



Co-Curricular
Handbook

2018-2019
Term 3



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 3, April - June 2019.

Each class is subject to availability. Students will be selecting their 1st and 2nd 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:

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|----------------------------|--|
| W/b 11th March 2019 | - CCA Handbook sent to students and parents. |
| 18th March | - 22nd March 2019 - Student selection process. |
| 24th March | - Student allocation confirmations sent out. |
| 23rd April 2019 | - CCA commences, Monday to Friday, 4:15pm until 5:30pm. |

Sport @ ECiM

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

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

Volleyball

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

Athletics

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

Location: Cricket Pitch (meet at Pavilion)

Rugby

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

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 the back end.

Location: Sports Hall

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

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

Cricket

A sport which is played between two teams of eleven players each who score runs (points) by running between two sets of three small, wooden posts called wickets. Each of the wickets is at one end of a rectangle of flattened grass called the pitch.

Location: Cricket Pitch

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

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

Hockey

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

Location: Hockey Pitch

Boxing - 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: Martial Arts area, Sports Hall Entrance

Brazilian Jiu-Jitsu - FEE: RM800 per term

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

Location: Martial Arts area, Sports Hall entrance



Sport @ ECiM



Performing Arts @ ECiM

Music @ ECiM

Private Practice

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

Location: MU01

Grade 5 Theory and Music Tech club

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

Location: MU01



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: ENS01

Studio Orchestra

A group for instrumentalists of all abilities, this ensemble aims to play both classical and popular repertoire. Those that have private instrumental lessons would benefit from taking part to further their instrumental skills, and parts are specially arranged by Mr Mann and Mr Crann where necessary to help pupils engage with repertoire that is challenging but still fun.

Come along and try out your skills on an instrument; you could even use this as an opportunity to try out a new instrument! We will be performing some popular repertoire alongside rock instruments at Epsom Edge in the Third Term.

Location: MU02



Choir

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

Location: MU02

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Year 12 Prep Mentoring

Year 12 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)

Islamic Studies

Become a specialist in the study of Islam. Improve and develop your understanding of the religion. (Compulsory for Key Stage 3 & 4 Malaysian Muslim Students)

Location: MFL 02

Bahasa Melayu and History

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

Location: MFL 02/04

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

STEM Computer Programming

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

International Films

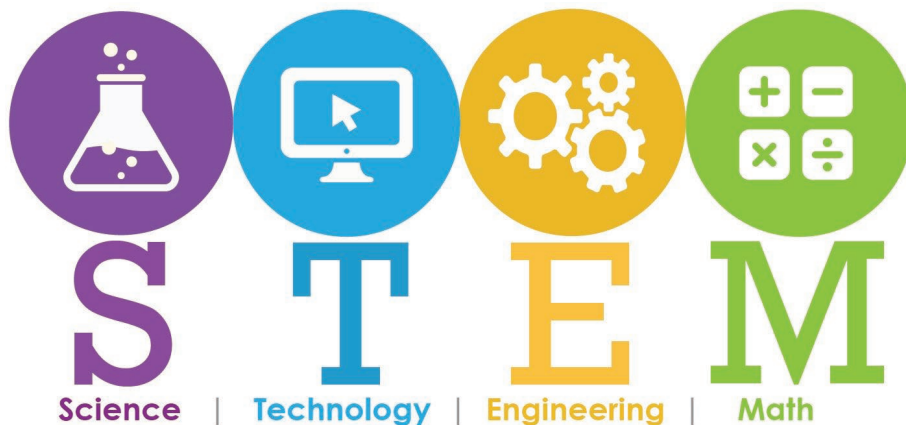
The international film club presents every week a film from a different country. This is a great club for you if you want to learn about different cultures, languages and cinematographic styles. During the term, you will have the option to select and present the film of your choice, as well as discover suggestions from other students.

Location: Duke Of York Theatre

Young Innovators

A youth innovation programme designed to help youths in Malaysia develop leadership and problem solving skills.

Location: IT02





Year 9 Bronze International Award (Duke of Edinburgh)

A globally recognised award that challenges individuals to step outside their comfort zone and try new experiences. It helps to develop key skills such as resilience, problem solving, teamwork and perseverance to name a few. The award has 4 sections, Service/Volunteering, Physical Activity, Skills and Expedition. You need to be 14 (or nearly 14) to register, it will take 6 months to complete the award and we'll end with the 2 day /1 night expedition.

Location: GEO 02

Japanese and Korean Mother Tongue Programme

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

British Sign Language for beginners

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



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

Model United Nations

An educational simulation and/or academic activity in which students can learn about diplomacy, international relations, and the United Nations.

Location: SC04

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

Year 12 Economics Support

A support session specifically for Year 12 Economics Students to enhance their subject knowledge in Economics, preparing them for future examinations.

Location: BSE 01

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**Extended Curriculum
@ ECiM**



Extended Curriculum @ ECiM

Robotics

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

Location: IT 03

F1 in Schools Competition

An international STEM (science, technology, engineering, mathematics) competition for school children (aged 9–19), 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.

Location: Design Technology Workshop

World Scholars' Cup

An international academic programme 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.

Location: ENG 05

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

Year 10 Computer Science

A support session committed to Year 10 students to improve their subject knowledge and be prepared for upcoming IGCSE exams.

Location: IT 01



Embroidery

The art of decorating fabrics using a needle and thread. A relaxing yet technical activity to teach real life skills.

Location: MFL 05

IELTS

A Listening, reading, writing and speaking preparation programme to work towards assessments in the English language proficiency of non-native English speakers.

Location: ENG 03

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

A Level Biology Support

A theory and revision session to support Year 13 students for their upcoming A Level examinations.

Location: SC 01

IGCSE Chemistry Support

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

Location: SC06

A Level Organic Chemistry and exam support

Organic Chemistry is the chemistry subdiscipline for the scientific study of structure, properties, and reactions of organic compounds and organic materials. Also an opportunity to work with a specialist to improve exam theory and technique.

Location: SC08

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A-level Physics Support

A great opportunity to prepare for exams and work with a specialist teacher to help support you towards A-level examinations.

Location: ENG 05

Academic Enrichment Programme

A specialised and unique programme 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

Design Technology Practical Activities

Create, design and make a range of fun prototypes using a variety of resistant materials and modern technical processes.

Location: Design Technology Workshop

Mathematics Homework Support

A fantastic opportunity for students to develop and improve their Mathematics skills beyond the classroom through fun games and puzzles.

Location: MA01

Board Games and Strategy

A fun and challenging activity learning different strategy skills and game plans through playing a variety of board games.

Location: GE 01

Card Games, Puzzles and Problem Solving

Test your problem solving skills through puzzles and games, challenging you to beat your opponents by strategic and careful planning.

Location: MA 02

Superflow Yoga

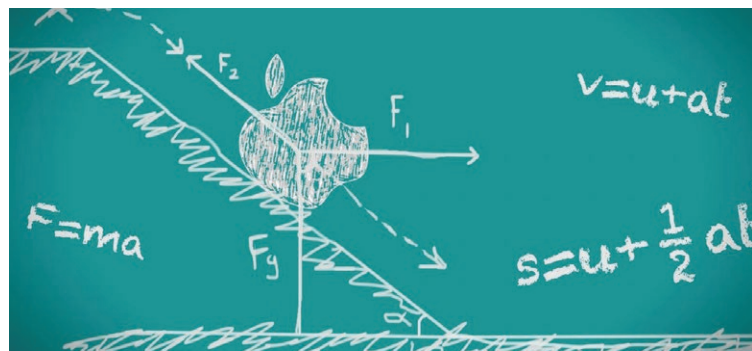
A movement practice that pulls from yoga, tai chi, and surfing. This powerful yet calming trinity intentionally mimics the rhythm of nature and flow of the ocean.

Location: Dance Studio

Chinese Tai Chi

A Chinese martial art practised for both its defence training and its health benefits. The term taiji refers to a philosophy of the forces of yin and yang.

Location: Dance Studio



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Extended Curriculum @ ECiM



Literature Appreciation Club

A club dedicated to appreciating books of all genres, discussing plots and characters and understanding different styles of writing.

Location: Library

IGCSE Physics Support and Revision

A support session for Year 11 students to improve subject knowledge and exam technique for the upcoming GCSE examinations.

Location: SC03

Off-road Cycling - FEE: RM35 approx per session

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

World Challenges - Documentaries and Discussion

Watch documentaries relating to some of the biggest challenges the world faces in the future, discuss the topics and consider what could be done to help reduce these issues in the World as you are going to be the leaders of in the future.

Location: GE 01

No-cook Cooking FEE: RM15 approx per session

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

Location: Granville House

Horrible Histories

Enjoy learning about life-changing events from history through short TV episodes and books. Find out about the leaders and influencers from the past and how they have shaped our modern world.

Location: HI 01

STEM Club

An educational programme 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.

Location: SC06

ECiM Newspaper

Take on the responsibility of investigating, collating and publishing news stories to be printed in the ECiM newspaper.

Location: IT01

Craft, Design and Make

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

Location: Art Room

Fundraising and Shoe Box Appeal

Make a change by actively educating and fundraising for important charities across Malaysia and the world. Be part of a group dedicated to changing the community to become a better place.

Location: Art Room

Performing Arts @ ECiM

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K Pop 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

Rock Climbing

An activity in which participants climb up, down or across natural rock formations or artificial rock walls. The goal is to reach the summit of a formation or the endpoint of a usually pre-defined route carefully and skillfully.

Location: Meet at Reception (off site)

Introduction to Trinity Speech, Drama or Communication Grades

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

Epsom Private Practise

A chance to develop your Epsom Edge performances and activities to make Epsom Edge 2019 an even bigger success.

Location: Drama Department

Epsom Edge Organisers

Open to Year 10 - 13, challenge yourself to organise the upcoming Epsom Edge event. Spanning over 2 days, plan logistics, timings and events and create a flawless weekend of entertainment.

Location: Drama Department

Transition Play: Buggy Malone (Cast and Crew)

An amazing opportunity for Year 6 - 9 students to be part of the cast or crew for the end of year Transition Play. Based on the famous Buggy Malone musical, be part of the comical and action-packed ECiM version of an iconic film from 1976.

Theatresports

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: Drama Studio

Service

A CCA dedicated to developing leadership and organisational skills. Work as part of a team to take part in selfless tasks and activities to help others. This could be through actively supporting the community around you or creating events to raise awareness for charities and initiatives.

Location: HI 01

