

2022 CCA Information and Write-Up

CCA	CCA Write-up	CCA Trial Date(s)	Weekly CCA Sessions
Agape Club	<p>Typical 2-hour CCA session :</p> <ul style="list-style-type: none"> - 10 min : praise, thanksgiving and peace - 30 min : bible study - 60 min : core programme e.g. skills development/service learning - 20 min : team bonding + reflection <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> - Bible study and sharing - Personalised leadership development from sec 1 to 4 & 5 - All-round enrichment programme (sports, art and craft, cooking, digital skills etc.) - Inter-school Christian Club Competition <p>Service and Others:</p> <ul style="list-style-type: none"> - Service Learning Projects (SMSS and external organisations) 	<p>Agape Club (Thu 20 Jan, 1500 - 1630) @ SMSS Pond Area (15 pax)</p>	<p>Thu 1430 - 1730 (St John's Chapel)</p>
Badminton	<p>Typical 3-hour CCA Practice:</p> <ul style="list-style-type: none"> - 20 min to warm-up and sparring - 30 min footwork - 60 min of small-group practice - 60 min of game time - 10 min of cool down and debrief <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> - National School Games C and B Division - Friendly matches with other schools during Nov/Dec holidays - External competitions (optional) 	<p>Badminton #1 (Mon 17 Jan, 1500 - 1600) @ ISH Level 3 (36 pax)</p> <p>Badminton #2 (Mon 17 Jan, 1610 - 1710) @ ISH Level 3 (36 pax)</p> <p>Badminton #3 (Fri 21 Jan, 1500 - 1700) @ ISH Level 3 (36 pax)</p> <p>Badminton #4 (Fri 21 Jan, 1610 - 1710) @ ISH Level 3 (36 pax)</p>	<p>Mon 1500 - 1800 (ISH Level 3)</p> <p>Fri 1500 - 1800 (ISH Level 3)</p>
Basketball	<p>Typical 3-hour CCA Practice:</p> <ul style="list-style-type: none"> - 15min Warm-up and Conditioning Exercises - 30min Individual Skills Mastery - 1h Small-group Practice - 30min Team game - 15min Cool down <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> - National School Games C and B Division 	<p>Basketball #1 (Mon 17 Jan, 1500 - 1600) @ Basketball Court (20 pax)</p> <p>Basketball #2 (Mon 17 Jan, 1600 - 1700) @ Basketball Court (20 pax)</p> <p>Basketball #3 (Thu 20 Jan, 1500 - 1600) @ Basketball Court (20 pax)</p>	<p>Mon 1430 - 1730 (Bball Court)</p> <p>Thu 1430 - 1730 (Bball Court)</p>

	<ul style="list-style-type: none"> - T-Net Basketball Competition (External) - OFS Basketball Competition (External) - SMSS-Net (School Organised) - Cross Sports Training (Sports Enrichment Programme) 	Basketball #4 (Thu 20 Jan, 1600 - 1700) @ Basketball Court (20 pax)	
Bowling	<p>Typical 1-hour 45-min CCA Practice:</p> <ul style="list-style-type: none"> - 10min Warm-up - 10min Coaches' briefing - 1-hour & 10min Small-group practice - 10min Cool down - 5min Debrief & close session <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> - NSG Tenpin Bowling Championships B & C Div - National Age Group <p>Service and Others: NIL</p> <p>Expenses to be borne by students:</p> <p>1. Bowling balls</p> <ul style="list-style-type: none"> - strike ball: \$300 - spare ball: \$150 <p>2. Bowling shoes</p> <ul style="list-style-type: none"> - \$90 to \$290 <p>3. Bowling bag</p> <ul style="list-style-type: none"> 1 ball - \$90 2 ball - \$120 to \$200 <p>4. Bowling accessories</p> <ul style="list-style-type: none"> Tape - \$10 to \$20 Hand guard - \$50 to \$100 	Bowling (Tue 25 Jan, 1530 - 1700) @ Theatrette (10 pax)	Tue 1530 - 1700 (Theatrette)
Chinese Dance	<p>Typical CCA Practice:</p> <ul style="list-style-type: none"> - 30min warm up and stretching - 60mins skills training - 10mins break 	<p>Chinese Dance #1 (Tue 18 Jan, 1500 - 1530) @ Dance Studio (8 pax)</p> <p>Chinese Dance #2 (Tue 18 Jan, 1530 - 1600) @</p>	<p>Tues 1445 - 1745 (Dance Studio & ICT Lab 4)</p> <p>Thur 1445 - 1745</p>

	<ul style="list-style-type: none"> - 60mins dance practice - 10mins wind down - 10mins debrief <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> - Singapore Youth Festival on odd number years for eg 2021 - Concert on non-SYF year - Speech Day or Founder's Day dinner concert - Opportunities to perform at public venues eg. Huayi at Esplanade or KKH Hospital 	<p>Dance Studio (8 pax)</p> <p>Chinese Dance #3 (Tue 18 Jan, 1600 - 1630) @ Dance Studio (8 pax)</p> <p>Chinese Dance #4 (Thu 20 Jan, 1500 - 1530) @ Hall (8 pax)</p> <p>Chinese Dance #5 (Thu 20 Jan, 1530 - 1600) @ Hall (8 pax)</p> <p>Chinese Dance #6 (Thu 20 Jan, 1600 - 1630) @ Hall (8 pax)</p>	(Hall)
Choir	<p>Typical 3-hour CCA session on Tue :</p> <ul style="list-style-type: none"> ● 30 min light physical and vocal warmup ● 45 min sectionals ● 5 to 10 min break ● 1 hr 35 to 40 min combined/ tutti <p>Fri:</p> <ul style="list-style-type: none"> ● 30 min light physical and vocal warmup ● 1 hour sectionals including break ● 1 hour combined/ tutti <p>Key Programmes/Activities/Opportunities Performance @</p> <ul style="list-style-type: none"> ● Singapore Youth Festival on odd number years for eg 2021 ● Student Council Commendation service ● Speech Day ● Founders Day service or dinner performance ● Concert on non-SYF year <p>Service and Others:</p> <ul style="list-style-type: none"> ● Performance @ Tan Tock Seng Hospital 	<p>Choir #1 (Tue 18 Jan, 1500-1530) (5 pax) @Theatrette</p> <p>Choir #2 (Tue 18 Jan, 1530-1600) (5 pax) @Theatrette</p> <p>Choir #3 (Tue 18 Jan, 1600-1630) (5 pax) @Theatrette</p> <p>Choir #4 (Tue 18 Jan, 1630-1700) (5 pax) @Theatrette</p> <p>Choir #5 (Fri 21 Jan, 1500-1530) (5 pax) @ICT Lab 4</p> <p>Choir #6 (Fri 21 Jan, 1530-1600) (5 pax) @ICT Lab 4</p> <p>Choir #7 (Fri 21 Jan, 1600-1630) (5 pax) @ICT Lab 4</p> <p>Choir #8 (Fri 21 Jan, 1630-1700) (5 pax) @ICT Lab 4</p>	<p>Tue 1500 - 1730 (ISH Level 2 classrooms)</p> <p>Fri 1430 - 1730 (Theatrette, ICT Lab 4 & ICT Lab 5)</p>
Creative Art Club	<p>Non-SYF year:</p> <p>Sem 1: 3 workshops each (Comic Illustration, Western Art and Chinese Painting)</p> <p>Sem 2 (preparation for SYF the following year): 3 concurrent workshops (Comic Illustration, Western Art and Chinese Painting)</p> <p>Key Programmes/Activities/Opportunities:</p>	<p>Creative Art Club #1 (Fri 21 Jan, 1430 - 1600) @ Art Studio (20 pax)</p> <p>Creative Art Club #2 (Fri 21 Jan, 1600 - 1730) @ Art Studio (20 pax)</p>	<p>Fri 1430 - 1730 (Art Studios)</p>

	Exposure to various National Competitions Service learning opportunities		
Debate Club	<p>Typical 2hours 15 Mins CCA Practice:</p> <ul style="list-style-type: none"> - 15min Team Bonding - 30min Debating Skills Mastery - 30 min Case Prepping - 45min Debate - 15min Feedback and Club Debrief <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> - Developing public speaking skills - Exploring current affairs and global issues - Honing presentation skills - Mastering expository writing skills <p>Key Competitions:</p> <ul style="list-style-type: none"> - Singapore Secondary Schools Debating Championships - Debate Association Debating Championships - Eunoia Debating Championships - Hua Yi Invitationals - Thoburn Cup - Oldham Cup - PESA - International Debate Weekend - Raffles Under 14 Debating Championships 	<p>Debate Club #1 (Tue 18 Jan, 1500 - 1730) @ Learning Lab (15 pax)</p> <p>Debate Club #2 (Thu 20 Jan, 1500 - 1730) @ Learning Lab (15 pax)</p>	<p>Tue 1500 - 1745 (Learning Lab)</p> <p>Thu 1500 - 1745 (Learning Lab)</p>
Drama Club	<p>Typical 3-hour CCA session:</p> <ul style="list-style-type: none"> ● 30 min light physical and vocal warmup ● 60 min rehearsals, line runs ● 15 min break ● 60 min rehearsals, line runs ● 15 min feedback from Exco & teachers' debrief <p>Key Programmes/Activities/Opportunities Performance @</p> <ul style="list-style-type: none"> ● Singapore Youth Festival on odd number years for eg 2021 <p>Service & VIA</p> <ul style="list-style-type: none"> ● External performances at schools/hospitals/public libraries 	<p>English Drama Club #1 (Mon 17 Jan, 1430 - 1530) @ PAS (8 pax)</p> <p>English Drama Club #2 (Mon 17 Jan, 1530 - 1630) @ PAS (8 pax)</p> <p>English Drama Club #3 (Thu 20 Jan, 1530 - 1630) @ Dance Studio (8 pax)</p> <p>English Drama Club #4 (Thu 20 Jan, 1630 - 1730) @ Dance Studio (8 pax)</p>	<p>Mon 1430 - 1730 (PAS)</p> <p>Thu 1430 -1730 (IT Conference Rm)</p>

	<p>Many students find that drama helps them develop the confidence that's essential to speaking clearly, lucidly, and thoughtfully.</p> <p>Acting onstage teaches you how to be comfortable speaking in front of large audiences, and some of your theatre classes will give you additional experience talking to groups.</p> <p>To work in theatre, you must know who you are and how to project your individuality. But at the same time, it's important to recognize the need to make yourself secondary to the importance of a production. You will develop a Healthy Self-Image through drama.</p>		
Fencing	<p>Highlights of the CCA : Key programmes</p> <ul style="list-style-type: none"> · Bonding activities · C and B div interschools competition (inclusive of team event) · Friendly match within the CCA · Exchange training camps with other schools <p>Service opportunities :</p> <ul style="list-style-type: none"> · Conducting introduction lessons at St. Margaret's Primary school <p>Requirements :</p> <ul style="list-style-type: none"> · NO requirements <p>Things you can gain from the team:</p> <ul style="list-style-type: none"> · Amazing friendships · Teamwork and team spirit · Physical and mental strengthening · Meet personal goals (tangible and intangible) 	<p>Fencing #1 (Tue 18 Jan, 1530 - 1730) @ The Space (20 pax)</p> <p>Fencing #2 (Thu 20 Jan, 1530 - 1730) @ The Space (20 pax)</p>	<p>Tue 1500 - 1730 (The Space, ISH L1CR)</p> <p>Thu 1500 - 1730 (The Space, ISH L1CR)</p>
Floorball	<p>Typical 3-hour CCA Practice:</p> <ul style="list-style-type: none"> - 30min Warm-up and Conditioning Exercises - 30min Individual Skills Mastery - 1h Small-group Practice - 45min Team game - 15min Cool down <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> - National School Games C and B Division 	<p>Floorball #1 (Tue 18 Jan, 1500 - 1600) @ ISH Level 3 (20 pax)</p> <p>Floorball #2 (Tue 18 Jan, 1600 - 1700) @ ISH Level 3 (20 pax)</p> <p>Floorball #3 (Thu 20 Jan, 1500 - 1600) @ ISH Level 3 (20 pax)</p>	<p>Tue 1430-1730 (ISH Lvl 3)</p> <p>Thu 1430-1730 (ISH Lvl 3)</p>

	<p>- Friendly matches with other sec schools</p> <p>Service and Others: - VIA at SMPS and other Primary Schs (Floorball Clinic)</p> <p>Expenses to be borne by students: - Floorball stick (IFF Certified) - allow for competition - Court Shoes - Goggles (protective gears) - optional</p>	Floorball #4 (Thu 20 Jan, 1600 - 1700) @ ISH Level 3 (20 pax)	
Girl Guides	<p>Key activities/programmes carried out during CCA</p> <ul style="list-style-type: none"> - Attain proficiency badges - Drills - Biannual Campfire - Games <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> - Annual Camp - South Division Day - South Learning Day - World Thinking Day <p>Things you can gain from CCA:</p> <ul style="list-style-type: none"> - Sisterhood - Leadership skills - Life skills like sewing and cooking 	<p>Girl Guides #1 (Fri 21 Jan, 1500 - 1600) @ Sec 1 Study Area (30 pax)</p> <p>Girl Guides #2 (Fri 21 Jan, 1600 - 1700) @ Sec 1 Study Area (30 pax)</p>	Fri 1500 - 1800 (Parade Sq, ISH Lvl 1CR)
Girls' Brigade	<p>Typical 3 hour CCA Session: Our four-fold programme includes:</p> <ul style="list-style-type: none"> - Devotions: Bible Study, Prayer, Reflections - Recreation: Bonding Activities, Games, Quizzes - Badgework: Physical, Educational, Spiritual, Service - Drills: Theory, Execution & Commanding <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> - Bonding Camp in March - Enrichment Camp in June - Drill Competitions - Loh Guat Tin (LGT) Challenge which is a competition that challenges students to innovate and design prototypes to solve real-world problems - Leadership Conference - Enrolment & Dedication Service - National Day Parade participation & School-based 	<p>Girls' Brigade #1 (Tue 18 Jan, 1530 - 1630) @ Meet outside St. John Chapel (20 pax)</p> <p>Girls' Brigade #2 (Tue 18 Jan, 1630 - 1730) @ Meet outside St. John Chapel (20 pax)</p>	Tue 1500 - 1800 (St. John's Chapel)

	<p>Observance Ceremony</p> <p>Requirements: None - we welcome anyone to join</p>		
Indian Dance	<p>Typical CCA Practice:</p> <ul style="list-style-type: none"> - 30min warm up and stretching - 60mins skills training - 10mins break - 60mins dance practice - 10mins wind down - 10mins debrief <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> - Singapore Youth Festival 2021 - Speech Day, CNY or Founder's Day dinner concert - Opportunities to perform at public venues Eg Dance Extravaganza - Online competitions. 	<p>Indian Dance #1 (Tue 18 Jan, 1500 - 1530) @ Hall (3 pax)</p> <p>Indian Dance #2 (Tue 18 Jan, 1530 - 1600) @ Hall (3 pax)</p> <p>Indian Dance #3 (Tue 18 Jan, 1600 - 1630) @ Hall (3 pax)</p> <p>Indian Dance #4 (Tue 18 Jan, 1630 - 1700) @ Hall (3 pax)</p> <p>Indian Dance #5 (Fri 21 Jan, 1500 - 1530) @ The Space (3 pax)</p> <p>Indian Dance #6 (Fri 21 Jan, 1530 - 1600) @ The Space (3 pax)</p> <p>Indian Dance #7 (Fri 21 Jan, 1600 - 1630) @ The Space (3 pax)</p> <p>Indian Dance #8 (Fri 21 Jan, 1630 - 1700) @ The Space (3 pax)</p>	<p>Tuesday 1445 - 1745 (Hall)</p> <p>Friday 1430 - 1730 (The Space)</p>
Malay Dance	<p>Typical CCA Practice:</p> <ul style="list-style-type: none"> - 30min warm up and stretching - 60mins skills training - 10mins break - 60mins dance practice - 10mins wind down - 10mins debrief <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> - Singapore Youth Festival on odd number years for eg 2021 - Muara (Malay Dance Performance in Oct/Nov) - Speech Day or Founder's Day dinner concert - Opportunities to perform at public venues eg. Community Center 	<p>Malay Dance #1 (Mon 17 Jan, 1500 - 1530) @ Hall (5 pax)</p> <p>Malay Dance #2 (Mon 17 Jan, 1530 - 1600) @ Hall (5 pax)</p> <p>Malay Dance #3 (Mon 17 Jan, 1600 - 1630) @ Hall (5 pax)</p> <p>Malay Dance #4 (Mon 17 Jan, 1630 - 1700) @ Hall (5 pax)</p> <p>Malay Dance #5 (Fri 21 Jan, 1500 - 1530) @ Dance Studio (5 pax)</p>	<p>Monday 1445 - 1745 (Hall)</p> <p>Friday 1430 - 1730 (Dance studio)</p>

		<p>Malay Dance #6 (Fri 21 Jan, 1530 - 1600) @ Dance Studio (5 pax)</p> <p>Malay Dance #7 (Fri 21 Jan, 1600 - 1630) @ Dance Studio (5 pax)</p> <p>Malay Dance #8 (Fri 21 Jan, 1630 - 1700) @ Dance Studio (5 pax)</p>	
Modern Dance	<p>Typical CCA Practice: 30 min warm up and stretching 60 min skills training 10 min break 60 min dance practice 10 min cool down 10 min debrief</p> <p>Key Programmes/Activities/Opportunities: - Singapore Youth Festival Arts Presentation - School Concert in non-SYF year - Teachers' Day Concert - Speech & Prize-Giving Day or Founder's Day dinner concert - Busking during recess or lunch time concert - Public performance opportunities e.g. KKH, SYF Dance Extravaganza etc.</p>	<p>Modern Dance #1 (Fri 21 Jan, 1430 - 1500) @ Hall (8 pax)</p> <p>Modern Dance #2 (Fri 21 Jan, 1500 - 1530) @ Hall (8 pax)</p> <p>Modern Dance #3 (Fri 21 Jan, 1530 - 1600) @ Hall (8 pax)</p> <p>Modern Dance #4 (Fri 21 Jan, 1600 - 1630) @ Hall (8 pax)</p> <p>Modern Dance #5 (Fri 21 Jan, 1630 - 1700) @ Hall (8 pax)</p> <p>Modern Dance #6 (Mon 24 Jan, 1500 - 1530) @ Dance Studio (8 pax)</p> <p>Modern Dance #7 (Mon 24 Jan, 1530 - 1600) @ Dance Studio (8 pax)</p> <p>Modern Dance #8 (Mon 24 Jan, 1600 - 1630) @ Dance Studio (8 pax)</p> <p>Modern Dance #9 (Mon 24 Jan, 1630 - 1700) @ Dance Studio (8 pax)</p>	<p>Mon 1430 - 1730 (Dance Studio & MPR4)</p> <p>Fri 1430 - 1730 (Hall)</p>
Netball	<p>Typical 2-hour CCA Practice: - 15min Warm-up and Conditioning Exercises - 1h Skills Mastery and small group practice - 30min Team game - 15min Cool down</p> <p>Key Programmes/Activities/Opportunities: - National School Games C and B Division</p>	<p>Netball #1 (Fri 21 Jan, 1500 - 1730) @ Netball Court (30 pax)</p> <p>Netball #2 (Tue 25 Jan, 1500 - 1730) @ Netball Court (30 pax)</p>	<p>Tue 1500 - 1730 (Netball courts)</p> <p>Friday 1500 - 1730 (Netball courts)</p>

	<ul style="list-style-type: none"> - Pesta Sukan Carnival (External) - Sneakers Netball Challenge Competition (External) - Swifts Netball Carnival (External) - Friendly matches with other schools (School Organised) 		
NPCC	<p>Typical CCA Practice:</p> <ul style="list-style-type: none"> ● Physical training ● Foot drills ● Campcraft ● Badgework <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> ● Unarmed Tactics Course ● .22 Revolver Shoot ● Adventure / Survival Training Camp ● NPCC Annual Parade ● Community Safety and Security Project ● Police Youth Ambassador Project ● Crime Scene Investigation Course ● Visit to Police K-9 Dog Unit ● Annual Unit Enrichment Camp ● Area Games Day ● Inter-Unit Annual .22 Revolver Shooting Competition ● Inter-Unit Drill Competition 	NPCC (Thu 20 Jan, 1530 - 1730) @ Green Wall (20 pax)	Thu 1515 - 1800 (Parade Sq & ISH Level 2 classrooms)
Red Cross	<p>Typical CCA Practice:</p> <ul style="list-style-type: none"> ● Physical training ● Foot drills ● First Aid ● Badgework <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> ● Red Cross Knowledge ● Unit camp ● Leadership camp ● First Aid ● Disaster Management ● Service Learning ● Youth Leadership ● Youth Ambassador Blood Programme ● National Heritage Board ● Total Defence 	<p>Red Cross #1 (Fri 21 Jan, 1500 - 1600) @ Sec 3 Study Area (10 pax)</p> <p>Red Cross #2 (Fri 21 Jan, 1600 - 1700) @ Sec 3 Study Area (10 pax)</p>	Fri 1445 - 1800 (ICT Lab 2 & 3)

smARTS Media	<p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> - AV skills - Photography - Videography - Stop-motion Animation - Coding (microbit) - Presentation and search skills <p>Service and Others:</p> <ul style="list-style-type: none"> - Morning assembly, afternoon assembly and events duties - VIA at primary school (subject to approval due to Covid-19 situation) <p>Requirements:</p> <ul style="list-style-type: none"> - No prior knowledge or experience about AV / photography required - Commitment and willingness to learn is all we need! 	<p>NIL</p>	<p>Tue 1530 - 1730 (ICT Lab 2 and 3, Design Studio A & B)</p>
String Ensemble	<p>Wednesday: Sectionals (for all) - 2.5 h</p> <ul style="list-style-type: none"> ● In small groups with the same instrument ● Learn the fingering and bowing techniques from coaches <p>Friday: Tutti (for students in main ensemble) - 3h</p> <ul style="list-style-type: none"> ● Different string instruments coming together to play ensemble pieces under the baton of a conductor <p>Key Programmes/Activities/Opportunities Performance @</p> <ul style="list-style-type: none"> ● Singapore Youth Festival on odd number years for eg 2021 ● Speech Day ● Founders Day service or dinner performance ● Anniversary Concerts ● String Ensemble School Exchange Programme <p>Service and Others:</p> <ul style="list-style-type: none"> ● Performance @ Tan Tock Seng Hospital <p>Instruments:</p> <ul style="list-style-type: none"> ● Students taking up cello, viola and double bass in the ensemble will be able to loan out the school's instruments for their own use at home. They will have to return the instruments back to school upon graduation. 	<p>String Ensemble #1 (Tue 18 Jan, 1500 - 1600) @ Charity Room next to PAS (8 pax)</p> <p>String Ensemble #2 (Tue 18 Jan, 1600 - 1700) @ Charity Room next to PAS (8 pax)</p> <p>String Ensemble #3 (Fri 21 Jan, 1500 - 1600) @ Charity Room next to PAS (8 pax)</p> <p>String Ensemble #4 (Fri 21 Jan, 1600 - 1700) @ Charity Room next to PAS (8 pax)</p>	<p>Tue 1500 - 1730 (ICT Lab 2 and 3)</p> <p>Fri 1430 - 1730 (PAS)</p>

	<ul style="list-style-type: none"> Students taking up violin in the ensemble will need to purchase their own violins. 		
Concert Band	<p>Typical 3-hour CCA session on Tue & Fri :</p> <ul style="list-style-type: none"> Learn music theory Learn assigned instrument parts and functions Learn instrument maintenance procedure Learn to play the assigned instrument <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> Singapore Youth Festival Arts Presentation Speech & Prize-Giving Day Busking during recess or lunch time concert School Concert in non-SYF year 	<p>Concert Band #1 (Tue 18 Jan, 1500 - 1530) @ Sec 1 Classroom (8 pax)</p> <p>Concert Band #2 (Tue 18 Jan, 1530 - 1600) @ Sec 1 Classroom (8 pax)</p> <p>Concert Band #3 (Tue 18 Jan, 1600 - 1630) @ Sec 1 Classroom (8 pax)</p> <p>Concert Band #4 (Tue 18 Jan, 1630 - 1700) @ Sec 1 Classroom (8 pax)</p> <p>Concert Band #5 (Fri 21 Jan, 1500 - 1530) @ Sec 1 Classroom (8 pax)</p> <p>Concert Band #6 (Fri 21 Jan, 1530 - 1600) @ Sec 1 Classroom (8 pax)</p> <p>Concert Band #7 (Fri 21 Jan, 1600 - 1630) @ Sec 1 Classroom (8 pax)</p> <p>Concert Band #8 (Fri 21 Jan, 1630 - 1700) @ Sec 1 Classroom (8 pax)</p>	<p>Tue 1430 - 1730 (Band Room, All Sec 1 classrooms)</p> <p>Fri 1430- 1730 (Band Room, Sec 1 classrooms & Music Rm)</p>
Tennis	<p>Typical 2-hour CCA Practice:</p> <ul style="list-style-type: none"> 10 mins physical warm-up and conditioning exercises 10 mins ground strokes warm-up (mini-tennis and baseline hitting) 1 to 1.5h tennis drills (forehand / backhand cross court etc) 30 mins match play (single and double) - subject to readiness of students 10 mins Cool down <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> National Inter-schools Tennis Championship Friendly Match Sports Enrichment Programme (to start in 2021) 	<p>Tennis #1 (Thu 20 Jan, 1500 - 1600) @ Tennis Court (20 pax)</p> <p>Tennis #2 (Fri 21 Jan, 1500 - 1600) @ Tennis Court (20 pax)</p>	<p>Mon 1530 - 1730 (Grp A) (Tennis Courts)</p> <p>Thu 1530 - 1730 (Grp B) (Tennis Courts)</p> <p>Fri 1500 - 1730 (Grp C) (Tennis Courts)</p>