



Name of Activities: Wellbeing

Year Group: Year 8

Day: Monday

Type of Activity: Pupil enrichment

Teacher: Ms Gillian

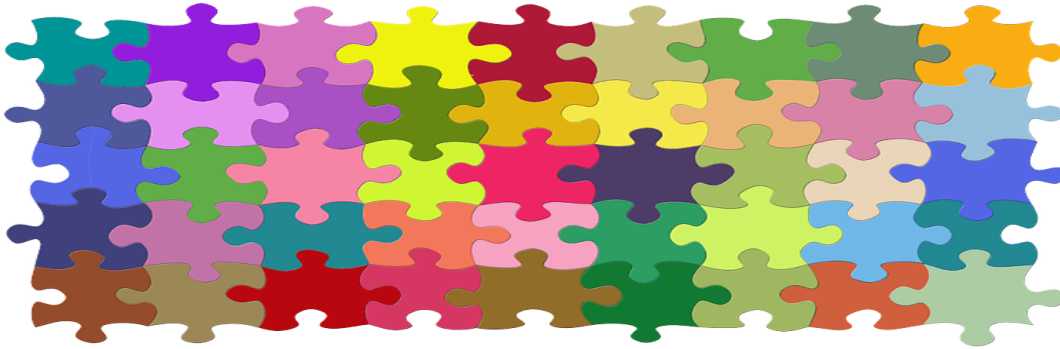
Equipment Required: Chromebook, pen and paper, someplace comfortable to work, an open mind

Description of Activity (including goals):

The students will learn a range of relaxation and wellbeing skills throughout the course. These skills will enable them to recognise that stress is a natural part of life and that they can do positive activities to combat it now and in the future.

Final Outcome:

Help children to recognise the importance of positive, nurturing relationships.
Support children to develop compassion, empathy and tolerance in their relationships with others. Provide children with strategies and skills to help them cope with challenges and develop resilience.



Name of Activities: Puzzles

Year Group: Year 8

Day: Monday

Type of Activity: Active learning

Teacher: Ms Revathy

Equipment Required: Chrome book, A4 papers, Stationeries, Board Games-Puzzles

Description of Activity (including goals):

In this activity, students would be given various puzzle activities to solve each week. There are three major types of crossword puzzles. They are fill-in, hints, and cryptic. A fill-in crossword puzzles provides a list of words that must be fitted into the given grid. Hints crossword puzzles would give a list of hints for students to solve. Whereas number fill-ins puzzles would give extra challenge to students. Types of puzzles that students would be exposed to are crossword puzzles, mechanical puzzles, logic puzzles, math puzzles, word search puzzles, sudoku and trivia puzzles.

Puzzle is a form of mental exercise. This fun activity is also meant for improving memory and increasing students' IQ. Besides, puzzles activity can improve problem solving ability amongst students.

Final Outcome:

Students would be able to develop basic skills such as concentration, goal setting, patience and a sense of achievement. In addition, students' memory, vocabulary, and reasoning skills would be improved.



Name of Activities: HIIT Fitness

Year Group: Year 8

Day: Tuesday

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 with 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 Activities: Language Games

Year Group: Year 8

Day: Tuesday

Type of Activity: Active & collaborative learning

Teacher: Ms Revathy

Equipment Required: Chrome book, A4 papers, Stationeries

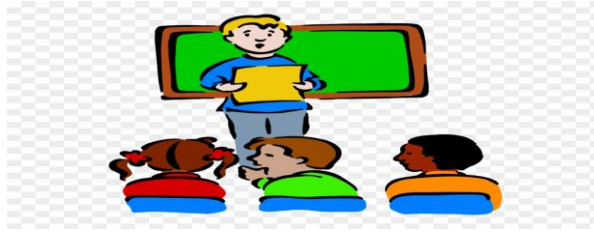
Description of Activity (including goals):

In this activity, students would be given various types of language games such as sorting and ordering games, information gap games, guessing games, vocabulary enrichment games, matching games, and role plays.

Language Games Activity is designed to increase learning motivation amongst students. This fun activity is also meant for providing language practise in various skills-speaking, writing, listening and reading. Besides, language games can create a positive memory of learning for students in the classroom.

Final Outcome:

Students would be able motivated to learn and to improve their language efficiency. In addition, language games would encourage students to interact and communicate profoundly. Moreover, students' vocabulary proficiency would be improved.



Name of Activities: Speak-UPS Club

Year Group: Year 8

Day: Wednesday

Type of Activity: Collaborative learning

Teacher: Ms Revathy

Equipment Required: Chrome book, A4 papers, Stationeries

Description of Activity (including goals):

In this activity, students would be given speaking task to work individually and in pairs. Students will have speaking activities focusing on role plays, expressing opinions, discussions, and dialogues.

Speaking club is meant for developing students' speaking skills. Besides that, students would be able to improve their presentation skills through this club. On the other side, speaking club aids students in reducing their fear of speaking in public. In sum, students would become better communicators.

Final Outcome:

Students would be able to improve their speaking and listening skills. Hence, they would become a confident public speaker.



Name of Activities: Fun Fitness

Year Group: Year 8

Day: Wednesday

Type of Activity: Fun & Fitness

Teacher: Mr.Vinod

Equipment Required: Comfortable sports clothes, water, towel

Description of Activity (including goals):

Fun Fitness is one of the best exercises you can do for yourself without feeling bored. Physical fitness is important because it keeps your body healthy, and it can also help your mental health. There are many benefits to being physically fit, from doing better in sports to doing better in school: Being active can improve a lot of things in your life.

Final Outcome:

Students will be doing workout in a fun way without feeling bored. Exercise can be tiring if we perform it in a strict way but once we include music and some fun methods then it can be very interesting. Students can relax and have fun while performing their exercise.



Name of Activities: Mandarin Enrichment Club

Year Group: Year 8

Day: Thursday

Type of Activity: Academic

Teacher: Ms Leow

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.

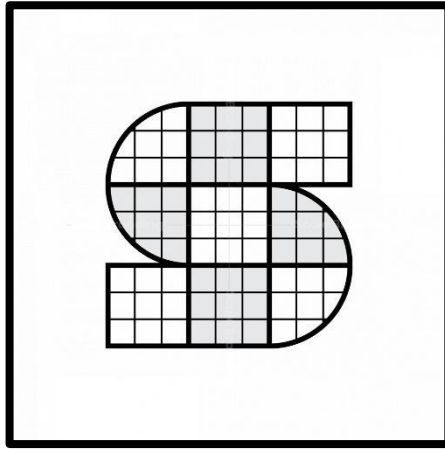
We will focus on reading online Mandarin stories books and enhance their vocabulary and sing some Mandarin songs. Teacher will assist students to: Learn about the cultural context, Introduces all the vowels and consonants, Explores Mandarin songs, rhymes.

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

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 Club: Sudoku Club

Age Group: Year 8

Day: Thursday

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: Board games Club

Year Group: Year 8

Day: Friday

Type of Activity: Mind Relaxing & Fun

Teacher: Mr.Vinod

Equipment Required: Any fun board games 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 their friends and may share their knowledge and experience with one another.



Name of Activities: Writing Club

Year Group: Year 8

Day: Friday

Type of Activity: Active learning

Teacher: Ms Revathy

Equipment Required: Chrome book, A4 papers, Stationeries

Description of Activity (including goals):

In this activity, students would be given writing task to work individually and in pairs. Students will be given writing activities like peer writing feedback, creative writing assignment, group writing task and etc.

Writing club is meant for developing students' writing skills. Besides that, students would be able to improve their reading skills through this club. On the other side, writing club aids students to be competent user of the language by emphasizing on grammar rules, vocabulary expansion and writing structures.

Final Outcome:

Students would be able to improve their writing and reading skills.