

2021 CCA Information and Write-Up

CCA	Weekly CCA Sessions	CCA Write-up
Agape Club	Thursday: (3.30pm – 5.30pm)	<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)
Badminton	<p>Semester 1 Monday (3.00pm – 6.00pm) for 'C' Division Wednesday (3.00pm – 6.00pm) for ALL Friday (3.00pm – 6.00pm) for 'B' Division</p> <p>Semester 2 Wednesday (3.00pm – 6.00pm) for ALL Friday (3.00pm – 6.00pm) for ALL</p>	<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)
Basketball	Monday, Thursday & Friday* (2.30pm – 5.30pm)	<p>Typical 2.5-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 • T-Net Basketball Competition (External) • OFS Basketball Competition (External) • SMSS-Net (School Organised) • Cross Sports Training (Sports Enrichment Programme)

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Bowling	Thursday (3.30pm – 5.00pm)	<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
Chinese Dance	<p>*Monday (3.30pm – 5.15pm) Tuesday (2.45pm – 5.45pm) Thursday (2.45pm – 5.45pm)</p>	<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 • 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

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Choir	Tuesday (4.30pm – 6.30pm) * Thursday (4.30pm – 6.30pm) Friday (4.30pm – 6.30pm)	<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</p> <p>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
Concert Band	Tuesday (2.30pm – 5.30pm) * Thursday (4.00pm – 5.00pm) Friday (3.00pm – 6.00pm)	<p>Tuesday</p> <ul style="list-style-type: none"> • Sec Ones: Learning music theory & basics of music playing • Seniors:30 members have combined practice & remaining will have sectional <p>Friday</p> <ul style="list-style-type: none"> • Sec Ones: Online Self-Learning • Seniors: 30 members have combined practice & remaining will have tutoring / sectional <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
Creative Art Club	Wednesday (3.30pm – 6.00pm)	<p>Non-SYF year:</p> <ul style="list-style-type: none"> • Sem 1: 3 workshops each (Comic Illustration, Western Art and Chinese Painting) • Sem 2 (preparation for SYF the following year): 3 concurrent workshops (Comic Illustration, Western Art and Chinese Painting) <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> • Exposure to various National Competitions • Service learning opportunities

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Debate Club	Tuesday & Thursday (3.30pm – 5.30pm)	<p>Typical 2-hour CCA Practice:</p> <ul style="list-style-type: none"> • 5min Team Bonding • 30min Debating Skills Mastery • 15 min Case Prepping • 45min Debate • 15min Feedback and Club Debrief <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> • Singapore Secondary Schools Debating Championships • Debate Association Debating Championships • Thoburn Cup • Oldham Cup • PESA • International Debate Weekend • Raffles Under 14 Debating Championships
Drama Club	Tuesday (2.30pm – 5.30pm) Friday (3.00pm – 6.00pm)	<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</p> <p>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>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>

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Fencing	Tuesday & Thursday (3.30pm – 5.30pm)	<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>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) •
Floorball	Monday* , Tuesday & Thursday (3.00pm – 6.00pm)	<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 • Friendly matches with other sec schools <p>Service and Others:</p> <ul style="list-style-type: none"> • VIA at SMPS and other Primary Schs (Floorball Clinic) <p>Expenses to be borne by students:</p> <ul style="list-style-type: none"> • Floorball stick (IFF Certified) - allow for competition • Court Shoes • - Goggles (protective gears) – optional
Girl Guides	Friday (3.00pm – 6.00pm)	<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

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Girls' Brigade	Tuesday (3.00pm – 6.00pm)	<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 Observance Ceremony <p>Requirements: None - we welcome anyone to join</p>
Indian Dance	<p>Tuesday (2.30pm – 5.30pm)</p> <p>*Wednesday (3.30pm – 5.15pm)</p> <p>Friday (3.00pm – 6.00pm)</p>	<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.

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Library Club	<p>Wednesday (3.30pm – 5.00pm)</p>	<p>Typical 1.5 H-hour CCA Practice:</p> <ul style="list-style-type: none"> • 10 min Bonding Games • 1h 10 mins Team Work on Tasks: <ul style="list-style-type: none"> ○ Write script ○ Create and print posters ○ Practise public speaking ○ Plan the various school programmes as listed below. • 10 min Debrief <p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> • Welcome Party - Annually • Farewell Party - Annually • Info-literacy programme <p>Service and Others:</p> <ul style="list-style-type: none"> • Teach school to use the Opac System for booking of books and resources- new • Highest Readership Award- annually • Book Display- annually • Just Read it!- annually • Movie Screenings tied to books- annually • Book Treasure Hunt- annually • Pick a book/ an item- annually • Learn to make Art & Craft with SMESA From Art and Craft books- (2020-2021)
Malay Dance	<p>Wednesday (2.45pm – 5.45pm)</p> <p>*Thursday (3.30pm – 5.15pm)</p> <p>Friday (3.00pm – 5.45pm)</p>	<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 • Juara (Malay Dance Performance in Oct/Nov) • Speech Day or Founder's Day dinner concert • Opportunities to perform at public venues eg. Community Center

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Modern Dance	<p>*Monday (3.30pm – 5.15pm)</p> <p>Wednesday (2.30pm – 6.00pm)</p> <p>Friday (3.00pm – 6.00pm)</p>	<p>Typical CCA Practice:</p> <ul style="list-style-type: none"> • 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>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> • 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.
Netball	<p>Monday*, Wednesday & Friday (3.30pm – 5.30pm)</p>	<p>Typical 2-hour CCA Practice:</p> <ul style="list-style-type: none"> • 15min Warm-up and Conditioning Exercises • 1h Skills Mastery and 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 • Pesta Sukan Carnival (External) • Sneakers Netball Challenge Competition (External) • Swifts Netball Carnival (External) • Friendly matches with other schools (School Organised)
NPCC	<p>Thursday (3.15pm – 6.15pm)</p>	<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

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Red Cross Youth	Friday (2.45pm – 6.00pm)	<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
smARTS Media	Tuesday (3.30pm – 5.30pm)	<p>Key Programmes/Activities/Opportunities:</p> <ul style="list-style-type: none"> • AV skills • Photography • Videography • Stop-motion Animation • Coding (microbit) <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!
Strings Ensemble	<p>*Monday (3.00pm – 4.30pm)</p> <p>Wednesday (3.00pm – 5.30pm)</p> <p>Friday (3.00pm – 6.00pm)</p>	<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 • Trinity Grading Exam on non-SYF years • String Ensemble School Exchange Programme

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		<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. • Students taking up violin in the ensemble will need to purchase their own violins.
<p>Tennis</p>	<p>Monday (3.30pm – 5.30pm) for 'C' Division</p> <p>Wednesday (3.30pm – 5.30pm) for 'B' Division</p> <p>Friday (3.00pm – 6.00pm) for both 'B' and/or 'C' Divisions</p>	<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)

*This is an additional day of training scheduled due to competitions.