Monday – School Enrichment

**Name of Club:** Educational Topic Club  
**Age Group:** Early Years

**Day:** Monday  
**Type of Activity:** School Enrichment

**Location:** TBC  
**Teacher:** Ms. Saw Imm

**Equipment Required:** None

**Cost (if any):** None

**Description of Activity (including goals):**
The students will learn and discuss various topics such as nature, positive guidance, health, nutrition, technology or the environment. They will be learning this through a range of appliances such as PowerPoint presentations, short clips, storytelling sessions and educational materials.

**Final Outcome:**
The students will learn to develop the appropriate attitude; the love of nature will be nurtured from a young age. Furthermore, they will be taught the basic knowledge of balanced diet and the ways to keep themselves healthy in daily routine activities. As well as this, they will discuss technology and environmental issues happening around our world.
Name of Club: Little Athlete
Day: Tuesday
Location: Reception

Age Group: Early Years
Type of Activity: N/A
Teacher: Ms. Serene

Equipment Required: PE clothing
Cost (if any): None

Description of Activity (including goals):
The classroom will be turned into a mini playground allowing students to explore their motor skills. They will also learn the importance of warming up and cooling down before and after exercise. Children’s fine and gross motor skills will be challenged in alternate weeks. For example, the 1st and 3rd weeks will have activities to strengthen their fine motor skills whereas the 2nd and 4th weeks will have activities to strengthen their gross motor skills.

Final Outcome:
Students will learn the importance of warming up before exercise and cooling down after an exercise. Students’ gross and fine motor skills will be strengthened through a range of activities. Some of the fine motor skills that will be strengthened includes pincer grip, buttoning, threading and using scissors to cut with control. As for their gross motor skills, they will improve crawling, balancing, and flexibility.
Wednesday – School Enrichment

Name of Club: Beginners Ballet

Age Group: Reception to Year 2

Day: Wednesday

Type of Activity: N/A

Location: TBC

Teacher: Ms. Lim

Equipment Required: Compulsory (unless already owned) – Ballet shoes RM75 & Socks RM12. Optional – Leotard outfit RM70 & Skirt RM35

Cost (if any): RM220 (not including clothing/equipment)

Description of Activity (including goals):

Ballet is fun no matter how old you are or what goals you wish to accomplish through ballet. Becoming a ballet dancer can be as simple as practicing moves in your bedroom; or as complex as becoming a major dancer in a ballet company. All ballet dancers have one thing in common: a love of the grace, beauty and discipline of ballet. My Dance Station will be offering beginner ballet classes to students in Reception to Year 2.

Final Outcome:

Ballet is a beautiful, graceful & incredibly precise form of physical and artistic expression. Learning ballet brings a joy of movement to music and an elevated sense of physical awareness.
Name of Club: Kids Yoga

Age Group: EYFS

Day: Wednesday

Type of Activity: Action

Location: Nursery Classroom

Teacher: Ms. Dev

Equipment Required: IWB, PE kit

Cost (if any): None

Description of Activity (including goals):

Yoga is an ancient system of breathing practices, physical exercises and postures, and meditation intended to integrate the practitioner's body, mind, and spirit. The various physical and mental disciplines of yoga were seen as a method for individuals to attain increase attention, concentration, flexibility, and release stress using specified techniques.

Yoga at an early age encourages self-esteem and body awareness with a physical activity that’s non-competitive. Fostering cooperation and compassion—instead of opposition—is a great gift to give our children.

Final Outcome:

Yoga provides a fun-filled, non-competitive environment for children to: gain strength and flexibility of mind and body; improve attention and focus, within themselves and their environment; expand their social skills and language development; gain self-confidence, self-awareness, self-esteem, self-respect and self-control; be creative and open, receptive and have a peaceful heart, increasing appreciation for oneself and others.
Thursday – Creative

Name of Club: Singing Club
Age Group: Early years
Day: Wednesday
Type of Activity: Creative
Location: TBC
Teacher: Mrs. Pang Sook Yee

Equipment Required: None
Cost (if any): None

Description of Activity (including goals):
Singing has physical benefits because it is an aerobic activity that increases oxygenation in the blood stream and exercises major muscle groups in the upper body, even when sitting. Psychological benefits are also evident when people sing together as well as alone because of the increased sense of community, belonging and shared endeavour.

Students will learn about three languages song. After students become familiar with the song, they will learn the vocabulary from the lyrics through the flash card game. They have to create the movement according to the song and present it in a group at the end of the lesson.

Final Outcome:
The Singing Club is an opportunity for students to practice their singing skills, to improve their vocabulary and creative mind.
Name of Club: Fun with Art
Day: Friday
Location: TBC

Age Group: Early Years
Type of Activity: Creative
Teacher: Ms. Arlene

Equipment Required: None
Cost (if any): None

Description of Activity (including goals):
Students will be involved in creating different artwork each week using a variety of materials and processes. They will experience activities such as painting, drawing and colouring, card making, collages, mirror printing, block printing and more.

Final Outcome:
Students will enhance their creativity and love of art throughout the term. They will engage in and develop fine motor-skills through a range of activities and improve their hand-eye co-ordination. Students will become familiar with different artistic techniques and experience the joy of art for PLEASURE!