primary School Hall</p>
<b>Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1. Students will be able to play a game of badminton at the recreational and competitive level for beginners and advanced players respectively.</li> <li>2. Students will learn the fundamentals of handling the equipment and apply their knowledge of basic badminton rules to play the game.</li> </ol>
<b>Summary of CCA</b>	The CCA recruits P2 students for badminton as an enrichment programme. P3 and P4 students will progressively prepare themselves to compete at interschool zonal and national level.

<b>Basketball</b>	
Teacher ICs	Ms Gwendolyn Tan / Ms Anna Seah / Ms Seah Yu Jie
CCA Days	Tuesdays and Thursdays
Time	3.00pm to 5.00pm (2hrs)
Venue	Basketball Court
Learning Outcomes	<ol style="list-style-type: none"> <li>1. Students will learn the fundamentals of basketball and apply their knowledge of basketball rules to play the game correctly.</li> <li>2. Students will be able to play basketball at the recreational and competitive level for beginners and advanced players respectively.</li> </ol>
Summary of CCA	<p>The CCA recruits P2 to P5 students for both recreational and competitive play. Students with potential are selected to participate in the zonal and national competitions.</p> <p>Representatives for National Competition:</p> <ul style="list-style-type: none"> <li>• Senior boys – 12</li> <li>• Junior boys – 12</li> </ul>

<b>Bowling</b>	
Teacher ICs	Mr Robin Koh / Mr Eugene Wong / Mrs Eleanor Tham
CCA Day	Thursdays
Time	2.30pm to 4.30pm (2hrs)
Venue	SAFRA Toa Payoh (Super Bowl)
Learning Outcomes	<ol style="list-style-type: none"> <li>1. Students should be able to explain and apply their knowledge of basic bowling rules to play the game correctly.</li> <li>2. Students should be able to play bowling at the recreational and competitive level for beginners and advanced players respectively.</li> <li>3. Students should be able to demonstrate good sportsmanship and values of fair play, teamwork and discipline through playing badminton.</li> <li>4. Students to display traits of the school values.</li> </ol>
Summary of CCA	<p>The CCA recruits P3 to P6 students with the intent to prepare them for National Inter School Ten Pin Bowling Championships and National Age Group Championships.</p> <ul style="list-style-type: none"> <li>• Selection for suitable members</li> <li>• Able to take instructions well</li> <li>• Shows good fundamental balance and poise in the finishing stance</li> <li>• Attitude and consistency</li> </ul>

<b>Softball</b>	
<b>Teacher ICs</b>	Mrs Helen Ang / Mdm Hernidiana / Ms Liu Xiaoyu
<b>CCA Days</b>	Tuesdays & Thursdays
<b>Time</b>	3.00pm to 5.00pm (2hrs)
<b>Venue</b>	School – Parade Square
<b>Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1. Students will be able to explain and apply their knowledge of basic Softball rules to play the game correctly.</li> <li>2. Students will be able to play Softball at the recreational and competitive level for beginners and advance players respectively.</li> <li>3. Students will be able to demonstrate good sportsmanship and values of fair play, teamwork and discipline through playing Softball.</li> </ol>
<b>Summary of CCA</b>	<p>The CCA recruits P2 to P6 students with the intent to prepare them for National Competitions. (Junior P3 &amp; P4) (Senior P5 &amp; P6).</p> <p>Selection for suitable players for Competition:</p> <ul style="list-style-type: none"> <li>• Will be done by coach in consultation with teacher ICs.</li> <li>• Regular attendance.</li> <li>• 15 for Junior &amp; 15 for Senior will be selected.</li> </ul>

<b>Sport Climbing</b>	
<b>Teacher ICs</b>	Miss Larissa Ho / Miss Grace Chow
<b>CCA Days</b>	Thursdays
<b>Time</b>	2.30pm to 5.00pm (2 hrs)
<b>Venue</b>	MSSH Rock Wall or External Climbing Gyms
<b>Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1. Students will understand the essential safety aspects of engaging in Sport Climbing and learn how to properly handle climbing equipment.</li> <li>2. Students will learn and use basic climbing techniques while scaling a high wall and/or boulder wall.</li> <li>3. Students will represent the school in Top Rope Difficulty Climbing, Speed Climbing or Bouldering at a recreational and/or competitive level depending on their climbing proficiency.</li> <li>4. To build perseverance and resilience through vigorous training required to compete in an extreme sport.</li> </ol>
<b>Summary of CCA</b>	<ul style="list-style-type: none"> <li>• The CCA recruits P3 to P5 students with the intent to expose them to the sport of climbing and to develop tenacity in each child for overcoming challenges. Through physically demanding CCA trainings, we prepare them for competitions at the inter-school and National level.</li> <li>• Selection for suitable members will be done through CCA trials conducted at the start of the year and school team representatives will be selected</li> </ul>

based on their training progress and commitment in the CCA. Only Upper Primary students are eligible to participate in National level competitions.

### Table Tennis Modular Enrichment

Teacher IC	Mrs Angela Chow / Ms Tan Mei Xin
Programme Day	Thursdays
Time	2.15pm to 4.15pm (2hrs)
Venue	Primary School Hall
Learning Outcomes	<ol style="list-style-type: none"> <li>1. Students should be able to explain and apply their knowledge of basic table tennis rules to play the game correctly.</li> <li>2. Students should be able to play table tennis at the recreation and competition level for beginners and advance players respectively.</li> <li>3. Students should be able to demonstrate good sportsmanship and values of fair play, team work and discipline through playing table tennis.</li> <li>4. Students will acquire adequate skills in the sport, to allow them to participate in the sport leisurely without any form of coaching.</li> </ol>
Summary of CCA	The CCA recruits P2 to P4 students with the intent to equip them with the basic Table Tennis skills and inculcate in them the interest in Table Tennis. Students learn about sportsmanship and the values of teamwork and discipline. For P2 it is a Sports Exposure Programme.

### Taekwondo Club

Teacher ICs	Mrs Toh-Lai Wei Xuan / Mrs Priscillia Chen / Miss Hong Lai Fun / Mdm Fatmah / Ms Ho Huan Xin
CCA Days	Every Monday, Thursday, Friday (Wednesday for competitors during competition season)
Time	<p>Coloured belt training: Monday 3.00pm-5pm            Yellow-Green belt training: Thursday 2.15pm-4.15pm            White belt training: Friday 2.15pm-4.15pm</p> <p><u>School Team (Competitors)</u>            Wednesday 2.00pm-4.00pm            Thursday 2.15pm-5.00pm            Friday 2.15pm-5.00pm</p>
Venue	Staircase landing outside AVA room Secondary School Gym (Wednesday)
Learning Outcomes	<ol style="list-style-type: none"> <li>1. Students will learn Poomsae pattern, which consists of a series of kicks and punches and Kyorugi, which consists of sparring.</li> <li>2. Students may be selected to participate in the National Inter-Primary</li> </ol>

	<b>School Taekwondo Championship.</b>
<b>Summary of CCA</b>	<ul style="list-style-type: none"> <li>• The CCA recruits P3 to P5 students with the intent to expose them to the Korean martial art and eventually prepare them for National competition.</li> <li>• The recruitment drive is only open to 35 new members (white belt). If there is an overwhelming 1<sup>st</sup> choice response, Coach will do a trial and in consultation with teacher ICs to select suitable students.</li> </ul>

<b>Wushu</b>	
<b>Teacher ICs</b>	<b>Mr Zhang Miao / Ms Tan Poh Kian / Mdm Gabrielle Lim Hui Wen</b>
<b>Programme Day</b>	<b>Mondays</b>
<b>Time</b>	<b>1.45pm-3.15pm (Sports Exposure Programme for Primary 2 Students) 3.15pm-4.45pm (for Primary 3-5 Students)</b>
<b>Venue</b>	<b>Primary School Hall</b>
<b>Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1. Students will be able to understand and learn the fundamental to intermediate skills of Wushu.</li> <li>2. Students should be able to demonstrate good sportsmanship and values of fair play, team work and discipline through Wushu.</li> </ol>
<b>Summary of CCA</b>	<ul style="list-style-type: none"> <li>• The CCA recruits P2 to P5 students with the intent to groom students with passion in Wushu and to represent the school for national competitions.</li> <li>• Teacher ICs in consultation with the coaches will select suitable members from this CCA to be a school team member based on their performance throughout the training.</li> </ul>

## CCA INFORMATION 2018 (Clubs & Societies)

<b>Art Club</b>	
<b>Teacher ICs</b>	Ms Illiyana / Ms Tan Hwee Pheng Charlotte
<b>CCA Day</b>	Thursdays
<b>Time</b>	2.15pm to 4.15pm (2 hours)
<b>Venue</b>	Art Room 2
<b>Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1. Students will learn various 2D &amp; 3D art-making techniques through weekly activities and develop observational skills and drawing techniques while studying their subject matter.</li> <li>2. Students will be able to hone questioning and art appreciation skills when observing artworks during weekly activities.</li> <li>3. Students will be able to apply art vocabulary and their art appreciation skills with confidence when visiting museums through their art discussions and reflections.</li> <li>4. Students will be able to exercise independence through developing the habit of exploring and recording their ideas and art-making processes their sketchbook to build on their personal visual diary and portfolio.</li> </ol>
<b>Summary of CCA</b>	The CCA recruits P3 to P5 students with the intent to develop their potential and confidence in visual arts as well as participate in the Singapore Youth Festival Art Exhibition and Celebration events.

<b>Book Club</b>	
<b>Teacher ICs</b>	Miss Lau Nguen Kee / Mrs Illango Syamla
<b>CCA Day</b>	Thursdays
<b>Time</b>	2.15pm to 4.15pm (2 hours)
<b>Venue</b>	MBL
<b>Learning Outcome</b>	Students will develop a love for reading and learn to be responsible library users.
<b>Summary of CCA</b>	<ul style="list-style-type: none"> <li>• The CCA recruits P3 to P6 students with the intent to develop in them the joy and passion for reading through research done on books and their authors.</li> <li>• Students will learn to appreciate how authors create their stories and engage in activities such as craftwork, games and puzzles that are related to the books that they are researching.</li> </ul>

<b>Brass Band</b>	
<b>Teacher ICs</b>	Mr Richard Chew / Mr Low Kee Chai / Mdm Sivagami / Mrs Melinda Sim
<b>CCA Days</b>	Thursdays and Fridays
<b>Time</b>	2.15pm to 4.15pm (2hrs)
<b>Venue</b>	Music Room and Classroom
<b>Learning Outcomes</b>	Students will learn the fundamentals of playing a brass instrument or percussion instrument, whether individually or as a group.
<b>Summary of CCA</b>	<ul style="list-style-type: none"> <li>• The CCA recruits P2 to P5 students with the intent to prepare them for school/National performances such as the SYF.</li> <li>• There is no music entry requirement for members. Students new to the brass band will be taught music theory and how to play the assigned brass/percussion instrument.</li> </ul>

<b>Chinese Chess Club</b>	
<b>Teacher ICs</b>	Mdm Chew Kim Moi / Ms Evelyn Ang
<b>CCA Day</b>	Thursdays
<b>Time</b>	2.15pm to 4.15pm (2hrs)
<b>Venue</b>	4H Classroom
<b>Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1. Students will be able to play Chinese Chess at the recreational and competitive level for beginners and advanced players respectively.</li> <li>2. Students will be able to develop the use of higher-order thinking skills and the ability to analyse actions and consequences in our members.</li> <li>3. Students to learn the values of discipline, respect, integrity and resilience as part of the training.</li> </ol>
<b>Summary of CCA</b>	The CCA recruits P3 to P6 students with the intent to prepare them for Inter-Primary Schools Xianqi Competition.

<b>Cub Scouts</b>	
<b>Teacher ICs</b>	Mr Selvam / Ms Alice Ng / Mr Tan Leng Leong / Mdm Cheong Shu Hui
<b>CCA Day</b>	Thursdays
<b>Time</b>	2.15pm to 4.15pm (2hrs)
<b>Venue</b>	4C and 4D Classroom
<b>Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1. The Cub Scouts are engaged in various community projects like volunteering their services for Food from the Heart and visiting senior activities centres to do their part in caring for their community.</li> <li>2. Through the various national campaign badges and proficiency badges that they complete, every Cub Scout will have the chance to gain valuable knowledge and learn a new skill.</li> <li>3. Every Cub Scout will learn to be a skilled leader, an independent learner and a great team player through the various camps and activities (outdoor cooking, knots and pioneering and basic first aid training) that we provide.</li> </ol>
<b>Summary of CCA</b>	<ul style="list-style-type: none"> <li>• The CCA recruits P3 and P4 students with the intent to nurture every Cub Scout to be compassionate, responsible and independent gentleman through services to the society and lifelong skills like outdoor cooking, knots and pioneering and basic first aid training.</li> <li>• We also value the importance of equipping each Cub Scout to be a skilled leader through conducting games and activities but at the same time believe in instilling the value of teamwork and resilience through the various camps and bonding activities we provide.</li> <li>• In scouting, we believe that nature and the outdoors are our best classrooms to pick up lifelong skills and knowledge.</li> </ul>

<b>Digital Photography and Videography Club</b>	
<b>Teacher ICs</b>	Ms Zhang Hui Yun / Mdm Kalathevi
<b>CCA Day</b>	Thursdays
<b>Time</b>	2.15pm to 4.15pm (2hrs)
<b>Venue</b>	Computer Lab 1
<b>Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1. Students will learn the fundamentals of handling the digital cameras and apply their knowledge on photography skills.</li> <li>2. Students will be able to use editing software for photo editing.</li> <li>3. Student will be able to understand and create simple videos.</li> </ol>
<b>Summary of CCA</b>	<ul style="list-style-type: none"> <li>• The CCA recruits P4 to P6 students with the intent to enhance their photography and videography skills through participation in major school events and celebrations</li> <li>• Give them more exposure to various software that are available in the market for their future projects.</li> </ul>

<b>English Language Society</b>	
Teacher ICs	Mdm Kalpana / Ms Hailwa / Ms Rusydiana / Mdm Rahaini
CCA Day	Fridays
Time	2.15pm to 4.15pm (2hrs)
Venue	Music Room 3
Learning Outcomes	<ol style="list-style-type: none"> <li>1. Students will learn the fundamentals of drama and performance.</li> <li>2. Students will be able to perform various roles in school-based events.</li> </ol>
Summary of CCA	The CCA recruits P2 – P5 who are interested in expressing themselves through drama. They will learn drama techniques and put up performances in schools depending on the school-based events.

<b>International Chess Club</b>	
Teacher ICs	Miss Ng Beng Choo / Ms Goh Mei Hui
CCA Day	Fridays
Time	2.15pm to 4.15pm (2hrs)
Venue	Classrooms
Learning Outcomes	<ol style="list-style-type: none"> <li>1. Students will learn the fundamentals of international chess and apply their knowledge to play the game correctly.</li> <li>2. Students will be able to play international chess at the recreational and competitive level for beginners and advanced players respectively.</li> </ol>
Summary of CCA	<p>The CCA recruits P3 to P5 students who are more independent and can better take care of themselves when attending CCA sessions. Selection of suitable members is done via the school's CCA selection system. Interested pupils will be notified of their application.</p> <p>Activities carried out during the sessions:</p> <ul style="list-style-type: none"> <li>• coaching by professional instructors</li> <li>• practice sessions among peers and seniors</li> <li>• self-learning with the use of technology</li> <li>• mini competitions among members</li> <li>• participation in inter-school competitions organised by Singapore Chess Federation</li> </ul>

<b>Robotics Club</b>	
<b>Teacher ICs</b>	Mrs Ong Jia Wen / Mr Alphonsus Neo / Ms Yvonne Lim / Ms Yew Su Fang
<b>CCA Day</b>	Thursdays
<b>Time</b>	2.15pm to 4.15pm (2hrs)
<b>Venue</b>	IT Resource room
<b>Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1. Students will be able to explain and apply their knowledge to program robots.</li> <li>2. Students should be able to construct various robots.</li> <li>3. 3. Students should be able to demonstrate good sportsmanship and exemplify values of fair play, teamwork and discipline during training.</li> </ol>
<b>Summary of CCA</b>	<ul style="list-style-type: none"> <li>• Robotics club recruits P3 to P5 students with the intent to help prepare them for National competitions.</li> <li>• Instructors will help in the selection process for suitable members. During the selection process, students will be asked to build an object (e.g. a car) using Lego bricks to assess the students based on several criteria. The instructors will observe how creative the students are, how well they work with others, how well they are able to follow instructions, etc.</li> <li>• Students in the robotics club will have the opportunity to stimulate their critical and creative thinking which will help prepare them for future challenges.</li> <li>• They will learn how to collate, integrate and organise research information using a multidisciplinary approach from the disciplines of Science, Mathematics and the field of information technology. They will also learn how to collaboratively in teams to design, create and program a robot of their own based on the mission challenge.</li> </ul>

<b>Science Garden Club</b>	
<b>Teacher ICs</b>	Mrs Alethea Boon / Mrs Tay-Ang Poh Qin / Mr Clement Dominic Gomez
<b>CCA Day</b>	Thursdays
<b>Time</b>	2.15pm to 4.15pm (2hrs)
<b>Venue</b>	Science Garden
<b>Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1. Students to enjoy gardening and interacting with and appreciating nature.</li> <li>2. Students to have respect for and interest for the flora and fauna in the school environment.</li> <li>3. Students to reinforce some areas of the school curriculum (Science and Environmental Science).</li> <li>4. Students to help students to plan, make decisions, collaborate and take responsibility.</li> </ol>

Summary of CCA	The CCA recruits P3 to P6 students who are keen to learn some gardening skills, to deepen their knowledge about plants and are able to appreciate the flora and fauna around them.
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Strings Ensemble	
Teacher ICs	Ms Xie Meng / Ms Tong Hwee Kwan / Mdm Zou Yang
CCA Day	Thursdays
Time	2.15pm to 4.15pm (2hrs)
Venue	Music Room 1 & 2
Learning Outcomes	<ol style="list-style-type: none"> <li>1. Students will learn the basics of playing violin/viola/cello/double bass and apply their knowledge in ensemble performance.</li> <li>2. Students will be able to learn the importance of teamwork and perform in an ensemble. They will be given the opportunities to perform in MRT stations, Founder's Day Concert and participate in SYF Competition (Senior Team).</li> </ol>
Summary of CCA	The CCA recruits P2 to P5 students with the intent to prepare them for SYF competitions, Founder's Day Concert and MRT Station Performances.