



*Celebrating 45 Years*

## DCIS Extra-Curricular Activities Academic Year 2017 to 2018 Term 1

Sign-up will be open from 5.00pm on 21<sup>st</sup> August 2017 to 5.00pm on 1<sup>st</sup> September 2017  
ECAs will run from 15<sup>th</sup> September 2017 to 1<sup>st</sup> December 2017

Sports ECA (3.00pm-4.00pm)					
Activity	Day	Year group	Min Number	Max Number	Description
Basketball	Thursday	Years 7 – 11	10	20	Please join our basketball group for some fun games. We will work on dribbling, shooting and match strategies.
Badminton	Wednesday	Years 3 - 6	10	16	This badminton ECA is for all abilities. Students will learn the basics from footwork to executing the perfect shot and strokes to serving in the correct manner. This ECA will help develop all the basic skills. No experience necessary. We are here to have fun remember!
Cosmic Kids Yoga	Wednesday	Years 1 – 2	10	22	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	Wednesday	Years 3 +	10	60	Come and challenge yourself! A grueling, tiring but definitely the most rewarding sport ever! We run not just for glory but for self-satisfaction. This ECA consists of long races over varied terrains, including hills, grassy fields and through puddles and mud. Keep fit stay healthy!
Dance	Wednesday	Year 3-6	10	20	With 'Strictly Come Dancing' returning for its 15th series on UK screens in September, it is the perfect time to find the dance shoes and learn some new dance moves. Whether you have done it before or not, dancing is a fantastic way to relax, free the mind and, most importantly, have fun. It also helps towards rhythm, timing and coordination. We will alternate between Latin and ballroom each week, learning the elegant Waltz and quicker paced Quickstep in ballroom and the energetic Cha Cha and the swinging Jive in Latin.
Dance Street	Friday	Years 5-11	10	20	This dance ECA will develop creativity and technical dance skills in students. They will build their knowledge of music and dance styles, how to choreograph routines to best suit the genre and be able to keep count and stay in time with the beat. Not only will they be producing their own routines, they will learn about synchronization and the importance of stage presence required for effective dance performances. Above all, the children will have lost of fund, keep active and advance their dance skill no matter their ability or experience levels.



### Sports ECA (3.00pm-4.00pm)

Activity	Day	Year group	Min Number	Max Number	Description
DSE Specific Sports Skills*	Friday	Years 5 – 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
Football	Wednesday	Years 2 & 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.
	Thursday	Years 7 – 13	10	40	
	Friday	Years 4 – 6	10	60	
Girls Football	Wednesday	Years 4 – 5	10	30	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.
Girls Basketball	Tuesday	Years 7-11	10	20	This ECA is a great opportunity for secondary students who want to compete and be a part of the School Basketball team. Students will develop their passing, dribbling and a variety of correct shooting forms and styles through both drills and matches. Don't forget to be dressed in sports attire with a drinking bottle to hydrate yourself!
Hockey	Friday	Years 3 – 6	10	20	A fun and fast paced team game that becomes addictive! During this ECA students will learn the fundamental skills of hockey. This will include dribbling, passing and shooting as well as understanding how to position themselves when playing a game. Loads of fun.
Netball	Tuesday	Years 3 & 4	10	30	Whether you've played before or want to give Netball a go, everyone is welcome to join! Improve your individual skills & game playing ability in this fun and exciting sport. There is also the potential to represent the school in the girl's netball team.
Netball	Thursday	Years 5+	10	30	Whether you've played before or want to give Netball a go, everyone is welcome to join! Improve your individual skills & game playing ability in this fun and exciting sport. There is also the potential to represent the school in the girl's netball team.
Boys Rugby	Tuesday	Years 5 - 8	10	30	Develop and enhance your rugby core skills and qualities by coming to this ECA. Students will have the opportunity during this ECA to represent the School team!

**Non ECAs – Teams and Choir/Orchestra (3.00pm-4.00pm) \* BY INVITE ONLY**

Activity	Day	Year group	Min Number	Max Number	Description
Swim Team	Tuesday	Years 4+	7	45	The Dover Fins swim team sessions are by invitation only. Potential swimmers are assessed over 25m or 50m in backstroke, breaststroke & freestyle. Butterfly is a very welcome bonus! There are opportunities each term for the swimmers to compete in inter school meets as well as have regular time trials.
	Wednesday	Years 3 & below	10	45	
	Friday	Years 4+	10	40	
Boys Rugby Team	Tuesday	Years 5 - 8	10	30	Invitational training for boys eligible to play in the ACSIS tournaments.
School Choir	Thursday	Years 1 - 13	10	45	By invitation only.
School Orchestra	Wednesday	Years 1 - 13	10	45	By invitation only.

**Music ECAs (3pm – 4pm)**

Activity	Day	Year group	Min Number	Max Number	Description
Introduction to Instruments	Wednesday	Years 1-3	10	22	An excellent opportunity for children to develop their interest in musical instruments. Children will be exploring different instrument families and learning how to play simple tuned instruments. A great opportunity to gauge their interest in instruments before considering uptake with our peripatetic team.
Singing Voices	Thursday	Years 2 – 5	10	40	All students who love their singing and who wish to develop skills and repertoire are warmly invited to join.
Sing and Sign Choir	Tuesday	Years 1 - 7	10	30	Come along and sing some of your favourite songs, alongside learning Makaton signing. We hope to be performing at some of the school concerts, performances and in assembly. Ability to sing is not necessary we just want enthusiasm, participation, team work and most importantly FUN! This inclusive choir aims to focus on social skills, team work and developing inclusion throughout the school.

### General ECAs (3.00pm-4.00pm)

Activity	Day	Year group	Min Number	Max Number	Description
Beading Fun	Friday	Years 2 – 4	10	12	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!! <b>There will be a cost of \$10 which needs to be paid at the 1st session.</b>
Book Club	Thursday	Years 3 – 4	10	22	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	Years 2 - 4	10	22	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.
British Sign Language (BSL) for beginners	Thursday	Years 3-6	10	22	Welcome to British Sign Language for beginners! This interesting ECA will teach you the basics for communicating in sign language through games, actions and songs. Each week you will learn something new, such as the alphabet, how to introduce yourself, explain your hobbies, colours and pets. If you would like to start learning a new language, make new friends and perform in front of others then this is the ECA for you!
Chess Club	Friday	Years 3 - 12	10	22	Whether you are new to playing or a master come down and improve you're analytical and decision making skills.
Chinese Ink Painting	Tuesday	Year 3-4	10	22	The aim of this ECA is to bring to KS2 children on a learning journey all about an artistic element of Chinese culture- Chinese Ink painting. During the ECA, pupils will be introduced to the history of this art form, learn how to use Chinese ink brushes and create their own unique pieces.
DSE Developing fine motor skills*	Wednesday	Years 1-3	4	8	This ECA will support students to more effectively use their small muscles and eye hand coordination to build their fine motor skills. This will help to improve their writing skills.
DSE Construction*	Wednesday	Years 3 – 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.
DSE Play Dough Art Therapy*	Thursday	Years 2 – 3	5	8	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. <b>There will be a cost of \$15 which needs to be paid at the 1st session</b>
Fun with Fimo	Friday	Years 2 – 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. <b>There will be a cost of \$15 which needs to be paid at the 1st session.</b>

### General ECAs (3.00pm-4.00pm)

Activity	Day	Year group	Min Number	Max Number	Description
Garage Band	Tuesday	Years 4 - 6	10	20	Children will develop their compositional skills through exploring layers of sound, tempo and dynamics. They will become more familiar with the Garage Band app and build their self- evaluative and reflective skills by editing and improving their music. Children will be exposed to a range of genres and use their listening skills to identify their features. From this, they will compose a piece of music within a given style. At the end of the ECA, the children will have created a piece of music which they can share on Red Dot Radio.
Hama Beads	Tuesday	Years 2 – 4	10	22	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.
Inclusive Yoga	Thursday	Years 3-6	6	8	This is an inclusive Yoga ECA tailored to be developmentally appropriate on every level. A small number of children will be able to participate in carefully designed yoga sessions, targeting their specific movement and flexibility needs and delivered an engaging way. There are many benefits of Yoga which include: Develops strength, flexibility and stamina, reduces tension, stress and anxiety, raises self-esteem and promotes self-efficacy – Improves motivation, improves overall health and wellbeing.
KS1 Arts & Crafts	Thursday	Years 1 & 2	10	22	In this ECA the Year 1 and 2 Students will learn how to develop their drawing skills and in addition will also be learning and experimenting with techniques in art, design and textiles. Children will develop their fine motor skills through drawing and painting, whilst also exploring their own ideas to produce creative pieces of work.
Lego	Wednesday	Years 3 & 4	10	22	Lego club is a fantastic opportunity to explore and extend a child's creativity. Throughout the course of the ECA the children will be given the task to design and build a range of different forms. The children will develop their independence and team work skills as tasks will alternate from personal projects to group tasks. Lego club will also develop the children's fine motor skills. Each week the children will produce an end product which will be celebrated.
	Friday	Years 3 & 4	10	22	
Mandala Colouring	Thursday	Years 3 - 6	10	22	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	Years 5 & 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. Ds cover game coding from different perspectives reviewing different consoles. For computer enthusiasts to learn Minecraft, play with tablets and develop apps. <b>There will be a cost of \$15 which needs to be paid at the 1st session.</b>
	Wednesday	Years 3 & 4	10	20	
	Thursday	Years 3 & 4	10	20	
	Thursday	Years 5 & 6	10	20	
	Friday	Years 3 & 4	10	20	
	Friday	Years 7 – 9	10	20	
Mindful Lab	Tuesday	Years 4-6	10	20	This holistic ECA is meant to teach and develop children's physical and emotional wellbeing through various mindful activities. The programme will include yoga and meditation,

### General ECAs (3.00pm-4.00pm)

Activity	Day	Year group	Min Number	Max Number	Description
					nutritional vegan/organic cooking and art-based activities. A healthy, vegan snack will be provided in each session. The benefits of this course include: Developing strength and flexibility Learning about healthy, organic and vegan snack and/or meal preparation Expressing creativity through art Improving concentration and clarity Promoting social, mental and emotional health. <b>There will be a cost of \$35 which needs to be paid at the 1st session.</b>
Secondary Mandarin Enrichment	Wednesday	Years 7 – 11	6	12	This ECA is primarily to support students who intend to take French as their timetabled language option but are still interested in learning Mandarin after school. In addition, students joining DCIS with little or no Mandarin experience can also benefit from this ECA.
Sketching & Drawing	Tuesday	Years 4 – 6	10	22	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	Years 1 – 3	10	22	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	Thursday	Years 3 – 6	10	22	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! <b>There will be a cost of \$20 which needs to be paid at the 1st session.</b>
Sewing Club	Tuesday	Years 3 – 6	10	22	In the sewing club we'll be learning useful skills to sew beautiful creations. <b>There will be a cost of \$10 which needs to be paid at the 1st session.</b>
Story Time – Fun Time.	Wednesday	Years 1 – 2	10	22	A fun and learning time! Each week an author, theme or a topic will be chosen and 3 stories will be read aloud to the children. The blurb for every story will be read aloud by one of the children and after every story is read, the children will be engaged in discussion of characters and will be encouraged to use describing words whilst analyzing the characters. The last 15-20 minutes will be spent on coloring time and writing the describing words for their favorite characters. Overall the Children will have an enriching and enjoyable Storytime experience.
Writing to perform	Friday	Year 5 & 6	10	22	Writing to perform is an ECA which gives the opportunity for children to use their imagination to create different genres of creative writing, each week children will be encouraged to share their writing to build their confidence in performing. The end point will be a story literary café where parents will be invited to come and listen to the best of the children's work.

**Paid ECA – Payments must be made before the ECA starts**

Activity	Day	Year group	Min Number	Max Number	Cost	Description
Advanced Race Car Engineering	Thursday	Years 2 – 4	10	45	\$350	Now that you have mastered the basics, you can take things to the next level! You will learn about upgrade parts and apply it to your cars to see it run faster. Oh did we mention, you will build a new Twin Shaft Car. Beside experimenting and upgrading you will get to design an aerodynamic vehicle which will allow them to push their vehicle to the limit! They will learn about car stabilization, safety, gear ratios and engine maintenance. *Students will bring home their cars and the upgrade parts. ** Class eligibility: for students who have completed Basic and Intermediate courses.
	Thursday	Years 5 & 6	10	45	\$350	
Basic Race Car Engineering	Thursday	Years 2- 4	10	45	\$350	Build and race your own race-car! You will learn how to build, customize, tune parts of your car wheels, motors and the transmission for ultimate speed using physics and engineering concepts. During the last session you will join the race to prove who the fastest racer is around!  *Students will bring home their cars in the end of the course.
	Thursday	Years 5 & 6	10	45	\$350	
Brush Lettering	Tuesday	Years 2 – 4	10	22	\$350	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	Years 5 & 6	10	22	\$350	
Chelsea Football Coaching	Tuesday	Years 1 – 3	10	25	\$250	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.
		Years 4 – 6	10	25	\$250	
DSE Lego Story Building	Tuesday	Year 1 – Year 3	4	12	\$259	Using LEGO® bricks and SPECIALITY EDUCATION pieces, students will explore the creation of ideas and stories through play. Students will gain experience with creativity, problem-solving, fine-motor skills, abstraction, and learn how they can express their thoughts through physical objects. Each week, the students will learn about a different type of story (or will imagine their own story with ideas initiated by teacher), then use LEGO blocks to create their own story and in the end will demonstrate it to the fellow mates in the session.

**Paid ECA – Payments must be made before the ECA starts**

Activity	Day	Year group	Min Number	Max Number	Cost	Description
Drama	Wednesday	Years 1- 3	10	20	\$360	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.
		Years 4- 7	10	20	\$360	
Diving with Orca Scuba <b>Seal Team Course for children</b>	Wednesday	Ages 8- 9	4	8	\$500	Includes all learning materials plus certification, theory and pool training, equipment rental and 5 aqua mission dives in the pool @school. Sessions are from 3-5 pm for Theory days and 3 -6 pm for diving days so <b>no buses will be available, parents will have to collect students.</b>
Diving with Orca Scuba <b>Course A - Scuba Diver OR Course B - Open water course</b>	Wednesday	Ages 8-14	4	8	Course A \$800 Course B \$800	Includes all learning materials plus certification, theory and pool training, equipment rental and 2 open water and 2 fun dives on Rawa Island. * Accommodation and transport to Rawa island has a separate cost of \$195. Sessions are from 3-5 pm for theory days and 3 - 6 pm for diving days therefore <b>no buses will be available, parents will have to collect their children at the end of this ECA.</b>
French Basic Level 1	Wednesday	Years 2 – 6	8	20	\$250	This ECA is for students who have no prior knowledge of French. It aims to introduce students to basic vocabulary (including numbers, colours, school) and conversation skills (presentation/greetings) 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	Years 3 – 6	8	20	\$250	This ECA is for students who have studied French before (Level 1 completed and/or in another class). It aims to reinforce knowledge of the basic vocabulary (cf Level 1) and introduce new topics (i.e. family, food, animals, and clothing). Students will also develop further their understanding and conversation skills. Learning will be done through games, songs, interactive and written activities. The ECA will also provide some insights into the French culture.
Fun in Aviation	Wednesday	Years 1 - 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



**Paid ECA – Payments must be made before the ECA starts**

Activity	Day	Year group	Min Number	Max Number	Cost	Description
		Years 5 - 8	10	20	\$290	the hand glider. Every class consists of a theory and practical part. The cost include a mini drone for the student to keep.
Futsal for Girls	Wednesday	Years 2 & 3	10	20	\$100	Similar to Football but with a twist. Futsal is played between two teams of five players each, one of whom is the goalkeeper. Unlimited substitutions are permitted. Unlike some other forms of indoor football, the game is played on a hard court surface surrounded by lines and walls. Students will be coached by a former Brazilian player, certified by the Swiss Football Association.
Gym with Me	Tuesday/ Thursday	Years 1 – 4	9	30	Tuesday \$315 (9 sessi ons)	Packed with fun acrobatic activities designed to channel energy and enthusiasm into developing essential motor skills. The Gymnastics ECA program is perfect for beginners to intermediate gymnasts. Classes focus on building strength, flexibility, coordination and the core acrobatic skills. Our in-depth skills break-downs and progressions allow children to progress at their own pace promoting well-rounded development and confidence on the various apparatus
					Thurs day \$350 (10 sessi ons)	
Hip Hop Dance	Tuesday	Years 3 - 5	10	25	\$125	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.
Judo Club	Friday	Years 1- 3	10	25	\$400	We are a group of Judo enthusiasts with rich experience in teaching Judo to both Students and adults. You can find information on us on <a href="http://www.thedojo.com.sg">www.thedojo.com.sg</a> . There will be an additional \$100 to buy Judo uniform.
		Years 4 – 6	10	15	\$400	
Language therapy with Lego	Thursday	Year 2 – Year 6	4	12	\$259	"During this hands-on LEGO® building session, students naturally collaborate to develop speaking and listening skills as they come up with their own solutions to complete their Lego project. Trained facilitators divide up the tasks within each group so that each student has a specific, clearly defined yet interactive role to perform. Students explore their creation of ideas and learn how they can express their thoughts in simple and complex sentences in English language. This ECA is aimed at ESL students.

**Paid ECA – Payments must be made before the ECA starts**

Activity	Day	Year group	Min Number	Max Number	Cost	Description
Mandarin Learning Fun Club	Tuesday	Years 1 & 2	10	16	\$225	This course is specially catered to students to learn Mandarin. The aim is to help them learn Mandarin in a fun and easy way. This includes stimulating stories, fun games, dynamic drama adventures, lively songs, rhymes and role play. All the activities allow the students to explore the Chinese characters, sentences and cultures. It stimulates interest in Mandarin and will help to build their confidence in using Mandarin whilst having lots of fun!
	Wednesday	Years 3 & 4	10	16	\$225	
	Friday	Years 5 & 6	10	16	\$225	
Rock Bands	Tuesday / Friday	Years 5 – 11	5	6	\$162	Rock band ensembles are designed to allow aspiring bands to create their original music in a rock band setting with their friends or fellow aspiring musicians. These bands will be led by one of our peripatetic teachers, who will refine and rehearse bands to get to a level of performance standard at one of DCIS upcoming events. It is suitable for music students with at least one year playing ability.
Stratmax	Friday	Years 2 - 4	6	22	\$325	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. Students will understand how to plan ahead, evaluate alternatives, use logic and creativity to make the best plans for success!
	Friday	Years 5 & 6	6	22	\$325	
Tennis	Monday	Open to students from Year 1 – Year 12 and various skill levels	10	20	\$300	Dover Court Tennis ECA is a game based tennis program focusing on ball awareness, ball control, racquet skills, and tennis fundamentals and growing a passion for tennis. Games and exercises in the program are structured to get students playing, scoring and learning more about this incredible lifelong sport! <b>* Note – no buses are available for the Monday session, this will require parental collection.</b>
	Wednesday		10	20	\$300	
	Friday		10	20	\$300	

Offsite Paid ECA						
Activity	Day	Year group	Min Number	Max Number	Cost	Description
Junior Gym 3:30pm to 5:00pm	Wednesday	Years 3 – 5	10	20	\$420	Building fitness, strength and a greater understanding of the core gymnastic elements of each of the different apparatus in The Yard's state of the art facility. The perfect program for those looking to advance further from the campus-based program with access to safety foam pits, trampolines, tumble tracks, asymmetric bars and a multitude of training aids. Students to be picked up at the Yard Science Centre Road, Jurong
Trampolining 3:30pm to 4:30pm	Wednesday	Years 3 – 5	5	8	\$380	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.
		Years 6 - 8	5	10	\$380	
Parkour 3:30pm to 4:30pm	Wednesday	Years 3 – 5	5	8	\$420	From precision jumps to wall-flips to 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 and free running skills in a soft and safe environment. Students to be picked up at the Yard Science Centre Rd, Jurong
		Years 6 – 8	5	8	\$420	

**\*\*ECAs subject to change till sign-up.**