Monday – School Enrichment

1.

Name of Club: Wushu
Day: Monday
Age Group: Years 1 and 2
Location: TBC
Teacher: Mew Hong Sutton (Instructor)
Type of Activity: N/A

Equipment Required: Comfortable and appropriate clothing

Cost (if any): RM240. Compulsory annual membership fee of RM30 and official Wushu outfit (t-shirt, long pants and footwear) for RM80. Students have the choice of performing gradings for an additional cost (if they pass).

Description of Activity (including goals):
Wushu (also known as Kung Fu or Gong Fu) is Chinese martial arts, both with and without equipment. Students learn how to unlock and utilise both their physical and mental potential through the practice of empty-handed and weapons skills, both alone and with a partner. Although self-defence skills are naturally developed through this process, the true aim of Wushu training is to develop into a person who is able to solve problems and stop conflict. Mew Hong Sutton has been studying and practicing martial arts for three decades and has earned instructor ranks in both traditional Chinese, Malay and Thai martial arts. She is the President of Zhong Ding International Traditional Martial Arts Association and holds the Degree of Master, conferred by the Malaysian Association of Grandmasters of Martial Arts, and a Diploma in teaching martial arts from the Malaysian Ministry of Human Resources.

Final Outcome:
Through training the student aims to become self-motivated and self-disciplined, physically fit, mentally balanced and ethically focused so that they might protect those weaker than themselves and serve society. Students will have the chance to advance to the next belt level through an official grading by the instructor (voluntary).
Monday – School Enrichment

2.

**Name of Club:** Free Writing

**Age Group:** Years 1 and 2

**Day:** Monday

**Type of Activity:** School Enrichment

**Location:** Year 2HS Classroom

**Teacher:** Ms. Harriet S

**Equipment Required:** None

**Cost (if any):** None

**Description of Activity (including goals):**

Free writing is a chance for children to practise their writing skills. This ranges from changing sentences to make them better, using their imagination to plan a story or writing a story using objects or ideas.

**Final Outcome:**

The Free Writing club enables children to independently write simple sentences and build on vocabulary which can then be implemented within their writing. Furthermore, it promotes self-confidence and good practise for any writing lesson. These lessons are fun and creative in order to build on or further their love for writing and for English lessons.
Monday – School Enrichment

3.

**Name of Club:** Buddy Reading

**Age Group:** Key Stage 1 and Key Stage 3/4

**Day:** Monday

**Type of Activity:** Community, Culture and Service

**Location:** Library

**Teacher:** Ms. Patricia

**Equipment Required:** Reading books

**Cost (if any):** None

**Description of Activity (including goals):**

The aim of Buddy Reading is to help the younger students with their reading skills by pairing them up with an older student who will help them reading aloud. Hopefully, the younger students will have one-to-one attention to assist them and give them confidence and support with their reading and fluency. The students will be using books from the Oxford Reading Tree, which will help them to identify their reading level and follow their progress.

For the older students, it is an opportunity to help their fellow students and to gain experience in helping and mentoring, working co-operatively together in peer-assisted learning. They will be promoting good practice as well as feel a sense of accomplishment as they watch their buddy’s improvements. Students will also be checking for understanding and discuss their opinions of the books, thus improving their speaking and communicative skills. They will also be responsible for tracking their buddy’s progress and helping them to improve and make their way up the ‘Reading Tree’.

The numbers of this club will be dependent on the ratio of older reading buddies and younger students.

**Final Outcome:**

Children will have an increased confidence in their reading and will be able to read with more ease and fluency. For International Award students, this is an opportunity to complete a Service-based activity for the Bronze Award.
Monday – School Enrichment

4.

**Islamic Studies**

**Name of Club:** Islamic Studies  
**Age Group:** Years 7 to 11

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

**Location:** TBC  
**Teacher:** Mr Muzaid

**Equipment Required:** Pen, pencils, Islamic story book, stationaries, etc.

**Cost (if any):** None

**Description of Activity (including goals):**

The objective of the activity is to provide students with a rudimentary knowledge of major subfields within Islamic Studies, such as those pertaining to the Qur’an and its exegesis, to the life and legacy of Muhammad, to law and legal theory, and to theology and mysticism. A final area of attention will be pedagogy in Islamic studies, the objective here being to help prepare students to teach courses on Islam. Students with Arabic language ability can expect to do work in Arabic primary texts.

**Final Outcome:**

This activity refers to the analytical exegesis of Qur’a’n. It covers some specified Soorahs comprising both the Makkah and Madinan Soorahs of Qur’an. The course develops and improves the techniques of understanding Qur’an directly from the text. Research based interpretation of those Soorahs is followed in lectures to prepare the students to carry it out themselves for the rest of the Qur’an. The key tasks include looking at the Soorah as a whole, finding out the coherence of verses from the beginning till the end, describing the type and group of verses, and exploring how the end returns to the beginning as a mark of a complete speech. It further explores the rulings and commands especially in Madinan Soorahs with the help of other relevant verses found in different Soorahs leading the students to the accurate and true interpretation of the verses and Soorahs.
Monday – School Enrichment

5.

Name of Club: Beginners Chess Club
Age Group: Years 1 to 11
Day: Monday
Type of Activity: School Enrichment
Location: TBA
Teacher: Mr. PS Lim

Equipment Required: Chess set (provided by SIS)
Cost (if any): RM120

Description of Activity (including goals):
Students will learn about the rules of chess, names of chess pieces and where they can move, how to use different pieces and strategies to their advantage, how to think a few moves ahead and how to force opponents to move where they want them to. Students will utilise and apply these skills through practice in friendly, non-competitive games against other students. PS Lim is a Chess instructor from the Penang Chess Association.

Final Outcome:
The Chess Club is an opportunity for students to practice their skills. During club days students pair up and play chess. Students will also have an opportunity to compete in Chess competitions that will be held externally during the year.
Monday – School Enrichment

Name of Club: Maths skills
Age Group: Years 1 and 2
Day: Monday
Type of Activity: School enrichment
Location: Year 2EL classroom
Teacher: Ms. Emily
Equipment Required: None
Cost (if any): None

Description of Activity (including goals):
Through fun games and activities students will practice a variety of Maths skills that their teachers have identified as areas that they need to improve on.

Final Outcome:
Students will improve on a variety of Maths skills which will assist them in their classroom learning.
Name of Club: Story Review Club
Day: Monday
Location: TBC

Equipment Required: Story book (Provided by SIS)
Cost (if any): None

Description of Activity (including goals):
In this activity, students will learn to communicate with the teacher and peers, understand others in new ways as well as share ideas and express themselves. This club will increase the variety of vocabulary that they can use by telling creative stories to each other and writing their own stories too. They will be learning collaboratively, sharing their own stories, writing book reviews and playing verbal games.

Final Outcome:
Students will be able to develop their language and communication skills, build their self-confidence, develop creativity and nurture their friendship as they learn to work along as a team.
<table>
<thead>
<tr>
<th><strong>Name of Club:</strong></th>
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<tr>
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<td><strong>Day:</strong></td>
<td>Tuesday</td>
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<td><strong>Location:</strong></td>
<td>TBC</td>
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<tr>
<td><strong>Teacher:</strong></td>
<td>Alvin Aw (Instructor)</td>
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**Equipment Required:** Comfortable and appropriate clothing

**Cost (if any):** RM180. Students have the choice of purchasing official Tae Kwon-Do outfits, badges, belts and performing gradings for an additional cost.

**Description of Activity (including goals):**

Students shall take part in several activities led by 5th Degree black belt instructor, Alvin Aw, who has over 23 years of experience in Tae Kwon-Do and is a former Malaysia National champion. Students shall learn the basic moves of Tae Kwon-Do that includes blocking, punching and kicking and shall improve their technique in these movements. Students shall learn self-control through a variety of set movements known as patterns and will use different equipment to punch and kick a target. As they progress, students shall also take part in friendly sparring activities with little or no contact, wearing the necessary protective equipment.

**Final Outcome:**

Students shall learn self-control, perseverance, techniques in punching and kicking a target safely, and how to defend themselves or others. They shall gain several health benefits that include flexibility, mobility, leg power and strength, hand eye co-ordination, reaction time, aerobic and anaerobic fitness and core strength. Through the philosophy and ideals of Tae Kwon Do, students shall learn to be more patient, calm and honourable. Students of Tae Kwon Do are taught that it is an art form meant for defence of oneself or others, never to cause an attack. Students will have the chance to advance to the next belt level through an official grading by the instructor (voluntary).
Tuesday - Action

2.

Name of Club: Yoga
Age Group: Years One and Two
Day: Tuesday
Type of Activity: Action
Location: Year 1LD Classroom
Teacher: Ms. Linh

Equipment Required: Comfortable clothing
Cost (if any): -

Description of Activity (including goals):
This activity helps students with relaxation, stretching and posture by completing slow and controlled movements with their bodies to calming music. Each week different yoga poses will be learned and sequenced to form a short routine.

Final Outcome:
The main goal of this activity is to enable new students to complete an exercise routine that will develop control and relaxation. As some children will be returning to this club, they will gain more strength and produce better posture and poses through the practices.
Tuesday - Action

Name of Club: Dance  
Age Group: Years 1 and 2

Day: Tuesday  
Type of Activity: Action

Location: TBC  
Teacher: Ms. Sharleni

Equipment Required: None
Cost (if any): None

Description of Activity (including goals):

Dance is the art form in which human movement becomes the medium for sensing, understanding, and communicating ideas, feelings, and experiences. Dance provides a way of learning—one that develops communication abilities, problem solving techniques, and creative and critical thinking skills along with kinaesthetic abilities. The goal of dance education is to engage students in artistic experiences through the processes of creation, performance and response.

Final Outcome:

Students will not only learn how to dance different styles but they will also develop certain skills, such as team work, discipline, innovation and creativity. By the end of the term, students will be able to dance a whole routine for a song.
**Tuesday - Action**

4.

**Name of Club:** Athletics Play  
**Age Group:** Years 1 and 2  
**Day:** Tuesday  
**Type of Activity:** Athletics  
**Location:** TBC  
**Teacher:** Ms. Rowan

**Equipment Required:** Sport Uniform, hat and water bottle  
**Cost (if any):** None

**Description of Activity (including goals):**

Athletics Play is a game based activity program which will focus on the Athletic skills running, jumping and throwing. These activities will bring excitement the Athletics skills and prepare you for your sports day and any of your current sporting activities.

Athletics Play involves team games which are exciting, challenging and fun. So bring some friends along to join you or make some new friends at Athletics Play.

**Final Outcome:**

Students will improve their running, jumping and throwing technique through fun and engaging activities which will help to prepare them for future sports and PE class.
Tuesday - Action

5. Aerobics

**Name of Club:** Aerobics

**Age Group:** Year 1 and 2

**Day:** Tuesday

**Location:** TBC

**Type of Activity:** Action

**Teacher:** Ms. Devi

**Equipment Required:** All provided by SIS

**Cost (if any):** None

**Description of Activity (including goals):**

Each lesson will begin with stretches and a short warm up. Students will participate in games and group activities to create their own aerobic/dance steps. These steps along with the teachers will be sequenced together each week to form a routine. The main goal of this activity is to enable students to complete an exercise routine to music that will improve their fitness, flexibility, coordination and confidence.

**Final Outcome:**

By the end of the term students will have learnt an aerobic routine to a song that includes their own steps. Students will have improved their fitness, flexibility, coordination and confidence.
**Wednesday – School Enrichment**

1.

**Name of Club:** Book Club

**Day:** Wednesday

**Location:** Year 2EL Classroom

**Equipment Required:** None

**Cost (if any):** None

**Age Group:** Years 1 and 2

**Type of Activity:** School Enrichment

**Teacher:** Ms. Emily L

**Description of Activity (including goals):**
Each week students will read and explore a new book. They will practice reading aloud, discussing the story, answering questions and retelling. Students will also be given time to choose their own books and read alone or to a partner.

**Final Outcome:**
Students will develop reading skills and confidence in discussing a wide range of books. They will have opportunities to improve their comprehension and fluency and increase motivation to continue reading inside and outside of school.
**Name of Club:** Motor Skills Club  
**Age Group:** Years 1 and 2  
**Day:** Wednesday  
**Type of Activity:** School Enrichment  
**Location:** Year 2HS Classroom  
**Teacher:** Ms. Harriet S

**Equipment Required:** None  
**Cost (if any):** None

**Description of Activity (including goals):**

Motor Skills Club is an opportunity for children in Key Stage One to practise using their fine motor skills and their handwriting. The club will focus on their fine motor skills (small movements). The children will practise these techniques through various activities. This might be strengthening their wrists, holding small objects, threading or using tweezers and cutlery for various challenges. As well as this, there will be handwriting incorporated into this club as fine motor skills aids handwriting.

**Final Outcome:**

Students in this club will practise their fine motor skills which will help develop strength in day to day activities and progress their handwriting techniques. It is a fun and engaging way of practising handwriting neatly and some will be challenged to write in cursive.
Wednesday – School Enrichment

3.

**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.
Wednesday

4.

Islamic Studies

**Name of Club:** Islamic Studies

**Age Group:** Years 7 to 11

**Day:** Monday and Wednesday

**Type of Activity:** School Enrichment

**Location:** TBC

**Teacher:** Mr Muzaid

**Equipment Required:** Pen, pencils, Islamic story book, stationaries, etc.

**Cost (if any):** None

**Description of Activity (including goals):**

The objective of the activity is to provide students with a rudimentary knowledge of major subfields within Islamic Studies, such as those pertaining to the Qur’an and its exegesis, to the life and legacy of Muhammad, to law and legal theory, and to theology and mysticism. A final area of attention will be pedagogy in Islamic studies, the objective here being to help prepare students to teach courses on Islam. Students with Arabic language ability can expect to do work in Arabic primary texts.

**Final Outcome:**

This activity refers to the analytical exegesis of Qur’a’n. It covers some specified Soorahs comprising both the Makkah and Madinan Soorahs of Qur’an. The course develops and improves the techniques of understanding Qur’an directly from the text. Research based interpretation of those Soorahs is followed in lectures to prepare the students to carry it out themselves for the rest of the Qur’an. The key tasks include looking at the Soorah as a whole, finding out the coherence of verses from the beginning till the end, describing the type and group of verses, and exploring how the end returns to the beginning as a mark of a complete speech. It further explores the rulings and commands especially in Madinan Soorahs with the help of other relevant verses found in different Soorahs leading the students to the accurate and true interpretation of the verses and Soorahs.
Wednesday – School Enrichment

5.

Name of Club: Robots 2U
Age Group: Years 1 & 2
Day: Tuesday
Type of Activity: N/A
Location: Robots 2U Centre
Teacher: Mr. Yew

Equipment Required: Provided by Robots 2U
Cost (if any): RM250 / RM280

Description of Activity (including goals):
Students will complete the First Encounter and LEGO® WeDo Education programme and discover the exciting world of LEGO robotics, which includes: Introduction to Robotics; and Machine and Mechanism Concepts. Students will get to build, program and test robot models within four themes: Amazing Mechanisms; Wild Animals; Play Soccer; and Adventure Stories. Students who have previously completed this course will get the opportunity to complete some new activities.

Final Outcome:
Benefits of this course are that it: Provides a stepping stone for introducing the basics of robotics; enables students to build and program simple LEGO® models that are plugged into a computer; provides a working understanding of the principles of simple machines, gears, levers, pulleys and transmission of motion; explore the functions of motor, motion and tilt sensors; and introduce technology into curriculum areas such as science and maths.

NB – Students in this club will arrive back to Straits at approximately 3:45pm.
Name of Club: Intermediate Chess Club
Age Group: Years 1 to 11
Day: Wednesday
Type of Activity: School Enrichment
Location: TBA
Teacher: Mr. PS Lim

Equipment Required: Chess set (provided by SIS)
Cost (if any): RM138

Description of Activity (including goals):
Students will learn about the rules of chess, names of chess pieces and where they can move, how to use different pieces and strategies to their advantage, how to think a few moves ahead and how to force opponents to move where they want them to. Students will utilise and apply these skills through practice in friendly, non-competitive games against other students. PS Lim is a Chess instructor from the Penang Chess Association.

Final Outcome:
The Chess Club is an opportunity for students to practice their skills. During club days students pair up and play chess. Students will also have an opportunity to compete in Chess competitions that will be held externally during the year.
**Wednesday – School Enrichment**

7.

**Name of Club:** Aerobics  
**Age Group:** Year 1 and 2  
**Day:** Wednesday  
**Type of Activity:** School Enrichment  
**Location:** TBC  
**Teacher:** Ms. Devi  

**Equipment Required:** All provided by SIS  
**Cost (if any):** None

**Description of Activity (including goals):**

This activity is based on Art through various means. There will be a large focus on ‘doodling’ which are simple drawings that can have concrete representational meanings or may just be abstract shapes. This club will look at doodling through various shapes, letters and numbers in order to create a scrapbook of doodling. It is an excellent activity to practise letter and number formation and academic knowledge through the means of art.

**Final Outcome:**

By the end of the term students will have revisited a variety of topics that they already learn in class through art in order to create a scrapbook. They can then take these ideas and practise them at home in their own time.
Thursday - Creative

1.

**Name of Club:** Story Telling Club

**Age Group:** Years One and Two

**Day:** Thursday

**Type of Activity:** Creative

**Location:** TBC

**Teacher:** Ms. Saw Imm

**Equipment Required:** Story book (provided by SIS)

**Cost (if any):** None

**Description of Activity (including goals):**

In this activity, students will learn to communicate with the teacher and peers, understand others in new ways as well as share ideas and express themselves. Students in Story Telling Club will learn to use a wide range of vocabulary, collaborate, cooperate, express and find the best ways for each member of a group to contribute and listen and present themselves.

**Final Outcome:**

Students will be able to develop their language and communication skills, build their self-confidence, develop creativity and nurture their friendship as they learn to work along as a team.
Name of Club: Creative Tasks

Age Group: Year 1 & 2

Day: Thursday

Type of Activity: School Enrichment

Location: Year 4RP Classroom

Teacher: Mr. Richard

Equipment Required: None

Cost (if any): None

Description of Activity (including goals):

Students face an ever increasing variety of challenges during their academic career, most of which can be solved by being creative. The aim of Creative Tasks is to give the students opportunities to hone their creative intelligence by addressing a host of challenges. The creative tasks the students will meet will range from Mathematical puzzles, logic problems, creative writing, Art, and finding solutions to everyday problems.

Final Outcome:

Students will learn how to easily tap into their creative side to address a wide variety of fun and challenging problems.
Thursday - Creative

3.

Name of Club: Music and Movement
Age Group: Year 1 and 2
Day: Thursday
Type of Activity: Action
Location: TBC
Teacher: Ms. Beryl

Equipment Required: handkerchiefs, rhythm sticks, bell, hand drum, castanets (provided by SIS)
Cost (if any): None

Description of Activity (including goals):
Through music, children take an inner experience and move it into a shared creative experience. Group music-making releases energy which can be channelled in creative, productive directions. Children learn about themselves and others by playing music together and by listening to each other tapping into hidden courage that can be played out by singing together or discovering the inner resources to listen quietly to another child's playing.

Final Outcome:
Music and movement will help children in: participating in a group; social skills; express emotions; enhance self-concept by sharing music and dance of each other’s culture; refine listening skills-noticing changes in tempo or pitch; awareness of movement and body positions; creativity and imagination; learn new words and concepts; explore cause and effect; develop large motor skills; improve balance, coordination, and rhythm through dance and movement activities; and improve small motor skills-learning finger plays and playing musical instruments.
Name of Club: Builders Club
Day: Thursday
Location: Year 1KW Classroom

Age Group: Years 1 and 2
Type of Activity: Creative
Teacher: Ms. Karen

Equipment Required: None
Cost (if any): None

Description of Activity (including goals):
This club is a chance to offer students a time to relax, create, innovate and collaborate. Our Builders Club is designed to provide members with an enjoyable activity that stimulates and develops spatial intelligence. Students will build vehicles, buildings, gears and whatever leaps into their imagination!

Final Outcome
Students will create and be able to present their model cities, buildings and so forth. Collaborative and team building skills will also be enhanced.
**Thursday - Creative**

5.

![Sketching Activity](image)

- **Name of Club:** Sketching
- **Age Group:** Year 1 & 2
- **Day:** Thursday
- **Type of Activity:** Creative
- **Location:** Year 1LD Classroom
- **Teacher:** Ms. Linh

**Equipment Required:** Art or sketch books

**Cost (if any):** None

**Description of Activity (including goals):**

Using pencils, students will sketch various images - flora, fauna, people, structures as well as 3-D.

**Final Outcome:**

The students will be introduced to proportions, spacing and shading to make improvements in their drawing abilities. They will be able to critique themselves and each other and give constructive feedback on how their work could be improved.
Friday – Community, Culture & Service

1.

**Name of Club:** Building Character Club  
**Age Group:** Years 1 and 2  
**Day:** Friday  
**Type of Activity:** Culture, Community & Service  
**Location:** TBC  
**Teacher’s name:** Ms. Sharleni  
**Equipment Required:** None  
**Cost (if any):** None

**Description of Activity (including goals):**

In this activity students will learn the moral values and the good values one should practise in order to be a good student. By building character, students learn how to respect others, be independent and improve their character towards being a better person.

**Final Outcome:**

By the end of the term, students will realise the importance good characters such as being kind and respectful towards others, being a responsible person and the importance of showing respect towards others regardless of their age or who they are.
Friday – Community, Culture & Service

2.

**Name of Club:** World Flags  
**Age Group:** Year One and Two  
**Day:** Friday  
**Type of Activity:** Community, Culture and Service  
**Location:** Secondary ICT Suite  
**Teacher:** Miss Shafinaz

**Equipment Required:** Pencils, crayons, colour pencils, scissors paper - supplied by SIS

**Cost (if any):** None

**Description of Activity (including goals):**

Students in the Flag of the World club will learn about the basic culture, food, language, capital city of countries in the world. Each week, students will learn up to 5 different flags with a brief description about the countries. Activities in this club include playing ‘guess the flag’ game, matching the flags to the names of the countries, drawing and colouring flags, short stories about the countries and learning capitals of countries. The goal is to expose students to know the countries of the world, being able to recognise the flags and have some basic knowledge about the different countries.

**Final Outcome:**

Each week, students will take home with them drawings of the different flags they learned with a few simple facts of the countries.
Name of Club: Recorder Club

Day: Friday

Location: TBC

Age Group: Years 1 and 2

Type of Activity: Community, Culture and Service

Teacher: Ms. Poh

Equipment Required: Recorder

Cost (if any): Recorder (RM12) and optional recorder book (approximately RM25)

Description of Activity (including goals):

The Recorder club meets every Friday and students will learn to play the recorder and read musical notation. Students will learn to play some simple tunes using the recorder and perform in concerts and assemblies.

Final Outcome:

Apart from learning how to play a musical instrument, students will learn to play a tune in time and perform in front of their peers. It is hoped that students will play together during the end of term assembly or others throughout the term.
Friday – Community, Culture & Service

4.

**Name of Club:** Homework Club

**Age Group:** Years One and Two

**Day:** Friday

**Type of Activity:** School Enrichment

**Location:** TBC

**Teacher:** Ms. Sathiawathi

**Equipment Required:** Homework and stationery

**Cost (if any):** None

**Description of Activity (including goals):**

The aim of this activity is for students to complete their homework with support. During this activity, students will receive coaching and extra help in the homework and topics learned in class.

**Final Outcome:**

Students will learn how to better organise their time using their homework planners and have a better understanding of the lessons learned at school. Students will leave school happy and have more free time at home as they have finished their homework at school.