



AISM
AUSTRALIAN
INTERNATIONAL SCHOOL
MALAYSIA



AISM Co-Curricular Program 2023

SEMESTER 2 2023

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AIMS Co-Curricular Program 2023

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PROGRAM INFORMATION

Our Co-Curricular Program is designed to provide 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 Foundations to 12 to participate in at least one activity each semester.
- Students in ELC do not participate in the program activities, but can be supervised in crèche only if an older sibling is participating in a CCA.

TIMING OF THE ACTIVITIES:

- Most activities run from Monday to Thursday after school between 3.20 pm and 4.20 pm.
- There may be a small number of activities that run outside of these times, there will be no school buses provided. Parents are therefore required to provide their own transport for these students. This includes all morning CCA's - (7.30 am - 8.30 am).

PROGRAM DATES, SELECTION & ENROLMENT:

- Activities for Semester 2, 2023 will begin on Thursday, 24 July - Week 2 of Term 3 & end on Thursday, 23 November - Week 8 of Term 4.
- The online selection will be available from Sunday, 3 June at 12.00 pm. The online selection period will close on Wednesday 6 June, at 12.00 pm.
- All enrolments must be made through the Engage Portal. No private arrangements are to be made between the external providers and the parents or students.
- All activities run for a semester.
- 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 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 they are 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 contact 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.

CRECHE & STUDENT EXPECTATIONS AFTER SCHOOL:

- There will be a crèche and sibling games offered Monday to Thursday for students in ELC to Year 5 who have older siblings participating in after school activities. If you would like your child to attend please indicate this on the online Engage selection form.
- Students are unable to be supervised by staff on the school grounds after 3.20pm unless they are involved in an organised school activity. If they are not enrolled in a CCA they must not be on school grounds, and must go home.

FOR FURTHER INFORMATION & QUERIES:

- Please feel free to contact the CCA team any time regarding queries or concerns. CCA 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 school website, Newsletter and eNews.



ACITVTIES	DESCRIPTION	YEAR LEVEL	FEES	DAY
Badminton	<p>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.</p> <p>Instructor's Name: Davis Goh</p> <p>Achievements:</p> <p>World China Open 2007</p> <p>Men's Double Under 30year old Champion</p> <p>Men's Double Under 35year old Champion</p>	Year 3, 4, 5, 6, 7, 8, 9, 10, 11 & 12	<ul style="list-style-type: none"> • RM325 for the semester. • PE kit • Badminton Racquet (Students are enrouaged to bring their own racquet) • Water bottle 	Monday
Bakers & Shakers	<p>"Calling all aspiring young chefs! Unleash your culinary creativity with ""Bakers and Shakers"" After School Cooking Club! Our club offers a vibrant, welcoming environment where you can learn, experiment, and have fun in the kitchen.</p> <p>""Bakers and Shakers"" is the perfect place to sharpen your cooking skills and explore delicious flavors. From baking fluffy treats to crafting savory dishes, we'll guide you every step of the way.</p> <p>Join AISM's culinary community to collaborate with fellow food enthusiasts, exchange recipes, and ignite your imagination. You may have the chance to learn from guest chefs!</p> <p>Get ready to unlock your kitchen potential and become a true ""Baker and Shaker""</p>	Year 5, 6, 7, 8, 9, 10, 11 & 12	<ul style="list-style-type: none"> • RM200 for the semester. 	Monday
Barracudas Swim Squad (By Invitation Only)	<p>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.</p> <p>Training schedule: Monday - Friday, 7:00-8:20am. (All swimmers are encouraged to attend minimum of 3 sessions per week)</p> <p>Kindly contact Coach Ivan for a swimming assessment to join the Squad.</p> <p>Please do not enrol in Barracudas on the engage system as this will be done manually once Coach Ivan selects the squads.</p>	Year 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11 & 12	<ul style="list-style-type: none"> • RM1100 for the semester. 	Monday - Friday
Dance & HIIT	<p>If you like to move your body, shake a leg along with your teacher, then please join Ms. Reshmaa! Students will be guided through a fun time of stretches and appropriate workouts. Also, a HIIT (High Intensity Interval Training) cardiovascular endurance workout allows students to burn anywhere between 300 – 500 calories in a 50-minute class which really feels like 15 minutes.</p>	Year 6, 7, 8, 9, 10, 11 & 12		Monday

ACITVITIES	DESCRIPTION	YEAR LEVEL	FEES	DAY
Kiddo Science DIY Experiment	Kiddo Science DIY Experiment offers a comprehensive and flexible suite of courses designed specifically to address the local and international science syllabus. Engaging content and hands-on activities to suit a range of abilities, enabling students to develop a deeper understanding and knowledge of science concepts!	Year 3, 4 & 5	<ul style="list-style-type: none"> • RM532 for the semester. 	Monday
Morning Energizers	The ultimate Co Curricular Activity program for Middle and High School students! Start your week off right with a Monday morning fun exercise and adventure session. Engage in a variety of activities, from running, capture the flag and strategy exercise activities, designed to boost your energy levels and enhance your physical fitness. Get ready to kickstart your week with a dose of exhilaration and fun. Don't miss out on this exciting opportunity to energize your week and embrace a healthier lifestyle. Join Monday Morning Energizers and unleash your potential today!	Year 6, 7, 8, 9, 10, 11 & 12		Monday
MSS Art Club!	Come along and help design, make, build and paint props for the upcoming events.	Year 6, 7, 8, 9, 10, 11 & 12		Monday
MSS Social Soccer Club	Join us in the exhilarating realm of after-school social football, where academic identities transform into vibrant jerseys and the spirit of competition ignites. Experience the electrifying fusion of skill, camaraderie, and pure passion as you step onto the field. Unleash your potential, defy gravity with awe-inspiring moves, and forge unbreakable friendships. This is more than a game—it's a transformative journey where you'll discover the power of teamwork, resilience, and the thrill of victory. Whether you're a seasoned player or new to the sport, seize this opportunity to be part of an extraordinary adventure that transcends the boundaries of age and social status. Join us and let your soul soar amidst the thunderous cheers and the resounding echoes of triumph.	Year 7, 8, 9, 10, 11 & 12		Monday
Strategic Games: Cards and Chess	Unlock your strategic genius! Whether you're a beginner or a seasoned player, Strategic Games offer the perfect platform to learn and master card games such as Euchre and 500, as well as board games such as chess, Backgammon and other thrilling strategy-based games. Sharpen your analytical skills, learn tactical manoeuvres, and outsmart opponents with every move. Embrace the thrill of intense battles and cultivate friendships with fellow strategy enthusiasts. Expect to: socialise and chat, learn new skills, improve your patience, discipline and concentration, unwind and distress, detox from Technology & keep your mind sharp	Year 6, 7, 8, 9, 10, 11 & 12		Monday

ACITVITIES	DESCRIPTION	YEAR LEVEL	FEES	DAY
Ultimate Frisbee MSS	Do you want to get outside and be active for a CCA? Join the Ultimate CCA! Ultimate is a non-contact, self-refereed team sport played with a flying disc (frisbee). During Ultimate CCA, we will practise our disc skills, run scrimmages, and have a good time, all while keeping with the Spirit of the Game!	Year 6, 7, 8, 9, 10, 11 & 12		Monday
MSS Girls Netball	Come along and play Netball. Develop your ball handling, teamwork skills and general fitness in one of the most popular global sports. Officially a non-contact sport, Netball is fast, competitive and uses a variety of offensive and defensive physical skills. This CCA caters for skills from beginners to competitive.	Year 6, 7, 8, 9, 10, 11 & 12		Monday
AIMS Choir	The AIMS Choir presents an opportunity for a mixed age group of students to sing and perform together. This semester we have a number of important events like Awards ceremonies, Christmas events and Community events that will be performing opportunities.	Year 3, 4, 5, 6, 7, 8, 9, 10, 11 & 12		Tuesday
Cooking Crew	Cooking Crew. Know your way around the kitchen? Or wish you did? Come and learn how to make some quick, delicious halal and nut free dishes with Ms Wood. This CCA is NOT available for any student who had joined it before (no repeater).	Year 4, 5, 6, 7, 8, 9, 10, 11 & 12	<ul style="list-style-type: none"> • RM225 for the semester. 	Tuesday
Creative Software	Creative Software Programming is a beginner level course tailored for 15 years olds and above who have basic understanding of algebra equations. Here, students will be taught how to write codes and build mobile applications using Flutter an open-sourced platform coding framework built by Google, and implementing their own solutions in the code to build apps.	Year 10, 11 & 12	<ul style="list-style-type: none"> • RM980 for the semester. <p>Laptop (Windows 10 or above / Sierra version or above) with at least 10GB storage free.</p>	Tuesday



Barracudas Swim Squad

ACITVITIES	DESCRIPTION	YEAR LEVEL	FEES	DAY
Creche & Sibling Games	Learners can go to Crèche and Sibling Games only if they have older siblings participating in activities after school on the same day. It will be held in CG04 at the Junior School.	Nursery, Foundation, Preparation, Year 1, 2, 3, 4 & 5		Tuesday
Dungeons and Dragons	Dungeons & Dragons (D&D) is a popular tabletop role-playing game (RPG) that provides students with an engaging and interactive opportunity to develop important social, communication, and problem-solving skills. In D&D, participants create unique characters and work together under the guidance of the Dungeon Master (DM) to embark on imaginative adventures in a fantasy world filled with diverse challenges. This activity aims to enhance teamwork and communication, as players collaborate and strategise together to overcome obstacles, while also encouraging creativity and imagination as they develop their characters and explore limitless possibilities within the game.	Year 4, 5, 6, 7, 8		Tuesday
Fun Sports	This CCA will involve learners participating in physical activity games. The games will support motor, fitness and social development and most importantly learners will have fun!	Foundation & Year 1		Tuesday
Japanese / Korean Cultural Club	Learn about Japanese and Korean culture. Enjoy a variety of activities including language learning, writing, drawing anime characters, origami, listening to K/J-pop music videos, watching short anime and more !!! Japanese and Korean beginners and experts are welcome!	Year 6, 7, 8, 9, 10, 11 & 12		Tuesday
JS Girls Netball	Come along and play Netball. Develop your ball handling, teamwork skills and general fitness in one of the most popular global sports. Officially a non-contact sport, Netball is fast, competitive and uses a variety of offensive and defensive physical skills. This CCA caters for skills for all abilities.	Year 2, 3, 4 & 5		Tuesday
JS Zumba	A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.	Year 2, 3, & 4		Tuesday
Learn to Swim	<p>“ Just Keep Swimming.....”</p> <p>Great swimmer or not, you are welcome to join us!</p> <p>Don’t miss out on the great opportunity to learn swimming from dedicated and qualified coaches.</p>	Foundation & Year 1	<ul style="list-style-type: none"> • RM600 for the semester. • Bathers, • Goggles • Swimming Cap • Towel 	Tuesday

ACITVITIES	DESCRIPTION	YEAR LEVEL	FEES	DAY
MUN - Model United Nation	<p>Unlock the world of diplomacy and global affairs with our Model United Nations (MUN) CCA!</p> <p>Join us and experience the thrill of debating, negotiating, and crafting international policies. Sharpen your critical thinking, public speaking, and teamwork skills while simulating the work of the United Nations. Engage with like-minded peers, tackle pressing global issues, and expand your cultural awareness. Embark on a journey of diplomacy and leadership, where you can make a difference on a global scale. Don't miss this incredible opportunity to become a leader for tomorrow.</p>	Year 7, 8, 9, 10 & 11		Tuesday
Paper Craft	Creativity is all about enjoyment and fun - An opportunity for learners to express their creativity.	Foundation, Year 1,2, 3, 4 & 5		Tuesday
Pre-Barracudas	<p>This CCA is designed for students who are able to swim 25m Freestyle, Breaststroke and Backstroke confidently. This CCA will cover the following aspects in preparing students for joining the Barracuda (school swim squad).</p> <p>~ Strokes refinement ~ Fina Rules ~ Dive, Turn, Finishing ~ Relays</p> <p>Students are required to attend two swim sessions per week (Tuesday & Thursday).</p>	Year 2, 3, 4, 5, 6, 7, 8, 9, 10, 11 & 12	<ul style="list-style-type: none"> • RM600 for the semester. • Bathers • Goggles • Swimming Cap • Towel 	Tuesday & Thursday
Stop Motion Animation	Think about Wallace and Gromit. The great thing about stop motion animation is that it combines technology with hand on's arts and crafts. Using clay/ plasticine and paper cut outs, we make our own mini stop motion animation film.	Year 3, 4 & 5		Tuesday
Table Tennis JS	Come along and play table tennis, learn the rules of the game, how to keep score and also to umpire a game This activity is designed to suit all abilities in a fun learning environment.	Year 2, 3, 4 & 5		Tuesday
Table Tennis MSS	Come along and play table tennis, learn the rules of the game, how to keep score and also to umpire a game This activity is designed to suit all abilities in a fun learning environment.	Year 6, 7, 8, 9, 10, 11 & 12	Uniform <ul style="list-style-type: none"> • PE kit • Water bottle. 	Tuesday
Touch Rugby	Come along and hone your skills for Touch Rugby. Each week you will learn skills and drills and complete some fitness activities to help make you a successful player. You will also learn game strategies and plays for when you are able to play against other schools, both in friendly and AIMS matches.	Year 6, 7, 8, 9, 10, 11 & 12	<ul style="list-style-type: none"> • Active wear attire • Water bottle 	Tuesday

ACITVITIES	DESCRIPTION	YEAR LEVEL	FEES	DAY
Basketball	Come along and hone your skills for Basketball. Each week you will learn skills and drills and complete some fitness activities to help make you a successful player. You will also learn basic game strategies.	Year 2, 3, 4 & 5	<ul style="list-style-type: none"> Uniform PE kits Water bottle. 	Wednesday
“Cooking” Farm-to-Plate	Accompanying the ‘Living Campus’ movement at AISM, Farm-to-Plate is an opportunity for students to grow edible produce and then incorporate them into beautiful and healthy meals. Farm-to-Plate is a social movement which promotes serving local food at restaurants and school cafeterias, preferably through direct acquisition from the producer.	Year 4, 5, 6, 7, 8, 9, 10, 11 & 12	<ul style="list-style-type: none"> RM100 for the semester. 	Wednesday
Archery	<p>Archery is a sport for body and mind. To shoot an arrow not only it requires physical strength, it also requires focus and concentration. In archery, students will learn everything about archery including safety, types of bows and competition format. The archers will also learn how to develop their strength physically and mentally.</p> <p>Coaches Profile:</p> <p>>Khairul: Certified coach from SELAR (Selangor Archery), certified first aider, more than 5 years in archery coaching.</p> <p>>Nurul: Joined archery tournaments since 15 years old (both recurve and compound bow), more than 10 years in archery training and coaching"</p>	Year 5, 6, 7, 8, 9, 10, 11 & 12	<ul style="list-style-type: none"> RM750 for the semester. 	Wednesday
Art Thematic Visual Art	Visual art activities combine Drawing, Craft & Storyboard in one flow learning method. Its emphasis visualisation skill transforms creativity into projects on problem solving.	Foundation, Year 1, 2, 3, 4 & 5	<ul style="list-style-type: none"> RM675 for the semester. Additional cost of RM200 for materials. 	Wednesday
Creche & Sibling Games	Learners can go to Crèche and Sibling Games only if they have older siblings participating in activities after school on the same day. It will be held in CG04 at the Junior School.	Nursery, Founda- tion, Preparation, Year 1, 2, 3, 4 & 5		Wednesday
Drawing Club	For this Club we will be exploring all of the amazing things that can be created using pencils and paper! From still-life and landscapes to art deco styles. Club members will be able to relax and enjoy stretching their creative muscles.	Year 2, 3, 4 & 5		Wednesday
Engineering & Craft	Join us on the journey to explore the little inventor residing in you! This CCA will be led by one of our senior students, Aiman Akmal Hakim.	Year 3, 4 & 5		Wednesday

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Fencing	<p>Interested in getting to know the Olympic sport of modern fencing? Come join our Introductory to Fencing CCA program for AISM. Students will receive lessons on the knowledge and skills to fence a fencing competition at the end of your program.</p> <p>Join us fencing and learn swordplay in honor, respect and safety. Learn the basic of one of the Modern Olympic Sport.</p>	Year 2, 3, 4, 5, 6, 7, 8, 9, 10, 11 & 12	<ul style="list-style-type: none"> • RM750 for the semester. • Fencing gloves will be available for purchase at a cost of RM 50 as advised by the instructor. 	Wednesday
Jawi / Arabic Writing	<p>Want to learn to write calligraphy??</p> <p>You will learn to write your name in Jawi and also learn to construct simple sentences using Jawi calligraphy.</p> <p>Jawi writing is the main form of writing in various manuscripts recovered around the Archipelago. These manuscripts are found to record history, art, culture, language, social, as well as ancient knowledge. The usage of Jawi writings had covered a number of calligraphy which are high in value with deep philosophical meaning, are full of creative notions as well as countless patterns.</p>	Year 6, 7, 8, 9, 10, 11 & 12		Wednesday
Kiddo Science DIY Experiment	Kiddo Science DIY Experiment offers a comprehensive and flexible suite of courses designed specifically to address the local and international science syllabus. Engaging content and hands-on activities to suit a range of abilities, enabling students to develop a deeper understanding and knowledge of science concepts!	Foundation & Year 1 & 2	<ul style="list-style-type: none"> • RM570 for the semester. 	Wednesday



ACITVITIES	DESCRIPTION	YEAR LEVEL	FEES	DAY
Learn to Swim	<p>“ Just Keep Swimming.....”</p> <p>Great swimmer or not, you are welcome to join us!</p> <p>Don’t miss out on the great opportunity to learn swimming from dedicated and qualified coaches.</p> <p>Students will learn water familiarisation and the basic techniques for all 4 strokes in swimming.</p>	Foundation, Year 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11 & 12	<ul style="list-style-type: none"> • RM600 for the semester. • Bathers • Goggles • Swim cap • Towel 	Wednesday
Mindful Crafters	<p>The 'Mindful Crafters' is a community that combines mindfulness with crafting. Our CCA promotes mindfulness techniques for relaxation and stress reduction while providing a space for creativity and self-expression. We engage the mind and nurture cognitive skills such as problem-solving and critical thinking through crafting. We also cultivate a supportive community where members can share ideas, learn from each other, and form lasting friendships. Join us as we explore mindfulness through various crafting techniques and embrace the transformative power of mindfulness in our lives.</p>	Foundation & Year 1		Wednesday
MSS Boys Basketball	<p>Come along and hone your skills for Basketball. Each week you will learn skills and drills and complete some fitness activities to help make you a successful player. You will also learn basic game strategies and plays for when you are able to play against other schools, both in friendly and AIMS matches.</p>	Year 6, 7, 8, 9, 10, 11 & 12		Wednesday
MSS Girls Basketball	<p>Do you love basketball? This CCA is an opportunity to take your basketball skills to the next level. Each week you will learn new skills and drills from shooting, ball handling, teamwork and overall basketball fitness. This is designed to get you game ready!</p>	Year 6, 7, 8, 9, 10, 11 & 12	<ul style="list-style-type: none"> • Active wear attire • Water bottle 	Wednesday
Sing & Dance	<p>Who doesn't love to sing & dance? Come along and let's rock out some great tunes. We may even get the chance to showcase our talent along the way.</p>	Year 2, 3, 4 & 5		Wednesday
The Social Engagement Squad	<p>Attention all students! Are you ready to go beyond the classroom and make a real difference in the world?</p> <p>Introducing the Social Engagement Squad—the club that empowers you to create positive change and leave a lasting impact! Join and unleash your potential to create positive change! Make a lasting impact through blood drive donations, orphanage visits, and more. Develop leadership, teamwork, and communication skills while fostering compassion and social responsibility. Together, we'll organise incredible events and social programs, leaving a ripple effect of kindness and empowerment. Be part of something bigger than yourself and-</p>	Year 6, 7, 8, 9, 10, 11 & 12		Wednesday

ACITVITIES	DESCRIPTION	YEAR LEVEL	FEES	DAY
	<p>-connect with like-minded individuals. Don't miss out on this opportunity to make a difference and shape your future.</p> <p>Together, we can change lives!</p>			
Zumba & HIIT	If you like to move your body, shake a leg along with your teacher, then please join Ms. Reshmaa! Students will be guided through a fun time of stretches and appropriate work-outs. Also, a HIIT (High Intensity Interval Training) cardiovascular endurance workout allows students to burn anywhere between 300 – 500 calories in a 50-minute class which really feels like 15 minutes.	Year 6, 7, 8, 9, 10, 11 & 12		Wednesday
AFL - Australian Rules Football	The game that beats all other football! Skills based training relating to Australian Rules Football. Students will learn basic skills, terminology and rules of the game.	Year 6, 7, 8, 9, 10, 11 & 12	Uniform <ul style="list-style-type: none"> • PE kit • Water bottle • Hat 	Thursday
AISM ROCKS! (By Audition & Invitation Only)	If you have a band and would like to ROCK OUT at AISM ROCKS this year, this is a fantastic opportunity to have time to practice together. If this sounds like you, see Mr Fisher to arrange an audition for this CCA prior to selecting it.	Year 6, 7, 8, 9, 10, 11 & 12		Thursday
Creative Art	<p>Creative Art will develop your child's creativity and imagination with multimedia while they have fun in exploring the exciting world of art. Here we help your child look at things in different ways and better cope with uncertainty. They will learn to adapt their ideas to the flow of unknown things. We set up to train your child to become a creative thinker!</p> <p>You will learn & train to be creative through art with creative multimedia (manually + digitally).</p>	Year 4, 5, 6, 7, 8, 9, 10, 11 & 12	<ul style="list-style-type: none"> • This CCA has a cost of Rm980 for the semester. <p>Media & technique in use:</p> <ul style="list-style-type: none"> • Pencil Sketching • Colour Pencil • Poster Colour • Water Colour • Digital Art • Animation (Basic) 	Thursday
Creche & Sibling Games	Learners can go to Crèche and Sibling Games only if they have older siblings participating in activities after school on the same day. It will be held in CG04 at the Junior School.	Nursery, Foundation, Preparation, Year 1, 2, 3, 4 & 5		Thursday
International Award	The International Award is a worldwide recognised qualification. Open for Bronze and Silver Award for all current enrolled students and others with approval. Available to Year 9 and above. Students achieve through completing four sections: Physical Activity, Skills, Service and Adventurous Journey. The research from the International Award shows that through engaging in voluntary service, taking part in physical recreation, discovering personal interests and talents, and learning about-	Year 9, 10, 11 & 12	<ul style="list-style-type: none"> • RM280 for the semester. 	Thursday

ACITVITIES	DESCRIPTION	YEAR LEVEL	FEES	DAY
	<p>-leadership through adventurous activity, young people become confident, reflective, and engaged learners – in short, they become ready for the world.</p> <p>There will be a registration fee of Rm280 of new enrolments plus the cost of camps, this cost varies depending on the level the student is completing.</p> <p>Please see or email Mr Wells for more information regarding costs.</p>			
Mindful Expressive Art	Mindful Expressive Art will allow students to combine mindful practice and unleash their creativity whilst listening to relaxing music. Students will colour / doodle / sketch whilst focusing on their breathing, thoughts, sensations and emotions.	Year 6, 7, 8, 9, 10, 11 & 12		Thursday
Mini Tennis	Mini Tennis provides children with the perfect opportunity to learn the fundamentals of Tennis at an early age. Mini Tennis utilises smaller courts, nets and rackets as well as lower-bouncing tennis balls to develop vital tennis skills and techniques.	Year 2, 3 & 4	Uniform <ul style="list-style-type: none"> • PE kit • Water bottle • Hat 	Thursday
Karate	<p>Karate is a Japanese martial art whose physical aspects seek the development of defensive and counter attacking body movements. The themes of traditional karate training are fighting and self-defence, though its mental and moral aspects target the overall improvement of the individual. This is facilitated by the discipline and persistent effort required in training.</p> <p>Karate at AISM, we give sport karate by enhancing the traditional karate to provide fun and easy methods to suit kids and youths. Our motto is "Karate is for everyone".</p> <p>Instructor's Name: Vasantha Marial Anthony</p> <p>Achievements:</p> <p>2010</p> <ul style="list-style-type: none"> • Gold Medal - 25th SEA Games, Laos <p>2009</p> <ul style="list-style-type: none"> • Silver Medal - KOI World Cup, Sarawak • Gold Medal - KOI World Cup, Sarawak • Bronze Medal - Fin`nish Open, Finland • Gold Medal - Finnish Open, Finland • Gold Medal - 8th Asian Karate Federation (AKF), Malaysia • Silver Medal - 8th Asian Karate Federation (AKF), Malaysia 	Foundation, Year 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11 & 12	<ul style="list-style-type: none"> • RM308 for the semester. • Karate uniform will be available for purchase at a cost of RM 100 as advised by the instructor. 	Thursday

ACITVITIES	DESCRIPTION	YEAR LEVEL	FEES	DAY
Photography	Be the guru behind the camera / device and learn how to speak through photo images from one of our senior students, Yin Kai Tan!	Year 3, 4 & 5		Thursday
Ukulele Club	Ukulele Club is all about learning to play these small, bright, beautiful instruments and having fun singing songs with them. We will learn techniques required to play and learn some old and new songs.	Year 4, 5 & 6		Thursday
Volleyball	Volleyball skills from beginner to representative. The essential skills of serving accurately, digging, setting (overhand pass) and spiking will be practised in a variety of drills. Your skills should improve so that when the current restrictions are over, you will have all the skills necessary to participate in game strategies.	Year 6, 7, 8, 9, 10, 11 & 12		Thursday
Zentangle	Zentangle is an easy to learn method of creating beautiful images from repetitive patterns. It is a fascinating new art form that is fun and relaxing. It increases focus and creativity. Zentangle provides artistic satisfaction and an increased sense of personal well being.	Foundation & Year 1		Thursday



MSS Social Soccer Club

For more information, please contact:

Ivan Yoong

Whole School CCA & Sports Coordinator

ivany@aism.edu.my



Australian International School Malaysia
22 Jalan Anggerik, The MINES Resort City
43300 Seri Kembangan, Selangor
T +603 8949 5000 F +603 8949 5100



Member of Taylor's Education Group