



**DCIS Extra-Curricular Activities**  
**Academic Year 2016 to 2017 Term 1**  
Sign-up will be open from 17<sup>th</sup> August to 24<sup>th</sup> August.

<b>Sports ECA (3pm -4pm)</b>					
<b>Activity</b>	<b>Day</b>	<b>Year group</b>	<b>Min Number</b>	<b>Max Number</b>	<b>Description</b>
Basketball	Friday	Year 6 – Year 11	10	24	Please join our basketball group for some fun games. We will work on dribbling, shooting and match strategies.
Cosmic kids Yoga	Friday	Year 1 – Year 3	10	20	Cosmic Kids Yoga combines simple yoga routines with fun stories as you move through each adventure with the characters. This is beginners' yoga with a twist, both relaxing and active. Wear PE kit and a big smile.
Cross Country	Thursday	Year 3 – Year 11	10	40	Endurance event that develops fitness over differing terrains with the opportunity to represent the school. For health purposes, to make friends or just because it makes you feel good, cross country is great for you.
Dodgeball	Wednesday	Year 7 –Year 11	10	30	Dodge, throw balls, develop knowledge of ultimate dodge ball, start to use strategic skills as a team to outwit the opposing teams. Students must be fast on their feet, good hand ball coordination and tolerance of projectile objects coming towards them.
DSE Inclusive Team Sports*	Thursday	Year 3 – Year 7	8	15	All about being part of a team! We welcome anyone who would like to take part in races, games and fun, physical activities as a team while trying your best and preparing for sports day. Opportunity to work on stamina, catching skills and general agility.
DSE Specific Sports Skills*	Friday	Year 5 – Year 8	8	10	Improve gross motor skills and eye hand coordination. Suitable for students who have difficulties accessing mainstream ECA. Activities will include dribbling, catching, passing and throwing skills. These skills will eventually enable them to play invasion games/sports such football, basketball etc
Fitness Frenzy	Friday	Year 5 – Year 11	10	20	Fitness activities and circuit training for older students who are serious about keeping fit.
Football	Wednesday	Year 2 - Year 3	10	40	For players who are interested in developing their individual and team skills, as well as gaining knowledge and understanding in football. With emphasis on enjoyment and new “Let them play” concept.
	Tuesday	Year 4	10	40	
	Friday	Year 5 – Year 6	10	40	
	Thursday	Year 7 – Year 11	10	40	
Girls Football	Wednesday	Year 4 – Year 11	10	30	Girls only football available. Learn new skills and play fun games with your friends.

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<b>Sports ECA (3pm -4pm)</b>					
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Girls Rugby	Tuesday	Year 6 – Year 8	7	15	Introduction to fundamental skills of touch rugby with running, passing and dodging are key aspects. Potential to represent the school in the girls touch rugby team.
Netball	Thursday	Years 3 - Year 11	10	40	If you've played before or want to give Netball a go, everyone is welcome to join! Improve your individual skills & games in this fun and exciting way. There is also the potential to represent the school in the girl's netball team.
Swimming Development	Wednesday	Year 2 - Year 6	10	15	For beginner swimmers who need to develop confidence in the pool. This will introduce basic strokes and water confidence
Yoga	Wednesday	Year 5 – Year 11	10	20	These classes will help you improve your posture, breathing and senses. Gain an opportunity to keep your body healthy and your mind clear. If you would like to further develop your yoga skills, come and join us!

<b>Music ECAs (3pm – 4pm)</b>					
<b>Activity</b>	<b>Day</b>	<b>Year group</b>	<b>Min Number</b>	<b>Max Number</b>	<b>Description</b>
Singing Voices	Friday	Year 2 – Year 6	10	60	All students who love their singing and who wish to develop skills and repertoire are warmly invited to join.
DSE Music Makers*	Wednesday	Year 2 – Year 6	5	10	Children will explore the sounds and patterns of many types of music. They will communicate through making music using different instruments. The children will learn songs with simple patterns to develop their speech and language skills. This ECA aims to build confidence and social skills.

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<b>General ECAs (3pm -4pm)</b>					
<b>Activity</b>	<b>Day</b>	<b>Year group</b>	<b>Min Number</b>	<b>Max Number</b>	<b>Description</b>
Aboriginal Art	Tuesday	Year 2 – Year 4	10	15	Aboriginal Art is a fantastic topic for children. They will learn a little about who the Australian Aboriginals are, their symbols and what and how they paint.
Animation Club	Friday	Year 4 - Year 6	10	15	In animation club we will experiment with a variety of animation styles including cut-out puppets, drawn animation and 3D figures. We will learn techniques for bringing any object to life! The club is perfect for first-time animators!
Art and Design	Friday	Year 4 – Year 6	10	40	To give students the opportunity to develop their design skills using different/mixed mediums. Let's explore line, texture, colour, shape and patterns in this exciting new ECA.

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Art: Grayson Perry inspired pots	Friday	Year 7 – Year 11	10	15	Students will learn about the work of Grayson Perry. They will also learn about the concepts that Perry uses in his work and they will use these to influence their own. They will create their own pot created from Papier Mache and decorate it with images, typography and photographs. There will be a cost of \$10 which needs to be paid at the 1st session.
Beading Fun	Friday	Year 2 – Year 6	10	25	Jewellery making is extremely fun, challenging and an affordable hobby. Students will get lot of hands-on experience with different types of material and beads. Think out of the box and get creative with us!! There will be a cost of \$10 which needs to be paid at the 1st session.
Book Club	Wednesday	Year 3 –Year 5	10	20	The ECA would involve book reviews, making your own comic book, story writing, and vocational activities such as promoting library skills to students.
Brain Teasers Club	Thursday	Year 2 - Year 4	10	20	This ECA offers different types of puzzles that are written or spoken and require mental reasoning to solve. It also involves praxis ability to develop spontaneity.
Chess Club	Friday	Year 3 - Year 11	10	30	Whether you are new to playing or a master come down and improve you're analytical and decision making skills.
Children's Craft & Film Club	Wednesday	Year 1 - Year 2	10	40	Are you creative? Do you love films? Then this is the ECA for you. We create a variety of art related to movies. This is a wonderful way to spend your afternoon.
Cookery Lite	Thursday	Year 4 - Year 5	10	15	Focus on preparing healthy and balanced snacks, meals and desserts. Includes taste testing and comparing processed foods to fresh foods, preparation, cooking or baking a variety of foods as well as food art and presentation. There will be a cost of \$30 to be paid at the 1st session. Not be suitable for children with serious food allergies.
Digital Club	Wednesday	Year 3 – Year 6	10	15	Learn how to write a script and make short films, information videos, news bulletins. You will learn how to make Prezi presentations using footage/photo's you have taken.
DSE Construction*	Friday	Year 3 – Year 5	5	10	This is a chance for DSE children to work on their social and communication skills through constructing models with Lego and blocks etc. Each week there will be a given theme and the children will be put into groups to construct something together in line with the topic. Each child will be given a specific role e.g. builder, designer or supplier and they have to rely on each other to get the job completed.

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**General ECAs (3pm -4pm)**

<b>Activity</b>	<b>Day</b>	<b>Year group</b>	<b>Min Number</b>	<b>Max Number</b>	<b>Description</b>
DSE Play Dough Art Therapy*	Tuesday	Year 2 – Year 3	5	10	Explore the art of play dough. Play dough play benefits the child’s fine motor skills development, creativity and imagination, develops hand-eye co-ordination, social skills, literacy and numeracy development, promotes play and most of all it is calming and therapeutic. There will be a cost of \$15 which needs to be paid at the 1st session
Film Club	Thursday	Year 1 – Year 4	10	20	Investigate different children’s films from around the world and explore a variety of different genres of films. Alongside this, children will have the opportunity to complete an activity based on the film.
Fun with Fimo	Friday	Year 2 – Year 3	10	20	We will make a selection of models, figurines, buttons, charms, jewellery and ornaments from a range of brightly coloured and glow in the dark polymer clay that you heat in the oven for it to go hard. There will be a cost of \$15 which needs to be paid at the 1st session.
Hama Beads	Tuesday	Year 2 – Year 4	10	20	Join our fun & creative club where we will create many beautiful designs from these magical beads! They can be used as gifts or to decorate your room at home.
Japanese Language for Beginners	Wednesday	Year 3 - Year 6	8	12	Introduction to Japanese language. Talk to your new Japanese friends by learning numbers, greetings and hobbies.
Just Dance	Tuesday	Year 2 – Year 6	10	20	Love learning new moves whilst having fun with your friends? Everyone is welcome to enjoy the latest pop hits, developing coordination and fitness.
Lego	Thursday	Year 3	10	20	Come along to design and make buildings and landmarks from around the world. Suitable for all future architects! There will be a different building challenge each week ranging from famous buildings to animals from around the world!
Mandala Colouring	Friday	Year 3 - Year 6	10	20	Mandala loosely translates as circle, and by focusing on a mandala, you allow your brain to calm. It is a wonderful way to relax and show your creativity.
Minecraft Club	Tuesday	Year 3 – Year 6	10	20	For students that are interested in the Minecraft platform, both playing the game and developing new levels. Using Java, students will play head to head, developing sections of code, and then playing the game with one-another. Discover game coding from different perspectives reviewing different consoles. For computer enthusiasts to learn Minecraft, play with tablets and develop apps.
	Tuesday	Year 7 – Year 11	10	20	

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**General ECAs (3pm -4pm)**

<b>Activity</b>	<b>Day</b>	<b>Year group</b>	<b>Min Number</b>	<b>Max Number</b>	<b>Description</b>
Mindfulness Colouring	Friday	Year 1 – Year 2	10	20	During this new students will colour in templates to create exquisite scenes full of intricate and sophisticated patterns. They will creatively and mindfully complete beautiful and vivid pictures. Take a few minutes out of your day to colour your way to a more peaceful and calm mind.
Radio club	Thursday	Year 4 - Year 11	6	10	Learn how to use the radio equipment and have fun creating radio programs that may even be aired to the whole school.
Robotics Club	Friday	Year 8 – Year 11	6	12	Do you like programming and problem solving? The Robotics Club will allow you to explore your ideas. You will have the opportunity to apply your sequential thinking skills while working to overcome technical challenges. You will be working collaboratively and applying technology to solve a range of problems and learn through experimentation and testing.
Secondary Mandarin Clinic	Wednesday	Year 7 – Year 11	6	12	This is a Secondary Language Club to engage the students for a variety of activities. This ECA will provide additional support for those who will join the school with no Mandarin experience. Furthermore, differentiated activities will be organised to cater those Mandarin native speaker if they are interested to join.
Sketching & Drawing	Tuesday	Year 4 – Year 6	10	40	Learning to draw objects/animals more accurately using various techniques. Add shading and gradual tints to make objects look 3D. Using colouring pencils to shade.
Skoolbo	Tuesday	Year 1 – Year 3	10	20	Using iPads, dive into the world of Skoolbo and practice your Numeracy and Literacy skills with friends. You need to know your Skoolbo login details for this club and bring them along on the first session.
Stained Glass Club	Friday	Year 3 –Year 6	10	24	Come and create your very own stained glass windows. You can hang them up at home and watch the sun shine through them to make pretty patterns on your wall. Sign up for Stained Glass club Now! There will be a cost of \$20 which needs to be paid at the 1st session.
Sewing Club	Thursday	Year 3 – Year 6	10	15	In the sewing club we'll be learning useful skills to sew beautiful creations. There will be a cost of \$10 which needs to be paid at the 1 <sup>st</sup> session.
Story time	Thursday	Year 1 –Year 3	10	20	Story time ECA will have a fun story for every session. It will be then followed by a fun activity related to the story analysing characters in the story and may re-enact it or draw the story out in picture format.

Story, Art and Craft	Tuesday	Year 1 – Year 2	10	20	Each week we read a different book, discuss the story and then completed and art and craft activity to do with the story.	
Super Hero Art Club	Wednesday	Year 1 – Year 2	10	20	Do you love super heroes? Come and join us to develop sketching skills and techniques while having fun drawing your favourite super hero.	
Paid ECA						
Activity	Day	Year group	Min Number	Max Number	Cost	Description
Art of War (Strategic Planning)	Friday	Year 2 – Year 4	10	45	\$260	Become a master at strategy! Through a series of exciting team-based activities, discover the secrets of time-tested war principles and apply them to overcome difficult trials and challenges while having loads of fun with your friends. By the end of the course, you will learn the how to plan ahead, evaluate alternatives, use logic and creativity to make the best plans for success.
	Friday	Year 5 – Year 6	10	45	\$260	
Ballet	Wednesday	Year 2- Year 5	10	20	\$210	Perfect for beginners who would love to learn to move gracefully and energetically. Improves strength, balance and posture with friends under experienced guidance. Please note dance attire is additional.
Brush Lettering	Tuesday	Year 2 – Year 4	10	45	\$280	Brush lettering is an art of writing that can be easily picked up regardless of age. Come and join us as we learn a new craft together and to explore the world of possibilities with brush lettering. Discover your own unique style today! Students will bring home their artworks in the end of the course.
	Tuesday	Year 5 – Year 6	10	45	\$280	
Chelsea Football Coaching	Tuesday	Year 1 – Year 3	10	40	\$200	Join the Chelsea ECA and receive excellent football coaching through fun games and activities. Improve your skills and you will have the opportunity to play for the local weekend Chelsea teams.
		Year 4 – Year 6	10	40	\$200	
Cricket	Thursday	Year 2 – Year 4	15	30	\$320	High-quality cricket coaching academy for girls and boys of all ages with the goal of promoting the game of cricket, healthy lifestyles and build character. Our objective is to have a positive impact and contribution to society by using cricket as a medium. Cost includes uniform.
	Thursday	Year 5 – Year 6	15	30	\$320	
	Thursday	Year 7 – Year 11	15	30	\$320	

Paid ECA						
Activity	Day	Year group	Min Number	Max Number	Cost	Description
Drama	Wednesday	Year 1-Year 3	10	20	\$288	We introduce students to a world of theatre and creativity, helping them to develop performance skills, theatre knowledge, teamwork, individual expression and confidence. All groups are led by experienced and highly trained drama teachers, with emphasis throughout on providing high quality workshops that our members enjoy.
		Year 4- Year 7	10	20	\$288	
French Basic Level 1	Wednesday	Year 2 – Year 6	10	20	\$200	This ECA is for students who have no or little prior knowledge of French (up to 1 year of studies). It aims to introduce students to basic vocabulary (including numbers, colours, school) and conversation skills (presentation). Learning will be done through games, songs, interactive and written activities. The ECA will also provide some insights into French culture.
French Basic Level 2	Wednesday	Year 4 – Year 6	10	20	\$200	This ECA is for students who have studied French for more than a year. It aims to reinforce knowledge of the basic vocabulary (including numbers, colours, school) and introduce new topics (i.e. family, food, animals, clothing). Students will also develop further their understanding and conversation skills. Learning will be done through games, songs, interactive and written activities. The course will also provide some insights into the French culture.
Fun in Aviation	Wednesday	Year 1 - Year 4	10	20	\$290	This ECA is a fun filled enrichment program that is aimed to inspire the aviators of the future. The program will educate basic principles of aerodynamics through scientific experiments, such as – flying the quadcopter and building and flying the hand glider. Every class consists of a theory and practical part. The cost include a mini drone for the student to keep.
		Year 5 - Year 8	10	20	\$290	
Gym with Me	Tuesday/ Thursday	Year 1 – Year 4	10	30	\$240	An exciting Gymnastics club. Multiple trained coaches and some excellent new equipment to use.

**Paid ECA**

<b>Activity</b>	<b>Day</b>	<b>Year group</b>	<b>Min Number</b>	<b>Max Number</b>	<b>Cost</b>	<b>Description</b>
Hip Hop Dance	Tuesday	Year 3- Year 5	10	25	\$100	Students will learn basic hip hop choreography and how these dance moves fit in with the music. They will develop a sense of rhythm and beat and will gain a better appreciation of this musical genre.
	Thursday	Year 6- Year 11	10	25	\$100	Students will study the differences between modern and old school hip hop dance. They will learn basic choreography, develop moves that fit with the music and acquire their own personal stage presence.
Judo Club	Friday	Year 1- Year 3	10	25	\$320	We are a group of Judo enthusiasts with rich experience in teaching Judo to both Students and adults. You can find information on us and our activities on <a href="http://www.thedojo.com.sg">www.thedojo.com.sg</a> . There will be an additional \$100 to buy Judo uniform.
		Year 4 – Year 6	10	15	\$320	
Race Car Engineering	Thursday	Year 2 – Year 4	15	45	\$280	Build and race your very own race car! Students will learn how to build, customize, and tune every part of their car wheels, motors and even the transmission for ultimate speed. They will discover how to use physics and engineering concepts to push the limits of what it means to go fast. During the last session they will take part in a championship race to prove once and for all, who is the fastest racer around. Students will bring home their cars in the end of the course.
	Thursday	Year 5 –Year 6	15	45	\$280	
Tennis	Tuesday	Year 1 – Year 6	10	20	\$240	For beginners and intermediate students. Learn and improve racket skills in fun and small group size. Tennis coaches that will tailor the program to suit the ability and level of the students.
	Wednesday	Year 1 – Year 9	10	20	\$240	
	Friday	Year 1 – Year 9	10	20	\$240	



Offsite Paid ECA						
Activity	Day	Year group	Min Number	Max Number	Cost	Description
Fencing 3:30 pm till 5:00 pm	Thursday	Year 5 – Year 8	10	18	\$260	This new ECA will teach the basic Fencing skills. Price includes fencing coaching and transport to the Blade Club. All equipment will be provided. Students to be picked up at 5:30pm at the Blade Club in Bukit Timah Road.
Junior Gym 3:30pm to 5:00pm	Wednesday	Year 3 –Year 5	10	20	\$360	Building fitness, strength and a greater understanding of the core gymnastic elements of each of the different gender-specific apparatus in The Yard’s state of the art facility. Price includes coaching and transport to the Yard. Students to be picked up at the Yard Science Centre Rd, Jurong.
	Friday	Year 3 –Year 5	10	20	\$360	
Trampolinin g 3:30pm to 4:30pm	Wednesday	Year 3 –Year 5	5	8	\$330	Learn to bounce, flip and twist with our custom made trampolines, 16m trampoline track, trampettes and safety foam pits. Price includes coaching and transport to the Yard. Students to be picked up at the Yard Science Centre Rd, Jurong.
		Year 6 –Year 8	5	8	\$330	
	Friday	Year 3 –Year 5	5	8	\$330	
		Year 6 –Year 8	5	8	\$330	
Parkour 3:30pm to 4:30pm	Wednesday	Year 3 –Year 5	5	8	\$330	Our FreestyleGym program combines acrobatic and gymnastics elements with the movement principles of parkour to give children a strong technical background to perform the latest Parkour skills in a soft and safe environment. Price includes coaching and transport to the Yard. Students to be picked up at the Yard Science Centre Rd, Jurong.
		Year 6 –Year 8	5	8	\$330	
	Friday	Year 3 –Year 5	5	8	\$330	
		Year 6 –Year 8	5	8	\$330	
Heartlands Golf Academy 3pm - 4:30pm	Friday	Year 4 – Year 11	8	16	\$320	For all those future Rory McIlroys at Dover Court. In this E.C.A. we will hit JCC’s driving range and be coached by PGA, Class A, golf coaches from Heartlands Golf Academy. Students will also learn to play in sand, putting, chipping and out on the course. Price includes golf coaching and transport to the Club. Students to be picked up at the Club.

ECAs subject to change till sign-up.