

# AISM Co-Curricular Program

2018

## Semester 2

### Information and List of Options



## **AISM Co-Curricular Program 2018**

### **Semester 2 Information and List of Options**

#### **PROGRAM INFORMATION:**

Our Co-Curricular Program provides students with opportunities to explore and extend themselves in Sport, Creative and Performing Arts and Personal Development activities outside of their normal timetabled classes.

#### **PARTICIPATION IN THE PROGRAM:**

While it is not compulsory, the School encourages all students from Years 1 to 12 to participate in at least one activity each term. Students in ELC do not participate in the program activities, but can be supervised in crèche if waiting for an older sibling. Foundation students are highly encouraged to take part in our new - Foundation Swimming Program during CCA time.

Students in Year 1 may do a maximum of one activity each term.

Students in Year 2 may do a maximum of two activities each term.

**Please note that all of our swimming CCA's, Morning CCA's and Friday afternoon CCA's do not count as one of their maximum choices.**

#### **TIMING OF THE ACTIVITIES:**

Activities run from Monday to Friday after school between 3.20 pm and 4.20 pm.

A small number of activities run before school from Monday to Friday between 7.30 am and 8.30 am.

Some activities such as International Award have a flexible meeting time negotiated between participating students and supervising staff.

#### **PROGRAM DATES, SELECTION & ENROLMENT:**

Activities for Semester 2, 2018 will begin on Monday 23 July- Week 2 of Term 3 & end on Friday 24 November Term 4.

All enrolments must be made through the Engage Portal or through the CCA coordinators. No private arrangements are to be made between the providers and the parents or students.

Most activities run for a semester; however, some activities continue for the entire year.

All efforts will be made to ensure that students get their first choice; however, some activities accommodate limited numbers. This will be determined by the automatic selection process on Engage with a "first come first serve" process.

#### **FEES & BILLING:**

A cost is charged for those activities where an outside coach/instructor has been contracted to run the program, the activity is off-site, or there are costs for consumable items.

The cost of each CCA is charged per semester, unless stated otherwise, and is non refundable. Students may have a 1 week trial time before electing to discontinue the CCA. Pro-rata fees may be applicable in some cases.

If your child attends the activity for longer than one week, you will be charged the full semester amount. Therefore it is imperative to formally withdraw your child from the activity if he or she is no longer attending. To formally withdraw your child from a CCA, you must contact the relevant CCA coordinator in person or by email. See below for email details.

It is expected that payment of fees are settled no later than 2 weeks after invoices are sent out.

Students with outstanding fees may be asked not to attend the related activity until full payment is made. Unpaid fees may also affect future enrolment in paid activities.

### **AGAMA CLASSES:**

Agama (as a part of Malaysian Cultural Studies) is a compulsory after-school class for all Malaysian Muslim students in Years 9 and 10. **Malaysian Citizens in Years 6 to 8 will take Malaysian Cultural Studies in an online capacity through Google Classroom.**

### **CRECHE & STUDENT EXPECTATIONS AFTER SCHOOL:**

There will be a Crèche offered Monday to Thursday for students in ELC to Year One who have older siblings participating in after-school activities. If you would like your younger child to attend crèche please indicate this on the online selection form.

Years 2 to 5 students who have siblings participating in afterschool activities may attend the Sibling Games Club.

Where you have a number of children participating in after-school activities, for ease of transport organisation you may like to consider placing your children into activities conducted on the same day.

Students are unable to be supervised on the school grounds after 3.20pm, unless they are involved in a Co-curricular activity or are in Crèche. Middle/Senior students not involved in a CCA must go to the waiting area ready for parent pick-up. Junior students will be sent to Crèche or to Games Club.

### **FOR FURTHER INFORMATION & QUERIES:**

CCP Coordinators can also support you in the selection and enrolment process.

Please advise a CCA Coordinator if your child is going to be absent for 2 or more consecutive sessions.

Up-to-date information regarding the program is communicated through the webpage, daily bulletin in Homeroom, parent newsletter and parent e-news bulletin.

Please feel free to contact the CCP team any time regarding queries or concerns. See below for contact details.

Kim Bradley

[coord.cca@aism.edu.my](mailto:coord.cca@aism.edu.my)

MSS Co-Curricular Program Coordinator

Dale Spinks

[coord.js.pe@aism.edu.my](mailto:coord.js.pe@aism.edu.my)

JS Co-Curricular Program Coordinator

## **AIMS Co-Curricular Program - Full List of Activities**

### **Semester 2, 2018**

Below is a list of activities offered in Semester 2, 2018. Use this list to make your decisions before filling in the selection sheet online.

Before making a decision you should first check:

- a) That the activity applies to the age level of the student making their choice.
- b) You are happy to pay any cost associated with that activity.
- c) There is not already a compulsory class on that day for you (This applies to activities such as Agama, World Scholars Cup and some music activities). These groups are usually selected through trials, auditions, sign-ups etc. and may not appear on the online enrolment form.

Student's activities may be interrupted if billings are not settled by due date. Finance Dept will issue the billing information at the start of term.

PRICES LISTED ARE SUBJECT TO MINOR CHANGE, DEPENDING ON HOLIDAYS AND OTHER INTERRUPTIONS TO THE SEMESTER TIMETABLE THAT AFFECT THE PROGRAM.

## Non CCA

<b>Barracudas Swim Squad</b>	Year Levels: 1-12	Duration: 1 Semester	Mr Yoong	Monday - Friday	Cost: Gold MYR700(every morning), Silver MYR550(3-5 mornings, Bronze MYR400(3 mornings)
------------------------------	-------------------	----------------------	----------	-----------------	---

Barracudas Swim Squad provides high quality training opportunities delivered by expert coaches in a positive environment. Swimmers will be assessed and placed in the appropriate squad according to ability.  
 Costs: Gold Squad: RM 700 - every morning, Silver Squad: RM 550- 3 -5 mornings: Bronze Squad RM 400 - 3 mornings. Gold squad starts at an earlier time than Silver and Bronze. Costings are per term.  
 Please do not enroll in Barracudas on the engage system as this will be done manually once Coach Ivan selects the squads. He will then tell you what days you will be swimming.

<b>Cooperative Games</b>	Year Levels: 1-3	Duration: 1 Semester	Ms O'Shea	Monday	Cost: Free
--------------------------	------------------	----------------------	-----------	--------	------------

The aim of this club is to encourage students to work together in a team, while playing fun and keeping fit. Activities will include developing gross and fine motor skills.

<b>Crèche</b>	Year Levels: ELC-1	Duration: As required	Teacher Aides	Monday-Thursday	Cost: Free
---------------	--------------------	-----------------------	---------------	-----------------	------------

Students in ELC to Year 1 can go to Crèche only if they have older siblings participating in activities after school on the same day. Crèche will be held on the Ground Floor Common Area in the Junior School.

<b>Pre Barracudas - Monday &amp; Wednesday</b>	Year Levels: 1-12	Duration: 1 Semester	External Provider	Monday & Wednesday	Cost: MYR 600
--	-------------------	----------------------	-------------------	--------------------	---------------

This swimming class is designed for students can swim 25m in freestyle, breaststroke and backstroke. This class follows on from the learn to swim program and is designed to prepare students for either junior Bronze (afternoon) or Morning Barracudas.  
 The cost is RM600 for both sessions per week or RM450 for 1 session per week. This is a semester fee.

<b>Sibling Games Club</b>	Year Levels: 2-5	Duration: 1 Semester	Teacher Aides	Monday - Thursday	Cost: Free
---------------------------	------------------	----------------------	---------------	-------------------	------------

Only for children who have a sibling participating in a CCA on the same day. This activity will take place in the Common Area, Level One, Junior School.

<b>Foundation Learn to Swim</b>	Year Levels: Foundation	Duration: 1 Semester	External Provider	Tuesday & Thursday	Cost: MYR 520
---------------------------------	-------------------------	----------------------	-------------------	--------------------	---------------

This is a learn to swim and water familiarization program for Foundation students. There will be a ratio of 1 qualified swimming coach to a maximum of 5 students. In order to maximise safety and learning time, each child must have a water competent parent/guardian accompany them in the water at all times. Your child can only do 1 lesson a week of Foundation swimming. Please choose either Tuesday OR Thursday.

<b>Junior Bronze Tuesday &amp; Thursday</b>	Year Levels: 1-12	Duration: 1 Semester	External Provider	Tuesday & Thursday	Cost: MYR 600
---	-------------------	----------------------	-------------------	--------------------	---------------

This CCA is for swimmers with a level below Bronze ability in Barracudas squad. It's main function is to refine your technique in all 4 strokes, build up endurance and introduce basic competitive skills. Swimmers will be promoted to morning Barracudas Bronze Squad once they have completed their training. Swimmers will be assessed on qualifying times.  
 This is a semester fee. The RM600 is for Tuesday and Thursday afternoon CCA swimming. If you can only do one session per week, the fee is RM450

<b>Running Club</b>	Year Levels: 1-5	Duration: 1 Semester	Ms Spinks	Tuesday	Cost: Free
---------------------	------------------	----------------------	-----------	---------	------------

The aim of this activity is to provide students with an opportunity to learn correct running technique with a view to participation in ISAC Cross Country & Biathlon. Students will develop both aerobic and anaerobic fitness as they participate in different running activities.

<b>Young Voices</b>	Year Levels: 3-5	Duration: 1 Semester	Ms Finlayson & Mr Gredig	Tuesday	Cost: Free
---------------------	------------------	----------------------	--------------------------	---------	------------

This CCA is designed to improve your vocals in a safe and fun environment.

<b>Learn to Swim</b>	Year Levels: 1-12	Duration: 1 Semester	External Provider	Tuesday & Thursday	Cost: MYR 600
----------------------	-------------------	----------------------	-------------------	--------------------	---------------

This is for students who have little experience in the water and who are unable to swim laps without an aid. You will learn water familiarisation and then develop and learn the basic techniques for all 4 strokes. This will also include swimming for fitness as well. The next step for the swimmers is to enter the Pre-Barracuda squad.

<b>Netball Training</b>	Year Levels: 8-12	Duration: 1 Semester	Mrs Matheson	Thursday	Cost: Free
-------------------------	-------------------	----------------------	--------------	----------	------------

<b>AISA Multi-sports</b>	Year Levels: 7-12	Duration: 1 Semester	Mr Wells	Friday	Cost: Free
--------------------------	-------------------	----------------------	----------	--------	------------

If you are U/16 and looking for that edge to participate in the AISA games in October, then this CCA is for you. You will develop an understanding of all rules and skills of the games involved in the AISA games. Sports include touch football, basketball, soccer, and netball. You will also work on your strength, speed and aerobic fitness.

<b>Badminton</b>	Year Levels: 1-12	Duration: 1 Semester	External Provider	Friday	Cost: MYR 375
------------------	-------------------	----------------------	-------------------	--------	---------------

Come along and enjoy learning the wonderful game of badminton. You will develop skills and strategies and a better understanding of the rules. Each week you will practice your skills and play games.

## CCA

### External Providers (note: all costs are per semester)

<b>Ballet/Jazz</b>	Year Levels: 1-9	Duration: 1 Semester	External Provider	Monday	Cost: MYR 689
Ballet dance is a classical dance form demanding grace and precision and employing formalised steps and gestures set in intricate, flowing patterns to create expression through movement. The poise and techniques acquired through ballet becomes the basic of most dance styles. This is a beginner and intermediate combined class.					
<b>Engineering for Kids</b>	Year Levels: 1-5	Duration: 1 Semester	External Provider	Monday	Cost: MYR 481
Engineering for Kids brings science, technology, engineering & math to students in a fun & challenging way. The curriculum delivers a mix of artistic creativity, critical thinking, problem solving & scientific curiosity to help students succeed in the 21st century. All equipment, tools & materials will be provided & are included in the fees.					
<b>A Tech Entrepreneurship</b>	Year Levels: 6-12	Duration: 1 Semester	External Provider	Tuesday	Cost: MYR 975
Early entrepreneurship helps kids think outside of the box and develop critical thinking and problem solving skills at a young age. Whether our kids grow up to be wildly successful businessmen or businesswomen or not, encouraging entrepreneurship and setting the stage for them to gain core business competencies, now will help them succeed in whatever they choose to do in the future.					
<b>Guitar Ensemble</b>	Year Levels: 6-12	Duration: 1 Semester	External Provider	Tuesday	Cost: MYR 455
Learning the Guitar have never been easier with "Easy Guitar" method developed by Andy Ngew. Guided by Andy. He teaches student step by step using simple music notation. Along with the latest songs, students will be able to learn faster and easier. We aim to share the joy of playing the instruments by making it easier for the students to learn.					
<b>Cheerleading</b>	Year Levels: 2-12	Duration: 1 Semester	External Provider	Wednesday	Cost: MYR 540
WHY CHEERLEADING?. This activity is for boys and girls. <ul style="list-style-type: none"> <li>• Builds confidence</li> <li>• Promotes teamwork</li> <li>• Increases creativity</li> <li>• Improves time management</li> <li>• Builds discipline</li> <li>• Teaches commitment</li> </ul>					
<b>Chess Club (Junior)</b>	Year Levels: 1-5	Duration: 1 Semester	External Provider	Wednesday	Cost: MYR 750
KLChessKids has been coaching students for the past 5 years and we are also running this academy on a vision to cultivate the interest of CHESS among our beloved kids. We are known for sharing all important tips of the game and producing talented players in the country.					
<b>Crafty Minds/Minecraft (JS)</b>	Year Levels: 2-5	Duration: 1 Semester	External Provider	Wednesday	Cost: MYR 825
Using digital technologies and augmented reality to introduce engineering, architecture and design disciplines. Become a Minecraft Master Builder and Hero. Students may be required to BYO device.					
<b>Taekwondo</b>	Year Levels: 1-12	Duration: 1 Semester	External Provider	Wednesday	Cost: MYR 600
To train students to have better: Respect Discipline General Flexibility General Fitness Gross Motor Skills  Students can also purchase their DOBOK. (taekwondo uniform) if they do not already have one. [size 160cm and below @ RM 100 & size 160cm and above RM 120]. There is also a grading fee of RM110 included					
<b>Art Thematic</b>	Year Levels: 1-5	Duration: 1 Semester	External Provider	Thursday	Cost: MYR 800
Creative stimulation program cultivates a positive learning attitude and interest in children art. Students of all ages and abilities to get involved in art learning. Develop the necessary skills and techniques supports to the IGCSE art and design course levels. Learn in a team and have lots of fun.					
<b>ATech- Coding &amp; Programming</b>	Year Levels: 6-12	Duration: 1 Semester	External Provider	Thursday	Cost: MYR 1200
With A Tech Academy the best-suited syllabus for an after school activity for your school would be 6 months of - Build Your Own Website followed by 3 months of Creating Virtual Robots and another 3 months of Create App for Mobile Devices. By the end of each module the students will complete set tasks that leading to a certificate and have a Show Case / Award ceremony to recognise their achievements accordingly					
<b>Karate</b>	Year Levels: 1-12	Duration: 1 Semester	External Provider	Thursday	Cost: MYR 352
Karate is one type of traditional martial arts that's very popular all over the world. The translation of the word karate roughly means "empty hand," so this form of combat and defense emphasizes the use of arms and legs to strike and block an opponent, instead of using weapons.					

## CCA

### Internal Providers

<b>Beginner Art</b>	Year Levels: 11	Duration: 1 Semester	Mr Goonting	Monday	Cost: Free
This CCA is designed for those students who are taking art in Yr 11 who have little experience with the many genres.					
<b>Beginner Band</b>	Year Levels: 5-8	Duration: 1 Semester	Mrs Grady & Mr Beadle	Monday	Cost: Free
This activity is designed for budding musicians. To be eligible for this CCA, the music teacher will conduct assessments to assess ability..					
<b>Book Club</b>	Year Levels: 6-11	Duration: 1 Semester	Ms Doran	Monday	Cost: Free
Students will have to opportunity to read and discuss books of their interest. Students will also have the chance to find out what others are reading and expand their reading repertoire.					
<b>CHIN Immersion Program</b>	Year Levels: 6-12	Duration: 1 Semester	Mr Grady & Ms Morley	Monday	Cost: Free
In this CCA you will have the opportunity to work with our Chin visitors to help improve their literacy and ICT skills. In this activity you will help plan a lesson one week and try out your "lesson" the next week. This is done in conjunction with the teacher in charge of the CCA. You will have the opportunity to show your leadership skills and improve your leadership skills. There will be the chance to have cultural exchanges and get to know the Chin students better. If you like working with people and are a good communicator, this is the CCA for you. This CCA is eligible to count towards your Service Learning hours.					
<b>Glee Club</b>	Year Levels: 1-5	Duration: 1 Semester	Ms Chep & Ms Lindsay	Monday	Cost: Free
Calling all actors and actresses. Become part of a musical singing and dancing group. We will learn short songs and routines to perform for your family and friends. Boys and Girls welcome! You will learn to act, sing and dance all while having fun with your friends.					
<b>Agama (Junior)</b>	Year Levels: 1-5	Duration: 1 Semester	Mr Fadhly & Ms Adila	Monday	Cost: Free
This is a compulsory subject for all Malay students, and is also available to all other Muslim students. Students who have compulsory attendance to this class will be enrolled automatically.					
<b>Malaysian Studies</b>	Year Levels: 9-10	Duration: 1 Semester	Mr Abu	Monday & Wednesday	Cost: Free
Students research the history and environment in Malaysia. They talk about the concept of how history can build national spirit and what happens if a citizen does not study that history. They also discuss the way people and industry impact on the environment in Malaysia and how culture impacts on environmental sustainability.					
<b>Movie Making</b>	Year Levels: 3-6	Duration: 1 Semester	Mr Richards & Ms Wan	Monday	Cost: Free
Do you enjoy making movies on your iPad? If yes, this CCA is for you. Learn the necessary skills that are associated with creating, editing and recording movies using an iPad. Lights, camera, ACTION!					
<b>MSS Show Choir</b>	Year Levels: 6-12	Duration: 1 Semester	Mr Gredig & Ms Finlayson	Monday	Cost: Free
This activity is designed for students who are wanting to participate in a school choir. This choir may have opportunities to sing for AISM against other schools.					
<b>Photography</b>	Year Levels: 6-12	Duration: 1 Semester	Ms Wood	Monday	Cost: MYR150
Students will create digital art pieces, using textures and images collected from their phone cameras and DSLR's. This CCA requires a commitment to collecting photographs and textures outside of class time to use during the CCA.					
<b>Senior School Rock Band</b>	Year Levels: 9-12	Duration: 1 Semester	Mr Shortreed	Monday	Cost: Free
Rock, Paper, Scissors?? Are you kidding- It's pure Rock!! Open to all abilities and to those of you who want to be in a rock band.					
<b>THIMUN</b>	Year Levels: 6-12	Duration: 1 Semester	Mr Broadbent, Mr Stagg & Mrs Stagg	Monday	Cost: Free
Model United Nations is an academic simulation of the United Nations that aims to educate participants about current events, topics in international relations, diplomacy and the United Nations agenda. There is a selection process for this CCA. Please do not enter your child into this CCA , this will be done by the teachers. Do not sign up for this activity. It is an assessment based activity and all registrations will be done by the teachers.					
<b>Daily Prophet</b>	Year Levels: 2-5	Duration: 1 Semester	Ms Murkin & Ms Ralph	Tuesday	Cost: Free
Do you love to write? Love ICT? Dream of being a reporter? A photographer? A book reviewer? Do you love being creative in a digital age? This is for you!					
<b>Drama Club</b>	Year Levels: 6-12	Duration: 1 Semester	Ms Lindsay	Tuesday	Cost: Free
Drama games, theatre sports and performance skills will be prominent in this CCA. Come along and have some fun while learning these important life skills.					

<b>Agama (MS)</b>	Year Levels: 6-8	Duration: 1 Semester	Ms Adila	Tuesday	Cost: Free
This is a compulsory subject for all Malay students, and is also available to all other Muslim students. Students who have compulsory attendance to this class will be enrolled automatically.					
<b>Self Paced Computer Coding</b>	Year Levels: 2-5	Duration: 1 Semester	Ms Griffin	Tuesday	Cost: Free
Learning to code is an important skill now we're living in a digital age. It's not just enough for children to know how to use technology. They should know how it works too. Learning to code doesn't just mean you can become a developer, it strengthens problem solving skills and logical thinking and supports key academic subjects such as science, maths and technology.					
<b>Singstar</b>	Year Levels: 1-5	Duration: 1 Semester	Ms Janett	Tuesday	Cost: Free
Discover your inner pop star. Have you always wanted to sing but perhaps not ready for the stage just yet? Karaoke Singstar is all about gaining confidence with a microphone and eventually performing in front of a small group of peers. Tunes, grooves and giggles.					
<b>Story Telling Club</b>	Year Levels: 1-5	Duration: 1 Semester	Ms Siti & Ms Low	Tuesday	Cost: Free
What makes a story great? What makes a good story teller? This CCA is open to Junior School students who love story telling and who are interested in the art of creating and sharing stories.					
<b>Chess Club (MSS)</b>	Year Levels: 6-12	Duration: 1 Semester	Mr Emslie	Wednesday	Cost: Free
Learn strategies and enjoy games. Players of all abilities are welcome.					
<b>Code Cadets</b>	Year Levels: 6-12	Duration: 1 Semester	Mr Manders-Jones	Wednesday	Cost: Free
<p>Do you like creating and designing with computers?  Do you love games and wonder how to create them?  Or, are you interested in learning how to build and create your own custom-built automated electronic devices?  Maybe you should consider joining the free after-school club for the middle and high school.  Mr Manders-Jones is looking for a small group of creative individuals who want to immerse into the arts of games programming, graphic design for games and robotics. The club offers an open-ended range of opportunities to get involved and be creative.  Open to all ages across Year 6 to Year 12.  If you are interested, please pop by to meet with Mr. Manders-Jones in A207 to put yourself forward and show your interest to get involved.  Demand is expected to be high for this exciting club.</p>					
<b>Combined Orchestra</b>	Year Levels: 4-12	Duration: 1 Semester	Mrs Grady	Wednesday	Cost: Free
This activity is for Year 4 and up students who play a String, Woodwind, Brass or Percussion instrument with a minimum standard of Grade 1-2 or the equivalent. An assessment of skill will be required. This Ensemble will learn a diverse repertoire and perform at school and community events. Ideally, this is a developmental programme and students are expected to remain in the ensemble for the entire year. The expectation is that students are able to play their instrument to a proficient level of at least grade 2 ABRSM level. This is a performance activity, not an instrumental tuition activity.					
<b>Debating</b>	Year Levels: 6-12	Duration: 1 Semester	Mr Kennedy	Wednesday	Cost: Free
<p>Learn how to develop confidence in public speaking and how to chair debates. Learn about the guidelines and their important contributions.</p> <ul style="list-style-type: none"> <li>Making eye contact</li> <li>Pausing</li> <li>Volume and intonation</li> <li>Planned speaking - how to make palm cards</li> <li>Impromptu speaking - surprise topics</li> </ul>					
<b>Homework Club/LOTE Support</b>	Year Levels: 6-8	Duration: 1 Semester	Mrs Manders-Jones	Wednesday	Cost: Free
This session provides middle school students with the opportunity to dedicate time for homework completion and catch up, under the supervision of teaching or administrative staff.					
<b>LOTE Culture Club</b>	Year Levels: 6-12	Duration: 1 Semester	Ms Heininger	Wednesday	Cost: Free
Students will meet weekly to learn about different cultures / languages from around the world. The focus will be on French/ Spanish/ Mandarin and Bahasa as these are the languages offered at AISM. Students will also plan activities for Language Week and International Day. There will also be the opportunity to receive tuition if needed.					
<b>Malaysian Studies</b>	Year Levels: 9-10	Duration: 1 Semester	Mr Abu	Wednesday	Cost: Free
Students research the history and environment in Malaysia. They talk about the concept of how history can build national spirit and what happens if a citizen does not study that history. They also discuss the way people and industry impact on the environment in Malaysia and how culture impacts on environmental sustainability.					
<b>Book Worms</b>	Year Levels: 3-7	Duration: 1 Semester	Mrs McLean	Thursday	Cost: Free
Do you love to read? Discuss your favourite books, do quizzes, share reviews and find your inner zen with a novel.					
<b>Homework Club</b>	Year Levels: 6-8	Duration: 1 Semester	Ms Booker	Thursday	Cost: Free
This session provides middle school students with the opportunity to dedicate time for homework completion and catch up, under the supervision of teaching or administrative staff.					

<b>International Award</b>	Year Levels: 8-11	Duration: 1 Semester	Mr Brand	Thursday	Cost: For Camps and activities
The Award offers young people aged between 14 and 25 the opportunity to develop themselves across a broad spectrum of life skills, encouraging responsibility, organisation and teamwork within its parameters. Students can attend one of the regularly scheduled meetings to get more information about the Award's requirements. There is a cost involved due to camps and associated activities. Please see Mr Brand for more information.					
<b>Jump Start Skipping Skills</b>	Year Levels: 2-5	Duration: 1 Semester	Ms Spinks	Thursday	Cost: Free
Skipping is an activity that has a host of physical and mental benefits. Challenge yourself to learn new skills and tricks whilst improving your cardio-vascular endurance, muscular power, cognitive function and coordination.					
<b>Mandarin Extension</b>	Year Levels: 1-12	Duration: 1 Semester	Ms Hor & Ms Wan	Thursday	Cost: Free
This activity is offered to students who would like to sit for the HSK Chinese Proficiency Test. Students must know how to read basic Chinese characters and pinyin, and demonstrate a sound understanding in listening. Students will have the chance to improve their skills through such mediums as film watching and ICT programmes.					
<b>Origami</b>	Year Levels: 3-5	Duration: 1 Semester	Mrs Redstone	Thursday	Cost: Free
Learn the ancient art of Origami. Let the folding fun begin! Origami has many benefits for students. It helps to develop hand-eye co-ordination, sequencing skills, attention skills, patience, spatial skills and problem solving abilities.					
<b>Rock Band</b>	Year Levels: 6-11	Duration: 1 Semester	Mr Shortreed	Thursday	Cost: Free
Rock, Paper, Scissors?? Are you kidding- It's pure Rock!! Open to all abilities and to those of you who want to be in a rock band.					
<b>Agama (SS)</b>	Year Levels: 9-12	Duration: 1 Semester	Ms Adila	Thursday	Cost: Free
This is a compulsory subject for all Malay students, and is also available to all other Muslim students. Students who have compulsory attendance to this class will be enrolled automatically.					



## CCA

### Internal Providers (Sports)

<b>AFL</b>	Year Levels: 3-5	Duration: 1 Semester	Mr Hickson	Monday	Cost: Free
Boys & Girls explore the world of AFL - the national game of Australia, building football skills, playing games and having fun along the way.					
<b>Circuit Training (Girls)</b>	Year Levels: 6-12	Duration: 1 Semester	Mrs Naftel	Monday	Cost: Free
This activity is designed for girls to get fit in a fun and creative way. This is a friendly and safe environment. The training will range from circuit training to body weight strength training. The classes will develop both your aerobic and anaerobic fitness and the best part is that you'll be having so much fun you wont realise that your getting fit at the same time.					
<b>Field Hockey</b>	Year Levels: 6-12	Duration: 1 Semester	Mr White	Monday	Cost: Free
Come and learn this great game of field hockey. It is very popular in Malaysia and the National team have won many awards. You will learn this game in a fun and interactive way. Please check the safety equipment required.					
<b>Netball</b>	Year Levels: 6-8	Duration: 1 Semester	Mrs Brand & Ms Epetahui	Monday	Cost: Free
One of the highest participant sports in the world. This global sport is popular at AISM. Each session will involve learning skills, practicing drills and team strategies and then ending with playing games. There will be opportunities to play against other schools.					
<b>Netball (JS)</b>	Year Levels: 1-5	Duration: 1 Semester	Ms Fowler & Ms Noble	Tuesday	Cost: Free
Learn skills, techniques & game strategies to play the game of netball. You will have the opportunity to be involved in invitational tournaments to further develop your skills.					
<b>Table Tennis</b>	Year Levels: 6-12	Duration: 1 Semester	Mr Abu	Tuesday	Cost: Free
Come along and play table tennis. This activity is designed to suit all abilities in a fun learning environment.					
<b>Touch Football</b>	Year Levels: 4-12	Duration: 1 Semester	Ms Barnes, Ms Blair & Ms Bradley	Tuesday	Cost: Free
Come along and play one of the most popular sports in Malaysia. You will learn the skills and rules and play against other schools. Each session is designed to teach you the skills, drills and team strategies to be a successful touch football player. Touch Football is represented in the ISAC competition.					
<b>Basketball</b>	Year Levels: 8-12	Duration: 1 Semester	Mr Wells & Ms Mcpherson	Wednesday	Cost: Free
Basketball is a very popular sport at AISM. In this CCA you will learn the skills, drills and rules necessary to be successful at basketball. There will opportunities to play against other schools both in friendly matches and also ISAC matches. Each team will learn strategies and team play.					
<b>Soccer (Girls)</b>	Year Levels: 5-12	Duration: 1 Semester	Ms Parkhouse & Mr Azmir	Wednesday	Cost: Free
Students will learn and practise the skills needed to develop their game. Each session will involve developing skills and team strategies to use while representing AISM against other schools. Girls will have an opportunity to play friendly matches against other schools as well as play in ISAC matches. This is for GIRLS only					
<b>Soccer (Boys)</b>	Year Levels: 5-12	Duration: 1 Semester	Mr Matheson & Mr Irvine	Thursday	Cost: Free
Come along and hone your skills for football/soccer. Each week you will learn skills and drills to help make you a successful football player. You will also learn game strategies for when you play against other schools both in friendly and ISAC matches.					
<b>Soccer (Junior)</b>	Year Levels: 1-4	Duration: 1 Semester	Mr Azmir	Thursday	Cost: Free
Come along and have some fun whilst learning skills and game sense awareness. You will learn the fundamental motor skills involved in so you can participate successfully in soccer games.					
<b>Triathlon</b>	Year Levels: 1-12	Duration: 1 Semester	Mr Yoong	Thursday	Cost: Free
This activity is about preparing students to compete in triathlons. Selection in this activity will be assessed on ability. This is not a learn to swim program so you must have an ability to swim repeated laps without the help of an aid. Week A will be swimming and Week B will be the run and skills work for cycling					
<b>Basketball (U11 &amp; U13)</b>	Year Levels: 4-7	Duration: 1 Semester	Mr Redstone & Mr Cooper	Thursday	Cost: Free
This is training for skills and basic game strategies for boys and girls. Have fun learning to dribble, pass, shoot and play games with your friends. Train & prepare for ISAC competition.					

# AIMS Swimming Program

At AISM we recognise the importance of water safety and developing competent swimming skills amongst our students. Therefore, we offer sessions that will help students to learn, practise and refine their survival and swimming skills. We have a wonderful swimming pool that is utilised all year long for in-school swimming lessons from Foundation to Year 10.

Year Group	Beginners (Foundation to Year 2)	Years 3 to 5	Years 6 to 10
Duration	7 weeks (Term 4)	8 weeks (Term 3)	10 hours (starting from Week 9 in Term 2 to Week 4 Term 3)
Coached by	Ivan Yoong, and parent helpers and JS PDHPE teacher	Beginner (Ivan Yoong) & Intermediate level JS PDHPE teacher	Ivan Yoong & PDHPE teachers
Objective	Water safety and fundamentals of swimming.	1. Beginner level students will be able to swim Freestyle, Breaststroke and Backstroke in JS swimming carnival.  2. Intermediate level will be focusing on developing techniques for Backstroke and Butterfly.	Stroke correction, endurance and proper competitive skills development as a preparation for MSS swimming carnival.

Life Saving Techniques ( Years 6 to 8 only)	Aquatic Ball Skills / Fitness Training (Years 9 and above only)
Students will learn about life saving skills under the Royal Life Saving syllabus.	Water polo will be introduced to senior students. Essential skills such as passing, shooting and team work will be taught in these sessions.
3 weeks	3-4 weeks



# Barracudas

## Swimming Club

The Barracudas Swimming Club operates before and after school and aims at improving students' swimming ability for competitions through specialised training. Every year, the squad competes in several competitions including the International School Athletic Conference (ISAC) Championships. The swimmers also compete on a regular basis in local and international swim meets. The Barracudas Swimming Club is headed by our Development Coordinator and Head Coach for Swimming, alongside other highly qualified instructors, all of whom have received accreditation from AUSTSWIM, or FINA which are both professionally recognised in Australia and other countries. All potential swimmers will be assessed and placed under a respective coach for specific development.

Pre-Barracuda (Pre-Squad)	Barracuda Triathlon Team	Barracuda Foundation - Years 12 learn-to-swim program
<p>The Pre-Barracuda Squad was formed as a platform for AISM students to improve their strokes and learning competitive skills before they are promoted to the Swim Team.</p> <p>Pre-Barracuda coaches spend time in the water so they can always demonstrate the right techniques to students and guide them closely.</p>	<p>The Triathlon Team is another branch of the club which originated for potential triathletes.</p> <p>A Triathlete is required to complete a race by swimming, then cycling and lastly running. There are other races like Duathlon ( run-bike-run ) or Aquathon ( swim-run ) available for students in this Team.</p> <p>Eventually, Barracudas will provide all necessary training for AISM triathletes to help them achieve their personal best.</p>	<p>This program provides opportunities for students to take swimming lessons at school under the supervision of professional coaches. Students will learn a wide range of skills leading them to be a competent and confident swimmer.</p> <p>In this program, fun is one of the elements that is never neglected. Students are encouraged to progress at their own pace. After the completion of this program, students progress to Pre-Barracudas and then on to Squad Training.</p>

Package	Fees and Schedule	Coach
Elite Barracuda	RM700 per term, 5 days a week	Ivan Yoong
Silver Barracuda	RM 550 per term / 4 days a week	Kee and Ivan Yoong
Bronze Barracuda	RM 400 per term / 4 days a week	MJ



**AISM**  
AUSTRALIAN  
INTERNATIONAL SCHOOL  
MALAYSIA

For enquiries, please contact CCA Coordinators Dale Spinks (Junior School) or Kim Bradley (Middle and Senior School) at 03-8949 5099.