



# EPSOM

COLLEGE

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IN MALAYSIA

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## Co-Curricular Handbook 2018 - 2019, Term 1.



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 1, September - December 2018.

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:**  
**Before 31st August 2018**  
**CCA Handbook sent to students and parents.**

**4rd September - 9th September 2018**  
**Student selection process.**

**11th September**  
**Student allocation confirmations sent out.**

**12th September**  
**CCA commences, Monday to Friday,**  
**4:15pm until 5:30pm.**





### 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' 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.

Location: Sports Hall



### Cross Country

A sport in which teams and individuals run a race on open-air courses over natural terrain.

Location: Meet outside of DT



### 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



### Ultimate Frisbee

Combining the non-stop movement and athletic endurance of soccer with the aerial passing skills of football, a game of ultimate frisbee is played by two teams with a flying disc on a field with end zones, similar to football.

Location: Cricket Pitch



### Swimming

Competitive swimming is one of the most popular Olympic sports, with varied distance events in butterfly, backstroke, breaststroke, freestyle, and individual medley.

Location: Swimming Pool



### 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



### 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



**Golf (Paid activity)**

**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



**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



**Boys' Football**

A dynamic sport that demands peak physical performance and exceptional mental acuity on the part of its players. Football is played on a rectangular field that is 120 yards in length.

Wednesday Location:

Year 12/13 on Granville Green, Year 10/11 on Rugby Pitch.

Thursday Location:

Year 12/13 on Granville Green, Year 7/8/9 on Cricket Pitch.



**Girls' Football**

A dynamic sport that demands peak physical performance and exceptional mental acuity on the part of its players. Football is played on a rectangular field that is 120 yards in length.

Wednesday Location: 4G

Thursday Location: Year 7/8/9 Cricket Pitch, Year 12/13 4G



### **Fitness Suite**

A opportunity to improve fitness, strength and conditioning in our fitness suite.

Location: Gym



### **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





### **Orchestra**

The typical symphony orchestra consists of four groups of related musical instruments called the woodwinds, brass, percussion, and strings.

Location: Meet at Duke of York Theatre (DoYT)



### **Rock Band**

Where 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.

Location: Meet outside Music Office, 2nd floor



### **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: Meet outside Music Office, 2nd floor



### **Choir**

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

Location: Duke of York Theatre (DoYT)



### Grade 5 Music Theory & Music Tech Club

An opportunity to work towards examinations and understand the processes involved with producing music.

Location: MU02



### Upper School Play

Participating in the school play isn't just fun - it can offer a great chance for students to practice a range of skills, whilst working towards the final performance.

Location: Duke of York Theatre (DoYT)



### Stage and Costume Crew

An excellent chance to support the members of the school play by creating props, costumes and displays to make the show an even bigger success.

Location: Theatre Studio



### Technical Society

The school play could not run smoothly without the backstage and technical crew. Learn how to control the lighting and sound to support the cast of the performance.

Location: DoYT Control Room, 2nd floor



### **Theatresports™ & Improv 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: Duke of York Theatre (DoYT)



### **English Speaking Board (ESB)**

A national awarding organisation offering qualifications in Speech and Language.

Location: Theatre Studio



### **ESB/Trinity Individual and Debating**

English language examinations and an opportunity to debate; a process that involves formal discussion on a particular topic. In a debate, opposing arguments are put forward to argue for opposing viewpoints.

Location: Theatre Studio

Wednesday: Year 10 - 13

Thursday: Year 7 - 10





### **CPR and first aid training**

Learn a life changing skill! CPR is a procedure to support and maintain breathing and circulation for an infant, child, or adolescent in a serious accident. Learn to preserve life, prevent conditions from worsening and promote recovery.

Location: PE01, above Library



### **Photography**

Use a blend of technical skills and an artistic eye to take pictures of people, places, landscapes, food and much more.

Location: Art Room



### **Bahasa Melayu and History**

A fantastic opportunity to learn and improve Bahasa Malayu; learn about Malaysia and the origins of the language.

Location: MFL 6



### **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 parents and neighborhood communities to promote sound environmental behavior.

Location: Science SC 06



### 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.

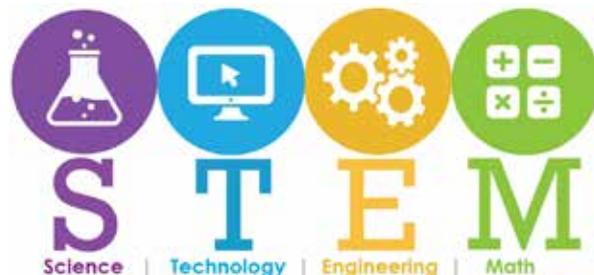
Location: Meet at IA office, 2nd floor behind DoYT



### ECiM Learning Environments

Take an active role in improving our college and giving it the 'wow' factor. Support staff in creating influential and inspiring areas around the site.

Location: English, ENG 1



### Science, Technology, Engineering and Maths (STEM)

An educational program developed to prepare primary and secondary 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.

Location: Science SC 08



### Boxercise

Fee:

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: Exam Hall



### **Drop Everything and Read (DEAR)**

A celebration of reading designed to remind people of all ages to make reading a priority activity in their lives.

Location: Library



### **Craft, Design and Make**

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

Location: Art Room



### **Malaysian Culture and Performing Arts**

Learn the amazing dances and performing arts from Malaysia and be part of an inclusive and diverse culture.

Location: Theatre Studio



### **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



### EAL Peer Support

Improve your leadership skills by supporting students who speak English as an additional language. Lead conversation, support writing skills and offer guidance for reading.

Also available for students who would like to improve their English speech, writing or reading.

Location: English, ENG 6



### Forensics (Key stage 3 only)

Scientists collect, preserve, and analyze scientific evidence during the course of an investigation. While some forensic scientists travel to the scene of the crime to collect the evidence themselves, others occupy a laboratory role, performing analysis on objects brought to them by other individuals.

Location: Science, SC06



### STEM Modern Technology

Learn how to use modern technologies to create interesting and exciting products. Equipment includes the 3D printer and laser cutter.

Location: Design Technology Workshop



### Gardening & Vegetable growing

Promote healthy eating around the college by creating a new vegetable patch and growing your own vegetables.

Location: Meet outside Wilson House



### ECiM Newspaper Editors

The responsibility of deciding which news stories are printed in the paper. Long before the paper is published, the editor assigns reporters to cover the news, checks for accuracy and fairness in the newspaper's articles and writes headlines.

To work closely with 'ECiM Roving Reporters'

Location: IT 1



### ECiM Roving Reporters

A reporter who travels around, rather than staying in a fixed place, collecting interesting stories and information to create a newspaper article. To work closely with the 'ECiM Editors'.

Location: To meet in English, ENG 1



### Origami and Paper Engineering

A branch of engineering that deals with the usage of physical science (e.g. chemistry and physics) and life sciences (e.g. biology and biochemistry) in conjunction with mathematics as applied to the converting of raw materials into useful paper products and co-products.

Location: Maths, MA 01



### 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



### No-cook cooking

**FEE: Approx. RM15 per week**

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

Location: Prep Kitchen



### Cheerleading

Competitive routines typically range anywhere from one to three minutes, and contain components of tumbling, dance, jumps, cheers, and stunting.

Location: Sports Hall



### Textiles

The craft of fastening or attaching fabrics and textiles using stitches made with a needle and thread or sewing machine.

Location: Art Room



### Off-road cycling

**FEE:**

The sport of riding bicycles off-road, often over rough terrain, using specially designed mountain bikes. There is a fee to rent a mountain bike from a nearby shop or you must be able to bring your own mountain bike.

Location: Meet at reception



### Charity Fundraising

Fundraisers are responsible for raising money by encouraging donations from individuals and businesses in fun and innovative ways.

Location: Maths, MA 03



### Dance

**FEE: RM450 per student, per term**

Dance therapy and choreographed dance routines in a variety of genres. An opportunity to work as part of a team, whilst improving fitness levels.

Location: Dance Studio



### Untitled Art

An opportunity to expand your creativity, working on a variety of activities and personalised responses.

Location: Art Room



### Roundtable

A number of persons gathered together for conference or discussion of a subject; often seated at a round table.

Location: ENG 4



### Volleyball

A game for two teams, usually of six players, in which a large ball is hit by hand over a high net, the aim being to score points by making the ball reach the ground on the opponent's side of the court.

Location: Sports Hall



### Islamic Studies

Become a specialist in the study of Islam. Improve and develop your understanding of the religion. (Compulsory for Y12 and 13)

Location: MFL 5/6



### 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



### **Graffiti**

A form of visual communication, involving the marking of public space/walls by an individual or group using spray paints.

Location: Design Technology Workshop



### **HIIT (High intensity interval training)**

A training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

Location: Sports Hall



### **Warrior Dash**

An energetic and challenging opportunity to train for obstacle races and build stamina and strength.

Location: Sports Hall



### **RSPCA (Animal Welfare)**

Make a change by supporting and protecting of the health and well-being of animals by actively educating and fundraising.

Location: MFL 1



### 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: Prep Kitchen



### 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, under stairs, next to Sports Hall



### Yoga

An ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with their environment.

Location: Dance Studio



### 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: English, ENG 3

## TIMETABLE

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Boys' Rugby with KL Tigers	Swimming (1)	Boys' Football Y10, 11, 12, 13	Year 10/11 Games (Football)	Choir
Girls' Netball	Hockey	Girls' Football Y10, 11, 12, 13	Girls' Football Y7, 8, 9, 12, 13	Stage & Costume Crew
Cross Country	Basketball Y10, 11, 12, 13	Swimming (2)	Boys' Football Y7, 8, 9, 12, 13	Dance
Tennis	Golf Y11, 12, 13	Fitness Suite	Swimming (3)	Roving Reporters
Ultimate Frisbee	Squash Y10, 11, 12, 13	Basketball - Y7, 8, 9	Grade 5 Music Theory & tech club	Untitled Art
Orchestra	Sports Academy Conditioning - Invite Only	Squash - Y7, 8, 9	English Speaking board & debating - Y7, 8, 9, 10	Round Table
English Speaking Board (ESB)	Theatre Sports and Improv Club	Rock Band (2)	No-cook cooking	Volleyball
CPR and First Aid training	Technical Society	Private Practice - Y10, 11, 12, 13	Cheerleading	Islamic Studies Y12 & 13 compulsory
Photography	Upper School Play	English Speaking board & Debating - Y10, 11, 12, 13	Textiles	Mother Tongue Korean
Bahasa Malayu and History	Rock Band (1)	Dance KPOP	Off-road cycling	Mother Tongue Japanese
TBC	Environmental Science	EAL Peer Support	Charity Fundraising	Graffiti

## TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
TBC	IA	Forensics Y7, 8, 9	Craft, design and Make (2)	HIIT
TBC	STEM	STEM Modern Technology	KS5/Prep Mentoring Programme (1)	Warrior Dash
	ECiM Learning Environments	Gardening & Vegetable growing	Yoga	RSPCA (Animal Welfare)
	Boxercise	ECiM Newspaper Editors	Round Square	Orphanage Outreach
	DEAR	Origami and Paper Engineering	Brazilian Jiu-Jitsu	KS5/Prep Mentoring Programme (2)
	Craft, Design and Make (1)	National Robotics Open Competition	Badminton	
	Malaysian Culture and Performing Arts	TED Ed	TBC	
	TBC	TBC		

\*Days and activities are subject to change.

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