



Name of Activities: HIIT Fitness

Year Group: Year 7

Day: Monday

Type of Activity: High Intensity Interval Training

Teacher: Mr.Vinod

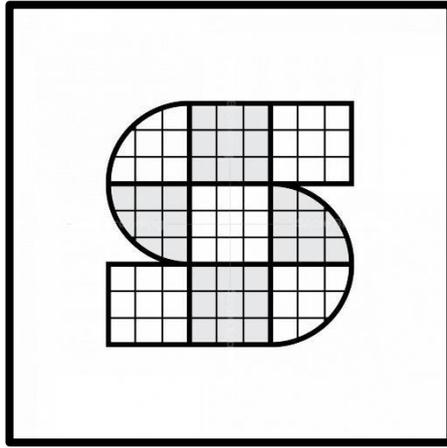
Equipment Required: Comfortable sports clothes, water, towel

Description of Activity (including goals):

HIIT (high-intensity interval training) is a form of exercise that has been proven to boost metabolism and build strength, packing in the same benefits of lower and moderate-intensity aerobic workouts in a much shorter time

Final Outcome:

High-intensity interval training (HIIT) involves short, intense workouts. You give a series of exercises your full effort for short bursts of 30 to 60 seconds, and follow it with an even shorter period of rest. While exercising with this type of maximum effort is difficult, it does wonders for your health.



Name of Club: Sudoku Club

Age Group: Year 7

Day: Monday

Type of Activity: School Enrichment

Teacher: Mr. John Foo

Equipment Required: Chromebook and paper handout

Description of Activity (including goals):

Sudoku is a puzzle game that has gained worldwide popularity since 2005. To solve a Sudoku puzzle, one needs to use a combination of logic and trial-and-error. More math is involved behind the scenes. In this club, Sudoku puzzles will be solved either through online platform or printed handout. Individual practices will be emphasised in the beginning before moving to competition.

Final Outcome:

There are many benefits from solving Sudoku puzzles. Students can improve their concentration, memory, logical thinking and problem-solving skills. Sudoku can help students to promote a healthy competition against themselves and others as well. After completing a Sudoku puzzle successfully, sense of accomplishment and satisfaction will be infused and the students will experience more joy and happiness at the end.



Name of Activities: Mandarin Enrichment Club

Year Group: Year 7

Day: Tuesday

Type of Activity: Academic

Teacher: Mrs. Pang Sook Yee

Equipment Required: Pencil case and Chromebook

Description of Activity (including goals):

Using cultural contexts, this club aids students to learn and improve their listening, reading and speaking in Mandarin. Every student has to sign up for a free account on the Little Fox Chinese website and start their reading journey.

We will focus on reading online Mandarin stories books and enhance their vocabulary and sing some Mandarin songs. Teacher will assist students to: Learn about the cultural context, Introduces all the vowels and consonants, Explores Mandarin songs, rhymes.

At the end of each activity, there will be HSK level 1-4's vocabulary online games, such as Kahoot, Quizizz or Bloocket.

For those who really need Mandarin homework support, you are welcome to join this club to improve your Mandarin further.

Final Outcome:

Through our Mandarin Enrichment Club, students are offered an opportunity to develop their Mandarin language skills in a natural and engaging small group setting on a weekly basis. This club incorporates stories, songs, games and activities that will inspire students to enjoy learning whilst also giving them practical linguistic, intercultural and interpersonal skills.



Name of Activities: Creative Writing

Year Group: Year 7

Day: Tuesday

Type of Activity: School Enrichment

Teacher: Mr Jack

Equipment Required: Chromebook / lined writing paper. You may also wish to purchase an exercise book for when we return to in-school learning.

Description of Activity (including goals):

Creative writing fosters imagination and allows students to think outside the box. Students will investigate a range of writing styles and genres allowing them to explore and develop their own writing style. We will look at different ways of using our spelling, grammar, punctuation and new vocabulary in our writing against Checkpoint expectations.

Final Outcome:

Students will improve the quality and depth of writing as well as independent thinking. They will have the chance to write in a range of styles and genres aiding their overall writing skills.



READING COMPREHENSION

Name of Activities: Comprehension Practice

Year Group: Year 7

Day: Thursday

Type of Activity: School Enrichment

Teacher: Mr Jack

Equipment Required: Chromebook

Description of Activity (including goals):

Reading comprehension is the ability to understand and process the meaning of a text. The skill is fundamental in efficient reading whereby the reader knows the meaning of words and can draw inferences from the text. Throughout a student's school life they are required to complete reading comprehension exams as a way of demonstrating their understanding of the English language.

This activity will allow students to complete comprehension activities each week on a range of topics including real life context. Students should be able to increase the efficiency of their reading and help become more confident in reading and completing comprehension activities.

Final Outcome:

By participating in this activity students will improve their reading efficiency as well as increasing their understanding of a text including; vocabulary, tone, inference, literary devices.



Name of Activities: Boardgames

Year Group: Year 7

Day: Thursday

Type of Activity: Mind Relaxing & Fun

Teacher: Mr.Vinod

Equipment Required: Any fun boardgames or cards

Description of Activity (including goals):

Board Games Club aims to promote board games as a recreational activity that boosts strategic thinking skills and social interaction. This club is a platform for students with a common interest in board games to come together to have fun and to build relationships. Board games are intellectually stimulating and fun to play. Through participation in the games, students can master new skills and concepts in an enjoyable way.

Final Outcome:

Students will learn how to play different board games with the friends and may share their knowledge and experience with one another.



Name of Club: EUREKA!

Age Group: Year 7

Day: Friday

Type of Activity: School Enrichment

Teacher: Mr. John Foo

Equipment Required: Simple material from home

Description of Activity (including goals):

Science is fun. Science is interesting. Students shall explore Science with much curiosity and enthusiasm to seek the answers and solutions. The activities planned will be run individually with simple Science experiments to try and explore. Students will have the opportunity to plan their individual Science project as well before their explanation and presentation to the class.

Final Outcome:

Students will be stimulated through curiosity, enquiry, creativity and innovation through the activities. Each activity makes Science a very enjoyable and interesting pursuit. Integrity and taking responsibility will be nurtured along the process, as well as scientific thinking, problem solving techniques and communication skills.



Name of Activities: Countdown

Year Group: Year 7

Day: Friday

Type of Activity: School Enrichment

Teacher: Mr Jack

Equipment Required: Pencil Case and Scrap Paper

Description of Activity (including goals):

Countdown is a British game show involving word and number tasks. It was originally aired in 1982 and since then it has broadcast over 7,000 episodes making it one of the longest running game shows in the world.

During the activity students will compete against each other in word and number tasks. The word task consists of creating the longest word possible from 9 random letters against a time limit. Students will score 1 point for each letter in their word.

In the numbers round students will be required to use 6 random numbers to total a final target number. They will do this by using their mathematical operations of adding, subtracting, multiplying and dividing against a time limit.

Here is a link to the show as an example.

<https://www.youtube.com/watch?v=Y6efMaapj94&list=PL6CQvYQ7JzJmkw4ZJChVUCm2FwZop3V8W>

Final Outcome:

By participating in this activity students will improve their vocabulary skills and their quick operational mathematical skills.