Monday

Years Seven to Eleven – Community, Culture & Service

1.

**Name of Club:** Wushu

**Age Group:** Years 1 to 11

**Day:** Thursday

**Type of Activity:** N/A

**Location:** Fitness Suite

**Teacher:** Hong Sutton (Instructor)

**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 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

2.

**Name of Club:** School Production – Ocean Commotion

**Age Group:** Years 4 to 9

Please note that this is for members of the principal cast only.

**Day:** Monday

**Location:** Performing Arts (507)

**Type of Activity:** School Enrichment

**Teacher:** Ms. Ellie

**Equipment Required:** Scripts and USB flash drive for file sharing if possible

**Cost (if any):** None

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

Students will be intensively rehearsing for the school production taking place in July. Having already started rehearsals in class and after school, the principal cast will now start adding songs together with script. Pupils will learn to memorise libretto and lyrics, input creatively when staging scenes and develop their acting skills.

**Final Outcome:**

Pupils will perform on stage with the other classes from school in the end of year whole-school production of Ocean Commotion in July.
Monday

3.

Name of Club: Buddy Reading
Age Group: Key Stage 1 and Key Stage 3/4
Day: Monday
Type of Activity: Community, Culture & 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

**Islamic Studies**

**Name of Club:** Islamic Studies  
**Age Group:** Years 7 to 11  
**Day:** Monday  
**Type of Activity:** School Enrichment  
**Location:** TBA  
**Teacher:** Ms. Rukhsana

**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’an. 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.
Name of Club: Chess Club (Beginners)
Day: Monday
Location: EAL 1 Classroom

Age Group: Year 1 to 11
Type of Activity: School Enrichment
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 a House Chess competition that will be arranged during the school year.
Monday

6.

**Name of Club:** Darts Club  
**Age Group:** Years 7 to 11

**Day:** Monday  
**Type of Activity:** N/A

**Location:** TBA  
**Teacher:** Mr. Anthony

**Equipment Required:** None

**Cost (if any):** None

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

There are many games that can be played on a dartboard but darts generally refers to a game whereby the player throws three darts per visit to the board with the goal of reducing a fixed score. This is commonly 501 or 301, to zero ("checking out"), with the final dart landing in either the bulls’ eye or a double segment. A game of darts is generally contested between two players, who take turns. Each turn consists of throwing three darts. When two teams play, the starting score is sometimes increased to '701' or even '1001'; the rules remain the same.

**Final Outcome:**

Through repetitive practice and playing friendly games against each other, students will gain confidence, become more accurate and improve their maths skills by the end of the term. For International Award students, it is an opportunity to progress in, and complete, a skill-based activity that will go towards their Bronze Award.
Monday

7.

**Name of Club:** Debating Club

**Age Group:** Years 7 to 11

**Day:** Monday

**Type of Activity:** School enrichment

**Location:** English Classroom

**Teacher:** Ms. Emily

**Equipment Required:** None

**Cost (if any):** None

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

This is a great club where students will learn the skill of ‘organised arguing.’ You will have the opportunity to discuss current issues, both local and international, and you will also develop the skills of developing and refining and arguments. If you don’t already have a strong voice then this club will offer you the opportunity to develop this skill.

**Final Outcome:**

To educate students about the art of speech and debate and train students to be more confident speakers and debaters.
Monday

**Name of Club:** Coding Club

**Day:** Monday

**Age Group:** Years 7 to 11

**Type of Activity:** Creative

**Location:** Secondary ICT Suite

**Teacher:** Mr. Nicolas

**Equipment Required:** None

**Cost (if any):** None

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

Learn how to program cool stuff with the SCRATCH visual programming environment. We will start by creating fun interactive animations and then learn how to solve problems and build simple video games that can be shared with the world! Your imagination is the limit!

**Final Outcome:**

Students will be able to understand what algorithms are, design and write programs that accomplish specific goals and use logical reasoning to explain how some simple algorithms work.
Tuesday

Years Seven to Eleven - Creative

1.

**Name of Club:** Chinese Painting  
**Age Group:** Years 7 to 11  
**Day:** Tuesday  
**Type of Activity:** Creative  
**Location:** TBA  
**Teacher:** Ms. Beryl

**Equipment Required:** Painting paper, Chinese paint brush, Chinese ink and newspapers.

**Cost (if any):** None

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

Students shall be introduced to the Chinese painting techniques. They will be provided with all the necessary materials and learn accurate ways to paint. They will learn to paint for different topics by using different sizes of Chinese Paint brushes. Using Chinese ink and various amounts of water, children will be taught to form different concentrations of ink in order to produce a black and white creative painting. At the end of the term, they might need to know how to use colour mix with ink to create a fascinating Chinese Painting.

**Final Outcome:**

In this club, students will learn the method of holding a paint brush, which is different from the western style, as well as the painting method in order to form a different kind of work. Furthermore, students will also recognise Chinese culture and the beauty of Chinese art. They will also learn to be patient in making a painting, which is required to be done nicely and precisely at the first time on the painting paper after much time of practice.
**Name of Club:** Tae Kwon-Do  
**Age Group:** Years 1 to 11  
**Day:** Tuesday  
**Type of Activity:** N/A  
**Location:** Fitness Suite/MPH  
**Teacher:** Alvin Aw (Instructor)

**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).
**Name of Club:** The Year Book

**Day:** Tuesday

**Location:** English Room

**Age Group:** Years 5 to 11

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

**Teacher:** Ms. Emily

**Equipment Required:** None

**Cost (if any):** None

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

You have a unique opportunity to be part of the Yearbook committee and share your ideas and creativity with the whole school. You will be part of the team that decides and designs what goes into the yearbook, as well as working with students across the school to ensure that their views and ideas are represented.

**Final Outcome:**

Your ideas and contributions will feature in the school yearbook which is yours to keep forever!
PAINTING & ILLUSTRATION

**Name of Club:** Painting & Illustration  
**Age Group:** Years 7 to 11  
**Day:** Tuesday  
**Type of Activity:** Creative  
**Location:** Art Room  
**Teacher:** Ms. Hui Yen

**Equipment Required:** pencils, soft round brushes, paint, cloth, plastic cup, Intuous Wacom drawing tablet & Laptop (if intending to do digital, will depend on numbers of students interested)

**Cost (if any):** None

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

This activity is open to students who have interest in art and are seriously keen to increase their skills in painting and illustration. It is suitable for students planning to take art for their IGCSE. We will explore various dry and wet media.

**Final Outcome:**

This will help students to improve their art skills and can be therapeutic for students who enjoy taking time to do art. If there is an opportunity to do digital art, students can gain valuable skills of using basic functions of Adobe Photoshop.
**Name of Club:** Create your own board-games  
**Age Group:** Years 7 to 11  
**Day:** Tuesday  
**Location:** History Room  
**Type of Activity:** Creative  
**Teacher:** Ms. Jan

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

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

Students will plan, design and create their own board-games. They will begin by thinking about the features of enjoyable board-games, conducting a short survey the outcomes of which they can then use to inform their own creation. They will spend time refining their design before making it. Finally they will get to play their own and each other’s games and assess how well they have done. As well as planning and design they will get to develop a range of other skills including critical thinking and working independently.

**Final Outcome:**

Students will learn the importance of careful planning and redrafting based on their own critical analysis and the satisfaction of creating something new that brings enjoyment for themselves and for others.
Tuesday

6.

**Name of Club:** Cook Club  
**Age Group:** Years 7 to 11

**Day:** Tuesday  
**Type of Activity:** Creative

**Location:** TBC  
**Teacher:** Ms. Nellie

**Equipment Required:** Provided by SIS

**Cost (if any):** RM20

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

This club inspires students to explore, learn and develop an understanding and proficiency in culinary arts. Student will learn how to prepare simple and healthy dishes for breakfast, lunch or even dinner!

**Final Outcome:**

Students get to experience handling utensils and it teaches the students the sense of much more than how to measure the ingredients that the recipe calls for. The skills learned in the kitchen benefit students in many other aspects of their life and their overall development. This club can also instill the sense of responsibility in the students as well as enable the students to be more independent and in control of their diet.
Wednesday

Years Seven to Eleven – School Enrichment

1.

Name of Club: Entomology

Age Group: Years 7 to 11

Day: Wednesday

Type of Activity: School Enrichment

Location: TBC

Teacher: Ms. Nellie

Equipment Required: Provided by SIS (insect display box)

Cost (if any): None

Description of Activity (including goals):

This club allows students to learn about Entomology, which is the study of insects. They will investigate these creepy crawlies and discover a new world around them. They will also learn different methods to preserve insects and identify some common household insects. If possible, they can then use their newfound knowledge to collect some insects and learn to display the collected insects accordingly. This club also covers topics such as insects as potential food and also entomophagy (fear of insects). Therefore, this club is not for the skittish!

Final Outcome:

Students get to explore and develop an understanding about insects. They learn to be observant with their surroundings. Moreover, they learn the importance of handling insect samples. It also increases their curiosity and encourages them to enquire about life.
**Wednesday**

2.

- **Name of Club:** Intermediate Chess Club
- **Age Group:** Years 1 to 11
- **Day:** Wednesday
- **Type of Activity:** School Enrichment
- **Location:** EAL 1 Classroom
- **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.
Name of Club: Student Council

Day: Wednesday

Location: TBC

Age Group: Years 3 to 10

Type of Activity: School Enrichment

Teacher: Ms. Jan

Equipment Required: None

Cost (if any): None

Description of Activity (including goals):
This activity is exclusively for those students who have been elected as council representatives for their homeroom class. Elected representatives must choose the student council as their activity on this day.

The role of the representatives is to accurately communicate the views of their classmates, discuss issues related to the school experience from the student perspective and to generate ideas that are both realistic and practical for improvement of the school. Some students will be elected to positions of responsibility within the council, such as President, Secretary and Treasurer. Others will be asked to lead small groups on specific initiatives.

Final Outcome:
Participation on the school council will enable students to develop cross-curricular skills such as leadership, communication and problem-solving. Students should become more self-confident and ready to take the initiative.
**Name of Club:** World without strangers  
**Age Group:** Years 7 to 11  
**Day:** Wednesday  
**Type of Activity:** School Enrichment  
**Location:** Chemistry Lab  
**Teacher:** Mr. John

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

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

No one would like to live as a stranger to everyone or even to live in a place with all strangers around him. Eventually he will try to bridge the gap and to connect with someone through friendship and care. This group is meant to connect people with different shared interests. Activities organised or initiated at the beginning are kind of random, and not specific to only a particular interests. Gradually these shared interests will be linked so that the students will learn how to know each other better in a very different and unique way. There are no strangers, only friends not yet met.

**Final Outcome:**

Students shall have learnt how to know each other better, to care and to support one another. Healthy self-image, communication, friendship building, mutual respect and team work will be nurtured along the progress of the activities.
Islamic Studies

**Name of Club:** Islamic Studies

**Day:** Wednesday

**Age Group:** Years 7 to 11

**Type of Activity:** School Enrichment

**Location:** TBA

**Teacher:** Ms. Rabiahtul

**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’an. It covers some specified Soorahs comprising both the Makkani 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.
**Name of Club:** Photography club

**Age Group:** Years 7 to 11

**Day:** Wednesday

**Type of Activity:** School Enrichment

**Location:** Maths room 1 (407)

**Teacher:** Ms. Yoges

**Equipment Required:** Camera

**Cost (if any):** None

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

Photography club will introduce the fundamental skills in photography mechanics while exploring the possibility of the photograph as visual language. Students will be asked to keep a portfolio of their work, work in progress, and a photo journal where a record of their research, developing creative thinking, and problem solving will be kept. In this club students will learn together about the mechanics of the camera, camera techniques and experience creativity with photography and composition.

**Final Outcome:**

Students should be able to explain and apply the different technical and theoretical aspects of photography. They will be able to promote the art and craft of photography within the school community.
Wednesday

Name of Club: Homework Club
Age Group: Years 7 to 11
Day: Wednesday
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 when necessary, so that they can have a better understanding of what they are learning at school.

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 also learn time management while working on their tasks.
**Name of Club:** Duke of Edinburgh International Award  
**Age Group:** Years 9 to 11  
**Day:** Wednesday  
**Type of Activity:** School Enrichment  
**Location:** TBC  
**Teacher:** Mr. Mike and Mr. Joe  

MUST BE ATTENDED BY THOSE COMPLETING THE AWARD ONLY

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

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

This activity is aimed to prepare and monitor students’ progress through the Duke of Edinburgh International Bronze Award. This term will have a focus on students completing their 3 skills (physical, service and skills) and then preparing for their final adventurous journey to Teluk Kampi.

**Key goals:**

- Monitor progress through the use of the online record book
- Review of participants’ improvements within given activities in and out of school
- Discuss advancements in the award and advice on how to move forward
- Skills in team work, communication, map reading, camping, cooking...
- Preparation for second adventurous journey

**Final Outcome:**

To successfully complete the Bronze Award, and for some students to continue onto the Silver Award.
Thursday

Years Seven to Eleven – School Enrichment

1.

**Name of Club:** Public Speaking  
**Age Group:** Years 7 to 11

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

**Location:** GP room, Level 5.  
**Teacher:** Mr. Andy

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

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

Students will develop abilities to engage, persuade and entertain listeners through the use of a variety of techniques. We will consider ways to structure speeches, from attention-grabbing openings to thought-provoking conclusions. As they develop confidence, students will become more skilled at using expression, intonation, volume and pace to create impact in speech. We will also watch and listen to famous influential speeches and consider how these speeches affected listeners.

**Final Outcome:**

Public speaking will enable students to develop confidence and expertise in their presentational skills. The ability to communicate ideas persuasively through words and gestures is an essential skill in the workplace and students will considerably improve their life-chances by practising public speaking. Competitive activities will be included to add challenge, enjoyment and a sense of purpose.
Thursday

2.

Name of Club: EUREKA! Young Scientists
Age Group: Years 7 to 11
Day: Thursday
Type of Activity: School Enrichment
Location: Chemistry Lab
Teacher: Mr. John

Equipment Required: Lab apparatus
Cost (if any): None

Description of Activity (including goals):

Science is fun. Science is interesting. Students shall explore Science with much curiosity and enthusiasm to seek the answers and solutions. Students will learn to try, to modify and to invent a simple investigation or experiment. They shall design and plan Science investigative projects in groups based on their scientific knowledge and skills. Trials and experiments will be run and each group is needed to present the findings and results.

Final Outcome:

Students shall have been stimulated of their curiosity, enquiry, creativity and innovation through the activities which would make Science a very enjoyable and interesting pursuit. Integrity and taking responsibility will be nurtured along the process as well as scientific thinking and skills, problem solving techniques, communication skills and team work effort.
**Thursday**

3.

**Name of Club:** Blogging Club

**Day:** Thursday

**Location:** Secondary ICT Suite

**Age Group:** Years 7 to 11

**Type of Activity:** School Enrichment

**Teacher:** Ms. Shafinaz

**Equipment Required:** PCs in the ICT suite

**Cost (if any):** None

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

Today, many schools around the world are promoting blogging. Blog is short for web log. It is a bit like an online diary or journal, except blogs aren’t necessarily private. Instead they are created for an audience and just like a diary or journal a blog is relaxed, making it an easy and comfortable way for students to write. Readers can usually leave comments, which lead to discussions about the blog’s content. Blogging is a fun way to express ideas and could also be your personal photo diary! The topics to blog can be anything- students might want to blog about events or what happened in school that week. They could even write a food review in the new restaurant they tried at the weekend. Or maybe, they might want to write a poem and show it to the world. Students can be as creative as they want as long as the contents are approved by the club teacher. Students will be guided on how to use widgets to enhance the blog’s usability and make it look fun and attractive for other readers.

**Final Outcome:**

Each student will have their own website where they would be blogging every week. The blog entries will be updated every week with stories/ writings/ photos. At the end of the term, students can continue blogging, since they would have learnt all the skills they need to blog.
Thursday

Name of Club: Production Design club  
Age Group: Years 7 to 11  
Day: Thursday  
Type of Activity: School Enrichment  
Location: Art room  
Teacher: Mr. Hasfis

Equipment Required: Art materials  
Cost (if any): None

Description of Activity (including goals):
Each session students will sketch, draw, design and make props and backdrops for the school production. Students will be exposed to various skills in different types of products that they make.

Final Outcome:
This is a good opportunity for students to develop their skill in drawing, design, coloring and making big props and backdrops. It also requires good teamwork and organisational skills in order to produce quality products. It is a good time for them to show their best and learn and develop their skills in art.
Thursday

5.

MEEPLES

**Name of Club:** Meeples  
**Age Group:** Years 7 to 11  
**Day:** Thursday  
**Type of Activity:** School Enrichment  
**Location:** TBC  
**Teacher:** Ms. Hui Yen

**Equipment Required:** A set of board games (not immediately)

**Cost (if any):** None to join but a set of board games can cost from RM100-300 depending on type

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

With the name adopted from a board game café in Subang, this club hopes to create a space for people to gather and play board games together. It is also a chance to learn different board games that challenge your analytical skills as most of them are strategy games. Students are expected to bring any board games they have at home and take turns to introduce them.

**Final Outcome:**

Apart from its entertaining element, students shall learn several skills such as team strategy and negotiation skills. It also trains the student’s memory, problem-solving and analytical skills. Students who join the ‘Create your own board games’ activity can also proof-play their game and get feedback on how to improve them.
**Thursday**

6. **Math Clinic**

<table>
<thead>
<tr>
<th><strong>Name of Club:</strong></th>
<th>Maths Clinic</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day:</strong></td>
<td>Thursday</td>
</tr>
<tr>
<td><strong>Age Group:</strong></td>
<td>Years 7 to 10</td>
</tr>
<tr>
<td><strong>Type of Activity:</strong></td>
<td>School Enrichment</td>
</tr>
<tr>
<td><strong>Location:</strong></td>
<td>Maths Room 2 (406)</td>
</tr>
<tr>
<td><strong>Teacher:</strong></td>
<td>Mr. Shahrul</td>
</tr>
</tbody>
</table>

**Equipment Required:** Stationery, Graph papers, Geometry sets, Scientific calculator

**Cost (if any):** None

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

Maths Clinic is aimed at improving the students understanding in Mathematics, especially the concepts involving Calculus. The students will be prepared for any Maths Competitions namely Maths Olympiad and Kangaroo Maths in the future.

*Year 10 students who study Additional Maths are strongly encouraged to join.*

**Final Outcome:**

Improve the students’ grades in Mathematics.
Name of Club: Fitness Friday!
Age Group: Years 7 to 11
Day: Friday
Type of Activity: Action
Location: Business classroom
Teacher: Ms. Elena

Equipment Required: Mat
Cost (if any): None

Description of Activity (including goals):
Fitness Friday is a fun way to boost your stamina, increase your cardio endurance and strength, and work on those parts you want to shape and tone. You will use every muscle in your body, from your arms to your calves. You will benefit from this club by getting fitter and leaner but also by using these exercise routines outside of classroom you will be more likely to achieve your own personal goal in a shorter period of time. A fun filled Friday afternoon!

Final Outcome:
Students will increase their personal fitness levels, tone and shape their muscles and have fun with their friends. As part of this workout, they will develop new skills and reduce stress after a long week of studying.
**Name of Club:** Senior Football

**Age Group:** Years 7 to 11

**Day:** Friday

**Type of Activity:** Action

**Location:** Field

**Teacher:** Mr. Joe

**Equipment Required:** Football boots, shin pads, PE kit.

**Cost (if any):** None

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

Students will learn how to improve their football skills through a variety of different training activities. They will learn to be self-reflective and critical in their approach to skills acquisition, learning to ascertain which areas they need to improve upon. They will also learn how to work as a team in both drills and mini-match contexts.

**Final Outcome:**

Students will show marked improvement in both ball skills and game playing. Benefits in their overall health, fitness and well-being will also improve throughout active participation in this activity. For International Award students, it will be an opportunity to progress in, and complete, a Physical-based activity to go towards their Bronze Award.
3.

**Name of Club:** Senior Futsal  
**Age Group:** Years 7 to 11  
**Day:** Friday  
**Type of Activity:** Action  
**Location:** Futsal Pitch (Level 5)  
**Teacher:** Mr. Kam

**Equipment Required:** Football boots/trainers, shin pads, PE kit.

**Cost (if any):** None

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

Students will learn how to improve their football skills through a variety of different training activities. Playing in a small area will improve their close control skills and decision making as they will have less free time on the ball. They will learn to be self-reflective and critical in their approach to skills acquisition, learning to ascertain which areas they need to improve upon. They will also learn how to work as a team in both drills and mini-match contexts.

**Final Outcome:**

Students will show marked improvement in both ball skills and game playing. Benefits in their overall health, fitness and well-being will also improve throughout active participation in this activity.
**Friday**

4.

**Name of Club:** Netball  
**Age Group:** Years 7 to 11  
**Day:** Friday  
**Type of Activity:** Action  
**Location:** Netball court (MPH)  
**Teacher:** Ms. Rowan

**Equipment Required:** Netballs, bibs, cones and PE kit (provided by SIS)

**Cost (if any):** None

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

This activity is open for all students (boys and girls) who are interested in playing more serious games of netball, to those going on to possibly playing in the school team as well (girls only).

Students will complete warm up activities, along with more sports focussed drills to improve their skills and play regular netball games. They will also learn the rules of the game and practise this by acting as a referee on occasion. The focus this term would be mastering the technique of balance, speed and agility.

**Final Outcome:**

Students will be able to play netball confidently, understand the rules of netball, demonstrate an understanding of the importance of warming up and cooling down and compete in inter-school games when required (girls netball team only).
Friday

5.

**Name of Club:** Table Tennis

**Age Group:** Years 7 to 11

**Day:** Friday

**Type of Activity:** Action

**Location:** Outside Futsal Area

**Teacher:** Ms. Dani

**Equipment Required:** None

**Cost (if any):** None

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

A club for people who are looking for a fun and clean way to keep fit. Table tennis is an indoor sport that involves people to be light and quick on their feet. We will be playing lots of games and having some competitions throughout the term.

**Final Outcome:**

Students will learn about the rules of play, scoring system and how to perform basic techniques. Improved fitness and hand-eye co-ordination will also be key benefits.
6.

**Name of Club:** Guitar Lessons  
**Age Group:** Years 7 to 11  
**Day:** Friday  
**Type of Activity:** Creative  
**Location:** Music Room  
**Teacher:** Mr. Dennis

**Equipment Required:** USB pen drive, Acoustic Guitar

**Cost (if any):** Students may have to bring or purchase their own guitar – depends on number of participants and availability of guitars. Set of guitar strings and guitar picks.

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

This is a basic introductory course on theory, chords and basic strumming. Students will be introduced to the study of instrumental music as they learn standard performance practices on the guitar. Students will be provided the opportunity to participate in solo and ensemble performance activities. Areas of instruction will include instrument care, techniques and fundamentals of musicianship, tone production, proper posture, and music literacy.

**Final Outcome:**

Students will have to perform a song at the end of the year.
**Name of Club:** Orchestra

**Age Group:** Years 3 to 11

**Day:** Friday

**Type of Activity:** Creative

**Location:** Performing Arts (507)

**Teacher:** Ms. Ellie

**Equipment Required:** Musical Instruments (keyboards to be provided)

**Cost (if any):** None

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

Come and join SIS Orchestra for our second term of rehearsals. We have instruments from all four families of the orchestra, but we definitely have room for more members. This term, students will continue to learn many ensembleship skills including following a band part, understanding multiple bar rests and following a conductor. They will also learn to work as a team, rehearsal discipline and musical appreciation. There will be opportunities for more advanced players to take a more difficult part within the orchestra.

All pupils who receive instrumental lessons within school are expected to contribute to school orchestra as part of their lessons, in order to put into practice what they have learned.

**Final Outcome:**

Students will perform their repertoire at various events and will gain a strong sense of community as a group. We will learn Half Minute Waltz, Brudenell Waltz and polish our performances of Tango and Cha Cha. Pupils will gain confidence as they learn to perform with their peers. Their musical appreciation will broaden and their leadership skills developed as they guide other pupils in the group.