

Extra-Curricular Activities (ECA)

The creation of a broad and rich ECA programme is an essential part of school life and ensures all students have the opportunity to develop their talents, build confidence and explore interests above and beyond the curriculum. At POWIIS Primary we aim to offer outstanding extra-curricular provision, which provides significant enrichment to your child's educational experience. As well as building skills and having fun, an effective ECA programme helps students develop their social skills as they will often be interacting with teachers and students from outside their class or year group. When taking part in the ECA programme, we want our students to have fun, perhaps try something new, enjoy themselves, to build friendships and to work together.

A well-designed ECA programme should provide opportunities for children to:

Develop their social awareness, group responsibility and empathy

Extend their talents and skills individually or as part of a team

Explore interests and take part in activities irrespective of their ability or previous experience*



Sport

Activity	Description
Project Rock	It's high time to climb. Develop some basic techniques and have fun time clambering the rock wall.
Short Tennis	Develop the skills to hit a good forehand, backhand and volley in the modified game of short tennis.
Wushu	<p>The word 'Wu' often translated as martial has the inner meaning of "stopping conflict" while 'Shu' means art. Therefore, Wushu is correctly defined as "the art of stopping conflict".</p> <p>The practice of Wushu, through sets of movements both solo and with partner, empty handed and with a wide variety of weapons, develops self-discipline, self-confidence, patience and physical and mental fitness. Exponents learn how to contribute to and benefit from other members of the training group. They are taught to conform to a code of ethical behaviour which includes helping the weak, being loyal to family, friends and society, and striving to do the right thing in whatever situation they might bind themselves.</p> <p>Above all, Wushu is a positive and fun activity that may be practiced and enjoyed by all.</p>
Multi-Sports	Want to try a sport but not sure which one is right for you? Want to just stay active and run around for an hour? Not confident with a particular sport but want to practise anyway? Each week, multi sports will offer a different team sport, activity or game. Come along and enjoy!
Swimming	Children will have the opportunity to swim in a relaxed manner making use of the swim equipment to further their water confidence and enjoyment of the water. Only available to children who are not in our swim squads. Please note, this is not a learn to swim club.
White / Red Dragons Swimming	<p>An opportunity for swimmers to further develop their swimming stamina and technique.</p> <p>ELIGIBILITY: Children will have to attend the swim trial and meet the required time standard in two strokes. Selection is based on swim trial.</p>
Tag Rugby	Children will have the chance to learn rugby skills in the non-contact form of the sport 'Tag Rugby'

Sport

Activity	Description
Gymnastics	The coach, Mr Jim Foong was one of the top gymnasts in Artistic Gymnastics in his younger days and received many awards for his contributions to the sport in Penang. He coaches the state's gymnasts, who among them obtained medals at competitions such as National Championships and SUKMA.
Mixed Netball	Practice and perfect transferable ball game skills including: throwing, catching, attacking and defending. Suitable for those with no prior experience of netball; you'll pick it up in no time and will really enjoy it!
Triathlon	Triathlon club - what a great way to start your weekend. Come and join us for swimming, running and cycling. Parents do need to attend this activity and children should bring a bike, helmet, swim goggles and hat, a towel, water bottle and running shoes.
Basketball	Coach Chun Jiet has vast experience both as a top player (since 2003) and coach (since 2011). He was a state representative and captain for primary, secondary and college basketball team. Currently, he is coaching in various local and international schools, and has led his students to numerous championships.
T-Ball	A striking and fielding activity to develop hitting, catching and throwing skills. Students will also learn about game strategy through specific game practices.
Taekwondo	Learn skilful, up-to-date techniques in an intensive training program in this exciting activity! A recognised WTF (World Taekwondo Federation) master, qualified in the latest martial arts styles will teach lessons in self-defence, poomsae (Taekwondo forms), sparring, kicking and punching. It is ideal for improving your fitness, strength, self-confidence, control and discipline. Taekwondo will teach you to focus, improve your school performance and develop leadership qualities.
Boys Football	The football ECA is an opportunity for children to develop fundamental football skills such as dribbling, passing and ball control through a variety of individual and group drills. Children will be able to then put these skills into practice in modified games.

Sport

Activity	Description
Badminton	Develop the skills to hit a good forehand, backhand and smash in badminton.
Unicycle / Juggling	You need patience and balance but mastering the unicycle is a tremendous achievement. If you would like to give it a go, join Coach Gan's unicycle club. Students to bring own bicycle helmets and cycling gloves for safety reason.
Athletics	Running, throwing and jumping activities for boys and girls in Key Stage 2. Students will learn about the importance of warming up as well as technique and event practice.
Aikido	<p>Aikido is a Japanese martial art that emphasises on relaxation, body movement and leveraging power to control the opponents. Children class focus on the development of both the physiological (body-mind synchronisation, strength, stamina) and psychological (harmony, team spirit, respect, focus) aspects of a student.</p> <p>JM Pang, the instructor holds 3rd degree Aikido black belt and is currently the highest ranking Malaysia Aikido Association (MAA) instructor in Penang. Mr Pang teaches Aikido and self-defense to students aged 4 to 70 from various countries since 2004.</p>



Art & Design

Activity	Description
Art & Design - Sculpture & Crafts	Students will explore sculpting and crafting processes and techniques which are not always covered in the main curriculum. It also will give students the opportunity to express their ideas through Art, understand the art process, explore multiple mediums and develop their artistic identity.
Art	Through a range of mediums and project themes, we will explore the possibilities of material, develop technical skills, and make some great art! Bring your imagination, and create to your heart's content.
Chinese Art & Culture	Explore the richness of Chinese art and culture. Students will talk about the art associated with some of the big historical events and traditional legends. Activities will include Chinese painting, paper cutting, and calligraphy. Through this, children will better understand the beauty of the characters and learn more about Chinese culture.
Chinese Painting & Calligraphy	In Chinese painting and calligraphy, we will focus on Chinese poetry. From these poems, we will practise painting and write poems using calligraphy. The children will learn about the structure and strokes of the Chinese characters. Also, it gives them a great opportunity to better understand the Chinese culture.
POWIIS Primary Artist Guild	<p>A gathering of the Best POWIIS Primary Artists that are willing to take challenging artistic tasks and projects. Students will be exposed to creating murals around the school, backdrops for school presentations, advanced painting lessons and creating special projects.</p> <p>ELIGIBILITY: Students will be screened through a talent test where they will create their best artwork using their preferred art material. Student must also be a dedicated artist. Term 1 achievement of the student will also be considered in the selection process.</p>
Fine Art - Sketching & Painting	Students will explore and expand on the sketching and painting processes and techniques which are not always covered in the main curriculum. It also will give students the opportunity to express their ideas through Art, understand the art process, explore multiple mediums and develop their artistic identity.





Music

Activity	Description
Jazz Ensemble	<p>A basic background of instrumental Grade 3 onwards. The jazz ensemble program will develop skills in playing in various jazz styles. The students will also learn about team work, leadership and the nuts and bolts of playing in a jazz ensembles.</p> <p><i>*This ECA is by invitation only</i></p>
POWIS Pipers	<p>This fun, supportive and social course requires no previous music or recorder experience. The recorder is an extremely affordable instrument, relatively straightforward to start and is ensemble friendly early in the learning process. The class will focus on the soprano recorder.</p>

Performing Arts

Activity	Description
Dance	Love to dance, have lots of energy and enthusiasm? Then, this club is for you. You will learn to put together a series of dance movements, work as a group and have lots of fun.
Ballet (Beginner level)	Ballet promotes physical strength and agility, can boost concentration, develops an understanding of music and rhythm and generates a love of movement. Whether your child is 4 or 14, she can benefit from age-appropriate ballet instruction.
Stomp, Stamp, Boom, Bang	A percussion ensemble that will develop the skills of playing in a group and maintaining rhythm using a variety of percussion instruments (tuned and untuned). We will also experiment with using body percussion techniques and beat boxing. Children will also get the chance to make their own instruments.
Drama	This will focus on students developing aspects of performance drama through a collaborative approach. As well as developing student's drama techniques through a series of fun activities and stories.
Ukulele Ensemble	Ukulele club is a fun and relaxed club which welcomes students of all abilities between Years 1 and 3. Come and sing and play a variety of songs such as 'Somewhere Over the Rainbow', 'I'm Yours', and 'Hey Soul Sister', in a small group setting.
POWIIS Rocks	<p>Can you sing or play an instrument? Have you got a real passion for playing in a band and enjoy working as a team? Form your own band in Rock School!</p> <p>ELIGIBILITY: You must be able to sing or have been playing Electric Guitar, Bass Guitar, Drums or Keyboard / Piano for at least 1 year. The final selection is by audition.</p> <p><i>* Selection is by invitation only</i></p>
Orchestra	<p>Orchestral instrumentalists (not pianists) are required to rehearse and perform a variety of music together. The chance to perform as a group in assemblies and concerts, mix with like minded musicians, and hone leadership and ensemble skills.</p> <p>Minimum level on instrument is Grade 1 - basic note reading essential.</p> <p><i>* This ECA is by invitation only</i></p>

Others

Activity	Description
Movie Making	'Movie Making' will involve all aspects of the movie making industry including script writing, characterisation, scene making, line learning, creating props and costumes, acting in front of camera and marketing.
Hand Sewing	Students will learn some basic hand stitch techniques and some intricate ones as they progress. Apart from that, students will also do some mini projects such as key chains, pillows, shoes for their toys, cross stitch and many others. These projects will tap on their creative thinking skills in addition to mastering the basic skills of sewing.
Lego	Design and build your own amazing Lego models. We shall be making models together to explore 3D design and construction techniques as well as creating instruction manuals for others to follow.
Picture Book Lovers	Each week we will read a new picture book followed by discussion and an activity related to the book.
Young Librarian & Book Club	Ever wanted to see what goes on behind the scenes in the library? Now is your chance! In the ECA you will learn how to become a young librarian. You will become an advanced user of Destiny Quest, learn how to check in and out books, and learn how the library works as well as try to uncover some lost treasures, books that have been overlooked.
IT Programming (Coding)	Coding is becoming an essential basic skill-just like reading, writing, and mathematics - for a student to thrive in the 21st century digital age. Whether she's interested in science or arts, loves animals or sports, coding can help her pursue her interests now and open up countless opportunities in her future. This program uses the gamification concept to guide students to design their own computer game. Applying game-design elements in non-game contexts engages the students by leveraging their natural desires for socialising, learning, mastery, competition, achievement, status, and self-expression. Students complete a series of projects leading up to designing their very own computer game using Design Thinking methodology and Game Design Document concept. Along the way, they learn the essential fundamentals in computer programming and elements of gamification. The concepts learned are useful no matter what programming languages they use in the future or also in whatever contexts to which they apply the concept of gamification.

Others

Activity	Description
Debating	Can We Replace Teachers With Computers? Enjoy discussing questions like this and convincing others, then Debate club might be for you. Learn to argue a position and respond to someone else's point of view in a structured by fun environment.
Bahasa	A chance for children to improve their speaking, reading and writing of Bahasa. Activities will include basic dialogue and creative approaches to improve vocabulary and conversational skills. ELIGIBILITY: Malaysian students
Cooking	Have fun learning how to measure and mix ingredients, cook and prepare many different delicious treats.
Science Fiction Club	If you enjoy Guardian of the Galaxy, Star Wars and other sci-fiction adventures, this is the right club for you. Explore the elements of sci-fiction through books, magazines and short film clips.

