

CO-CURRICULAR HANDBOOK

2018 - 2019, Term 2



EPSOM
COLLEGE
IN MALAYSIA

Co-Curricular Activities (CCAs) give students a chance to explore areas of interest, perfect their skills and develop a better sense of self. CCAs help students to engage in school life and develop a sense of belonging to the wider school community. In this handbook you will discover the range of CCAs available at ECiM during term 2, January - March 2019.

Each class is subject to availability. Students will be selecting their 1st, 2nd and 3rd choice for each day, this will ensure a fair system and that they are allocated their preferred activities each term. Some classes have a fee due to external coaches offering the activity, this is highlighted, with the cost, next to each activity description.

Important dates

W/b 26th November 2018

CCA Handbook sent to students and parents.

3rd December - 9th December 2018

Student selection process.

10th December 2018

Student allocation confirmations sent out.

8th January 2019

CCA commences, Monday to Friday, 4:15pm until 5:30pm.



Sport @ ECiM

Boys' Rugby with KL Tigers

A team sport that delivers significant social and health benefits. It can also be a physically demanding sport and players should be physically and mentally prepared, and understand how to play safely.

Location: Rugby Pitch

Girls' Rugby

A sport identical to Boys' rugby with the same rules, same sized pitch, and same equipment. ECiM girls will get an opportunity to play touch rugby or contact depending on their preference.

Location: Rugby Pitch

Girls' Netball

An exciting, fast and skillful game of fair contest, played by two teams of seven players. Its development, derived from early versions of basketball, began in England in the 1890s. A chance for newcomers to develop skills and work as a team, and also a separate opportunity for the school squad to get together and perfect their game.

Location: Sports Hall/4G

Athletics

A collection of sporting events that involve competitive running, jumping, throwing, and walking.

Location: Cricket Pitch

Tennis

A racket sport that can be played individually against a single opponent (singles) or between two teams of two players each (doubles).

Location: Tennis Courts

Table Tennis

Also known as ping-pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using small bats. The game takes place on a hard table divided by a net.

Location: Sports Hall Entrance

Swimming

Competitive swimming is one of the most popular Olympic sports, with varied distance events in butterfly, backstroke, breaststroke, freestyle, and individual medley. This term there will be opportunities for recreational swimming and separate training sessions for the swim squad.

Location: Swimming Pool



Sport @ ECiM

Basketball

Basketball is a handball game usually played by two teams of five players on a court. The objective is to get the ball through a hoop mounted high on a backboard at back end.

Location: Sports Hall

Squash

A ball sport played by two (singles) or four players (doubles squash) in a four-walled court with a small, hollow rubber ball.

Location: Squash Courts

Hockey

A sport in which two teams play against each other by trying to maneuver a ball or a puck into the opponent's goal using a hockey stick.

Location: Hockey Pitch

Golf (FEE RM500 per term)

A club-and-ball sport in which players use various clubs to hit balls into a series of holes on a course in as few strokes as possible.

Location: Meet at reception

Badminton

A sport played by volleying a shuttlecock back and forth over a high narrow net by means of a light, long-handled racket.

Location: Sports Hall

Volleyball

A team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. It has been a part of the official program of the Summer Olympic Games since 1964

Location: Sports Hall



Performing Arts @ ECiM

Studio Orchestra

Pupils of all abilities are welcome to join the Studio Orchestra to play as part of the school's largest instrumental ensemble, which will focus on a mix of repertoire ranging from pop classics to film music scores. The Studio Orchestra performs at the end of term concert and there is an emphasis on fun as well as excellence.

Location: MU02/Duke of York Theatre (DoYT)

Rock Band

Members of the band cover one or more roles, including vocalist, lead guitarist, rhythm guitarist, bass guitarist, drummer, and often keyboard player or other instrumentalist. This term we have two opportunities to get involved to be part of the big plans ahead!

Location: MU02

Private Practice

An opportunity to practice and improve your musical talents in one of our private music rooms. This can help work towards examinations and performances.

Location: Practice Rooms

Choir

A musical ensemble of singers, the program is designed to enhance the musical, creative and expressive qualities of all students.

Location: MU02

Music Tech Club

An opportunity to make or perform music; to compose, notate, play back or record songs or pieces; or to analyse or edit music.

Location: MU02

Year 11 Fragments Coursework Support

An excellent opportunity for Year 11 Drama students to develop their GCSE coursework in this additional support session.

Location: Theatre Studio



Performing Arts @ ECiM

Epsom Edge Private Practice

A chance to start planning and practicing your Epsom Edge performances and activities/displays to make Epsom Edge 2019 an even bigger success.

Location: Theatre Studio

Theatresports Club

This club challenges points of view and expresses opinions. It creates an evening of theatre that engages the audience in a way that makes them respond openly, as one might do at a sporting event, and has them thinking and talking about the performance afterwards.

Location: Sports Hall

Speech, Drama & Communication

Take part in English language qualifications and an opportunity to debate, improve interview skills, presentations and performances. There is also an opportunity to acquire UCAS points towards University entry.

Location: Theatre Studio

Trinity Juniors and Seniors

Normally offered through individual paid tuition like instrument lessons, this is an opportunity to receive specialist preparation for grades qualifications in speech, drama and communication options. Individual, Pair and Group options available for EAL as well as junior students at Grades 1 to 5, and Senior Students at Grade 6, 7 and 8 all of which gain UCAS points similar to Extended Project Qualifications and A levels. Develop skills in performing and/or presenting and discussing. Speak to Miss Coleman or Mrs Hill for more information.



Extended Curriculum @ ECiM

Bahasa Melayu And History

A fantastic opportunity for KS3 and KS4 students to learn and improve their Bahasa Malayu, learn about Malaysia and the origins of the language.

Location: MFL 02/04

KS3 Environmental Science

A club to empower students to participate and take up meaningful environmental activities and projects. It is a forum through which students can reach out to influence, engage their family, friends and communities to promote sound environmental behaviour.

Location: Science SC 01

Science, Technology, Engineering And Maths (STEM)

An educational program developed to prepare KS3, 4 and 5 students for college and graduate study in the fields of science, technology, engineering, and mathematics (STEM). In addition to subject-specific learning, STEM aims to foster inquiring minds, logical reasoning, and collaboration skills. Be part of the F1 in schools competition, computer coding and more!

Location: Various

Boxercise (FEE RM300 per term)

An exercise class based on the training concepts boxers use to keep fit. Classes can take a variety of formats but a typical one may involve shadow-boxing, skipping, hitting pads, kicking punchbags, press-ups, shuttle-runs and sit-ups.

Location: Padded area, Sports Hall Entrance

Drop Everything And Read (DEAR) and DELF

A celebration of reading designed to remind people of all ages to make reading a priority activity in their lives. There is also an opportunity for students who have previously been involved in DELF to continue their development in French.

Location: Library

Craft, Design And Make

Learn to think and act as artists, makers and designers, working creatively and intelligently.

Location: Art Room



TED Ed

LESSONS WORTH SHARING



Extended Curriculum @ ECiM

International Award (IA)

Challenge yourself and discover the world around you. The Award provides you with skills and experiences that are consistently recognised by employers and educational institutions worldwide. Join one of two clubs; Bronze (14+ years old) or Gold (16+ years old).

Location: GE 02

National Robotics Open Competition

A competition to create a functioning robotic prototype using a variety of engineering techniques and materials.

Location: IT 2

TED Ed

A student-led initiative inspired by TED; a nonprofit organisation devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less).

Location: Grayling Centre, GC

KPOP (Dance)

Learn dance routines to the popular musical genre consisting of electronic, hip hop, pop, rock, and R&B music originating in South Korea.

Location: Dance Studio

KS4/5 Untitled Art

An opportunity to expand your creativity, working on a variety of activities and personalised responses. Particularly useful for GCSE and A Level Art students.

Location: Art Room

Islamic Studies

Become a specialist in the study of Islam. Improve and develop your understanding of the religion. (Compulsory for Malaysian Muslim Students)

Location: MFL 01 and MFL 02

Mother Tongue Korean & Japanese

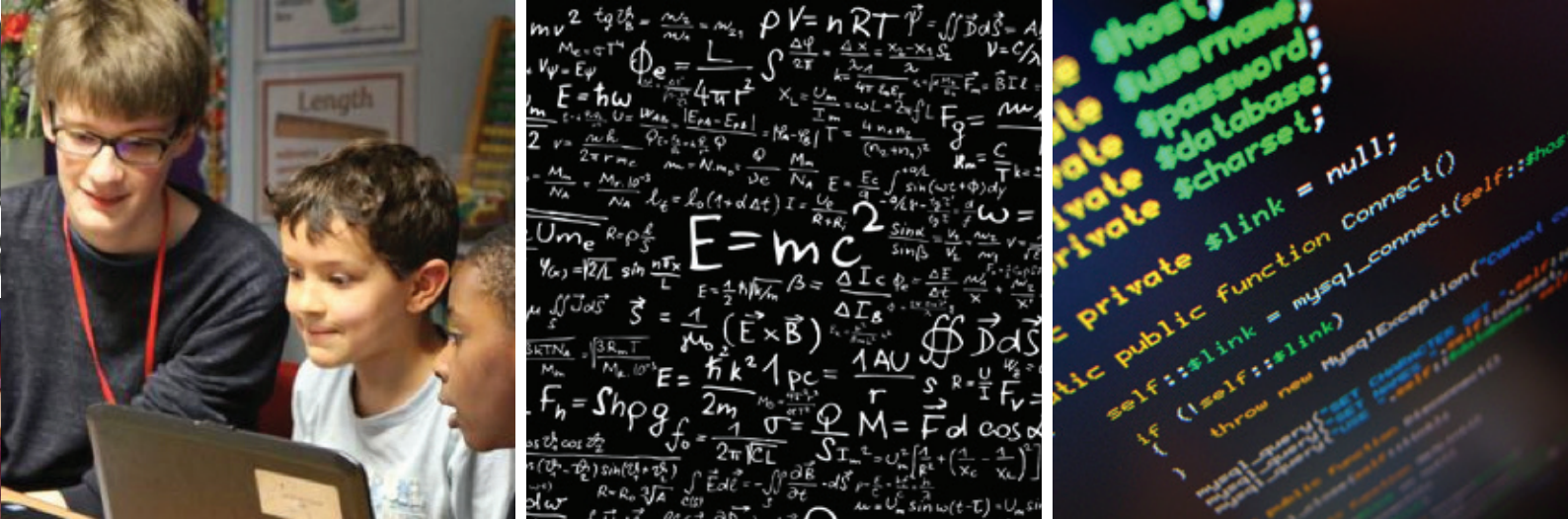
The purpose of this programme is to provide the opportunity for all students to develop appropriate skills in their mother tongue.

Location: ENG 2&5

RSPCA (Animal Welfare) and Landscaping

Make a change by supporting and protecting of the health and well-being of animals by actively educating and fundraising. Also linked to this CCA is landscaping – an opportunity to work in our college vegetable patch to grow healthy food and develop an animal friendly ecosystem.

Location: Granville House



Extended Curriculum @ ECiM

Orphanage Outreach

Work with the staff and children from our local Orphanage. Teach, play and care for disadvantaged children and give them hope for the future.

Location: Exam Hall

Wellness

An active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth.

Location: Dance Studio

Brazilian Jiu-Jitsu

(FEE RM800 per student, per term)

A grappling martial art involving the use of throws, takedowns, and ground control positions leading to chokes and joint locks.

Location: Padded area, Sports Hall entrance

Key Stage 5/Prep School Mentoring Programme

Year 12 and 13 students can develop their leadership skills by supporting and mentoring prep students. A truly rewarding experience, which improves skills for future use.

Location: Prep School (meet at Year 6 classroom)

KS4/5 Algebras

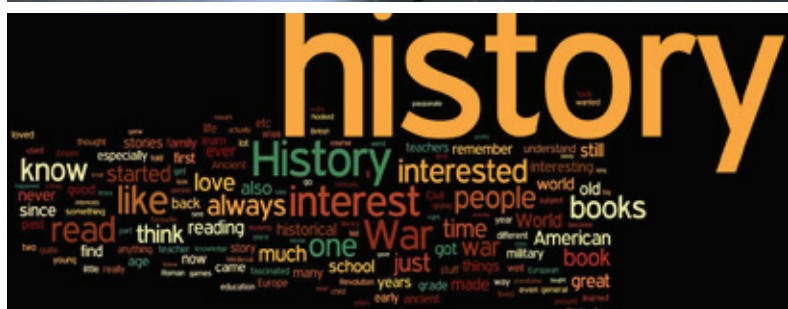
A fantastic opportunity for KS4/5 students to develop and improve their math skills beyond the classroom.

Location: MA01

KS3 Communication & Computer Coding

Learn how to program and code using a variety of software and equipment. A great opportunity to learn skills that will help you within the modern world.

Location: IT02



Extended Curriculum @ ECiM

KS4/5 History And Politics Support

An opportunity for students to develop knowledge of their GCSE/A Level courses and have support with exam preparation and coursework.

Location: HI 01

British Sign Language (BSL)

A visual means of communicating using gestures, facial expression, and body language. Sign Language is used mainly by people who are Deaf or have hearing impairments. Learn how to sign to broaden your communication skills and have a unique skill that will help others.

Location: Library

Young Enterprise

Empowering young people to harness their personal and business skills. Show your passion for enterprise and be part of the 3.8 million young people to discover and reach their potential over the past 50 years.

Location: BSE 01

KS4/5 Science Support

Broaden your understanding of the sciences and improve your coursework/exam knowledge by participating in one of the KS4/5 Science support sessions.

Location: SC 01

World Scholars' Cup

An international team academic program with students participating from over 82 countries. Discover strengths and skills you never knew you had. WSC focuses on bringing students from different cultures together to discuss issues and ideas relevant to today.

Day Student Study Session

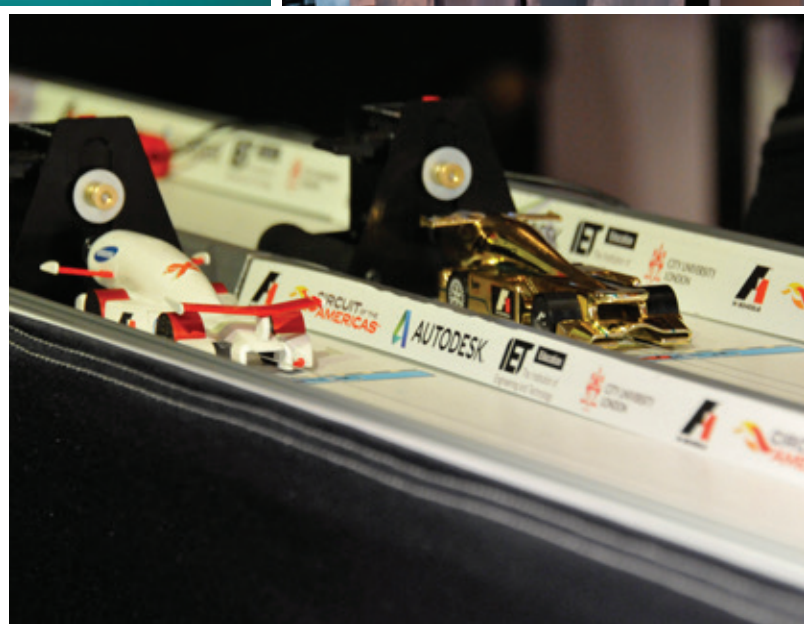
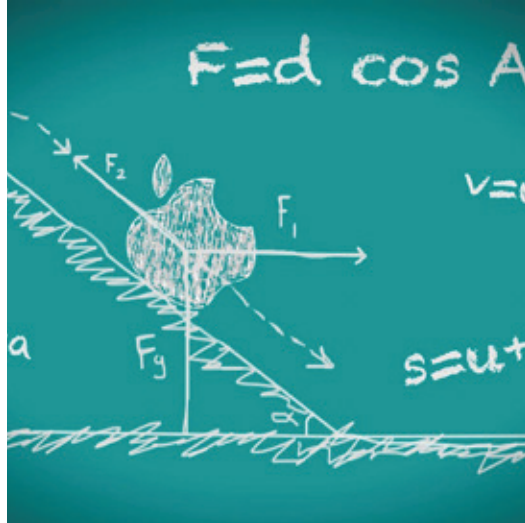
An opportunity for Day Students to utilise their time in school and work on prep, coursework and exam preparation.

No-Cook Cooking

(FEE Approx. RM15 per week)

Simple and easy recipes to create without the reliance of an oven or hob. An interesting and fun activity.

Location: Granville House



Extended Curriculum @ ECiM

Vegan Handmade Cosmetics Club (Lush)

Hand make some fascinating and beautifully smelling cosmetics using vegetarian and vegan products. Support climate change and campaigns whilst having fun!

Location: Art Room

IGCSE Mandarin Speaking Club

Develop your Mandarin language and prepare for oral exams in the IGCSE Mandarin Speaking Club.

Location: MFL03

GCSE & A-level Physics Support Club

A great opportunity to improve coursework, prepare for exams and work with a specialist teacher to help support you through the term.

Location: SC03 & SC04

GCSE Chemistry Support

A great opportunity to improve coursework, prepare for exams and work with a specialist teacher to help support you through the term.

Location: SC06

Model United Nations (MUN)

Also known as Model UN or MUN, is an educational simulation and/or academic activity in which students can learn about diplomacy, international relations, and the United Nations.

Location: SC 02

F1 In Schools

An international STEM competition for school children, in which groups of 3–6 students have to design and manufacture a miniature car out of the official F1 Model Block using CAD/CAM design tools. The cars are powered by CO cartridges and are attached to a track by a nylon wire – an exciting opportunity to represent Epsom College in upcoming competitions!

Location: DT Workshop



club chemistry

Academic Enrichment



Extended Curriculum @ ECiM

Academic Enrichment Program For STEM And Philosophy, Politics And Economics

A specialised and unique program provided by some of our outstanding sixth form students, specifically aimed at KS4 students and high-achieving KS3 students to work within the following teams:

Science & Engineering, Law, Philosophy & Politics and Economics.

Broaden your knowledge and understanding of a variety of topics, be part of deep discussion, debates and prepare ambitious applications for top Universities.

Location: Grayling Centre

KS5 Organic Chemistry Club

Open to KS5 Chemistry students, gain a deeper understanding of the chemistry subdiscipline for the scientific study of structure, properties, and reactions of organic compounds and organic materials. Study of structure determines their chemical composition and formula.

Location: SC 05

KS3 Coding: Young Innovators

This CCA is supported by Chumbaka, a social enterprise organisation that develops life skills through technology. It will focus on developing ideas and inventions to solve real life problems by using technology – do you think you have the critical thinking to have your inventions entered into local, national or international competitions?

Mathematics Homework Club

Work with peers and specialists to help improve your understanding of Mathematics, use your new knowledge to complete homework tasks to the highest level.

Technical Society

Learn elements of stage lighting, sound and AV components, begin to run the tech for assemblies, presentations and performances in the DOYT and the Theatre Studio.

Timetable*

Monday	Tuesday	Wednesday	Thursday	Friday
KS3 Swimming	KS4/5 Basketball	KS4/5 Boys' and Girls' Rugby	KS5 Rock Climbing	Squad swimming
KS3 Netball	KS3 Rugby	Squad Swimming	KS3/5 Volleyball	KS3/4/5 Badminton
Table Tennis	KS4/5 Squash	KS3 Basketball	Squad swimming	Athletics
KS3 ESB EAL	Squad Swimming	KS3 Squash	Music Tech Club	Hockey
Fragments	Golf	Tennis	KS4/5 Private Practice	Theatre Sports
Epsom Edge Practice	KS4/5 Netball (Squad)	Fragments	KS3 BM & History	Choir
KS4 BM & History	Speech, Drama and Communication	Epsom Edge Practice	Animal Welfare	KS3 & 4 Islamic Studies
KS3 Environmental Science	KS3 Rock Band	Orchestra	KS3 STEM F1 in schools	Orphanage Outreach
IA Gold Award	KS4/5 Music Private Practice	KS4/5 Rock Band	KS3 STEM Coding	KS3 STEM
National Robotics Open Competition	Vegan Handmade Cosmetics Club (Lush)	Japanese and Korean Mother Tongue	Craft, Design and Make	KS4 & 5 Untitled Art
DEAR	KS3 STEM	Year 11 Algebras	Wellness	KS3 No-cook cooking
KPOP Dance	Year 11 Chemistry Support	A Level Physics Support	6th Form Study Session	Embroidery
Craft, Design & Make	KS5 Algebras	KS4/5 History & Politics		Academic Enrichment Program for STEM and PPE
KS5 Prep Mentoring	British Sign Language Club	IA Bronze Award		
6th Form Study Session	Young Enterprise	KS3 Gardening and Vegetable growing		
	TED Ed Talks	Brazilian Jiu-Jitsu		
	Day Student Study Session	Year 11 Physics Support		
	Boxing	Elite Uni		
	World Scholar's Cup iGCSE Mandarin Speaking KS3 Coding: Young Innovators	6th Form Study Session		

*Days and activities are subject to change.

Please ensure you are aware of any costs/fees involved for specific activities. Payments should be made to finance.