

LIST OF OUR CO-CURRICULAR ACTIVITIES

Sports

1 Taekwondo 跆拳道



Taekwondo, also known as Tae Kwon Do, is a Korean martial art. It combines combat and self-defence techniques with sports and exercise. Taekwondo is one of the most systematic and scientific Korean traditional martial arts that teaches more than physical skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind. Today, Taekwondo is a global sport with international standing and is an official sport in the Olympics

跆拳道是韩国的国技，道为练武者对武术的心灵修养及修正。跆拳道既是一项能够强身健体，又能够于防身自卫的传统搏击武术，更是一项新兴的集健身、竞技及娱乐为一体的现代体育，以技击格斗为基础，以修心养性为核心，以磨练人的意志、振奋人的内在精神气质、培训练习者良好的礼仪及道德为目标。

2 Wushu 武术



Wushu is a form of contemporary art that blends Chinese martial art with elements of performance. The training focuses not only on sudden power and speed, but also combines with natural and fluid movements that require full concentration. It is an ideal sport for promoting a healthy mind and body, as well as equipping one with traditional martial art techniques for self-defence.

武术是一种当代中国传统艺术，融合了武术和表演元素，同时锻炼身心健康。武术徐连着重于力道，肢体速度及放松身心结合，并能作为自卫技能。

3 Dancing 舞蹈



Dance is a performing art form consisting of purposefully selected sequences of body movements. The class will allow students to learn different types of dance techniques (including folk dance, ballet, contemporary and many more) while enhancing body posture, agility, flexibility, and boost muscle strength, as well as improving creativity, expression, and musicality.

现今，舞蹈已被许多国家例为主要学科之一，因为认同它与其他科目一样重要。舞蹈课让同学们有机会学习各种舞蹈技巧（包括民族，芭蕾，创意及现代舞），修整体型和体态，提高身体的柔韧度和协调度，增加肌肉的运作力和持久力，提升空间感，想象力和创造力，以及加强对音乐节奏的认识。

4 Rope Skipping 花式跳绳



Freestyle rope skipping is a great cardiovascular and strength building workout. It is also seen as a form of art as it encourages creativity through the development of coordination and rhythm. Like all sports, it requires great commitment and training.

花式跳绳是一个全身运动，可以快增加心跳频率，锻炼耐力的有氧运动。花式跳绳更被认为是一门专业，并非简单的体力运动。一举一动考验手脚和脑部的协调。花式跳绳会搭配音乐节奏感，同步呈现自创的招式。

5 Ping Pong 乒乓



Table tennis is popular amongst sports fans of all ages. Apart from physical fitness, table tennis is recognised as a life-long beneficial sport which helps to develop the right and left brain hemispheres key for balancing, enhances coordination, and improving flexibility.

乒乓球深受各年龄阶段运动爱好者的喜爱。学习乒乓球可使人体左右半脑发达，锻炼孩子的平衡性，柔韧性，协调性，增强体质，使人终身受益。

6 Zumba



Originated from Columbia, Zumba is an exercise fitness program composed using all or some of the sixteen core steps, and four basic rhythms. Zumba is a total-body cardio and aerobic workout which promotes health, better body coordination, and helps develop a great sense of rhythm.

Zumba是一种源自于哥伦比亚的健康时尚，健身课程。它将音乐与动感易学的动作还有间歇有氧运动融合在了一起。Zumba是由舞蹈演变而来的一种健身方式，它融合了桑巴、恰恰、萨尔萨、雷鬼、弗拉门戈和探戈等多种南美舞蹈形式，可以促进孩子的身心健康，并且对身体协调和节奏感有帮助。

Clubs and Societies

Culture

1 Japanese Culture and Language 日语



The Japanese Cultural Society aims at cultivating and enhancing students' interest in the Japanese language and culture. They will learn to speak and write Japanese. In the cultural classes, students will learn about Japanese customs, sushi making, etc.

日本文化学会主要培养和提高同学们对日语和日本文化的兴趣。学生们会上日本语书写、日语对话和日本文化课，例如介绍日本风俗习惯、制作寿司、日本文化体验等。

2 Korean Culture and Language 韩语



This course is for the absolute beginners of the Korean language. At the completion of this course, students can understand and use familiar everyday expressions and very basic phrases. Students will be able to read and write Korean alphabets and engage in basic conversation to order food, making payments and explain their daily schedule.

本课程适合韩文初学者。完成本课程后，学生可以理解和使用韩国的日常用于和基本的短语。学生将能够阅读和书写韩文，自我介绍，点餐，购物以及用简单的韩文解释其日程

Chess & Games

3 Chinese chess 中国象棋



Learning chess exposes students to the Chinese culture. The art of chess game draws similarity to Sun Tzu's Art of War. Students have the chance to take part in many Chinese chess competitions in Malaysia. Our country is notably one of the strongest chess contender in this region, emerging 3rd in the World Championship and 2nd in Asian Junior group.

Chess lessons help children with their mental capability in thinking, understanding, memory, analytic skill, decision-making, etc. With diligence, chess lessons will help in children's academic progress.

学习象棋让孩子接触中华文化，象棋的内容也结合孙子兵法及三十六计。我国有很多象棋比赛，马来西亚也是象棋强国之一，曾获世界第三名，及亚洲少年亚军。

学习课程后的孩子，您将发现您的孩子对任何事物的理解能力，记忆力，分析能力，决策能力等，将会大大地提升。认真学习棋艺对提升学业有帮助。

4 Chess 西洋棋



International chess is popular amongst the three main races in Malaysia. There are many chess tournaments internationally and locally including the MSSD held by the Ministry of Education.

Chess lessons help children with their mental capability in thinking, understanding, memory, analytic skill, decision-making, etc. With diligence, chess lessons will help in children's academic progress.

西洋棋流行于我国三大种族，教育局也每年举办西洋棋MSS学联赛，我国也有很多西洋棋比赛。马来西亚也是非常活跃于参与世界各地的西洋棋赛。学习课程后的孩子，您将发现您的孩子对任何事物的理解能力，记忆力，分析能力，决策能力等，将会大大地提升。认真学习棋艺对提升学业有帮助。

5 Cup stacking 叠杯

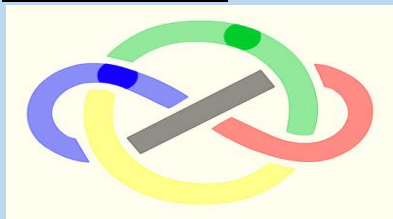


Sport Stacking is an amazing sport of fitness, agility, concentration and quickness. It is an individual and team sport that involves stacking 9 or 12 (usually 12) specially designed cups in pre-determined sequences as fast as you can.

竞技叠杯运动，是一项刺激的个人和团队体育项目，不分年龄及能力，参与者依照指定顺序花式，敏捷地叠起及收12个专门设计的杯子起，在特定的组合排列下，呈现令人为观止的精准及熟练度。

STREAM

6 Olympiad maths 奥数



Olympiad maths focus on problem-solving, where it revolves on a principle that anyone with a basic understanding of mathematics should understand the problems, even if the solutions require a great deal more knowledge. The training allows students to build their strategic planning and critical thinking skills as well as rekindles the excitement in mathematical problem-solving.

奥林匹克数学，简称为“奥数”，是一种思维方式的训练课程，使用一种特殊的思维方式和解决问题的方法，以激发孩子对数学学习的兴趣。奥数相对更需要深思熟虑的逻辑推理，有助于激发广大少年儿童对数学的兴趣与认知，成为引导他们积极向上，主动探索，健康成长的一项有益活动。

7 Computer Science 电脑



The Computer Science courses will provide an introduction to programming logic using games, focusing on the basics of programming to suit students with minimal understanding of mathematics.

Through the course, students will learn how to think the computer way, learn how to solve problems using the logical approach as well as creating applications using guided tools. Students will acquire the skills of logical thinking, and be creative and innovative.

电脑科学将通过游戏来教导编程逻辑，并且专注于提升编程的基础概念，孩子也只需要懂得简单数学就可开始学习。

这项课程可以让孩子学习如何像电脑那样思考，如何运用编程逻辑来解决问题而且可以学习到如何使用简单工具来写app。孩子也可以因参与课程而提升逻辑思维，发挥创意思考与培养好学精神。

8 Creative Science 创意科



Creative Science is an innovative, hands-on science program specially designed for students aged 7-18, allowing them to engage in the wonders of science. The Programme makes science interesting and exciting through our interactive and hands-on lessons.

Our spectacular experiments are fun, stimulating, and educational. We illustrate how science shapes daily life, reinforces concepts taught in school and takes science beyond the school syllabus. The ultimate goal of every lesson is to have students engage in hands-on, cooperative activities and learn the way scientists do. The highlight of IDW is that most of our activities require children to create or build models based on related topics.

创意科学以实验，体验活动，班上的互动，以及科学主题项目来带领学生探索科学世界的奥妙。通过有趣及有层次性地启发学生去实践科学的程序，不但能带出他们的智力以及增强个人独立思考，同时也孕育创新的想法和发明。创意科学课程是中小学生学习科学的最佳选择。

Living Skills

9 Cooking/Baking 烹饪/烘焙



Students will learn the use of cooking utensils and equipment, basic cooking, food preparation and presentation. At the end of course, they will be able to help in the kitchen and cook a hearty meal for the family with varied menu including pasta, cakes, pizza, desserts, and many more.

学习烹饪的主要基本方法，熟悉厨房用具、烤箱、清洗蔬菜，烹任意大利面，做蛋糕、pizza、甜点等。学生能品尝自己做的食物，其乐无穷。孩子回家后，会做父母的小帮手，增进家庭生活的乐趣。

10 Needlework & Craft 布艺DIY



This course aims to teach sewing techniques and creating handmade fabrics. It helps to stimulate students' creativity, allowing them to understand the use of colour and textiles, as well as inculcating patience and improving communication skills.

缝纫布艺手工让学生学习缝纫技术，制作布艺手工。布艺手工可以激发孩子们的创造力，了解色彩，纺织品，提高耐心和培养表达能力、享受其中乐趣。

Music

- 11 Extensive studies have shown that children display long-term positive results from playing musical instruments as it requires engaging both sides of the brain. This helps promote better coordination, improves attention span, and strengthens mental capacities. Listed below are the various types of musical lessons offered :

音乐训练是公认有益的活动之一。不但能使孩子的左右手齐动，把手、眼、脑同时调动起来，以便开发左右脑的思维；拉琴过程中也锻炼孩子们的注意。有关音乐训练的活动如下：

12 Violin 小提琴



Violin is one of the most significant instrument in modern orchestra and is often deemed as the king of musical instruments. It has an even and rich tone over all four strings, and allows great display of skills and performance. Playing the violin requires the use of both hands in coordination with the eyes and the brain. It can also results in better concentration and focus.

属于四弦的弓弦乐器，是现代管弦樂團弦乐组中最重要的乐器之一，小提琴主要的特点在于其辉煌的声音、高度的演奏技巧和丰富、广泛的表现里。又被稱作為樂器之王。

理学专家研究发现，接受过音乐训练的孩子拥有更好的记忆力。因为拉小提琴能使孩子的左右手齐动，把手、眼、脑同时调动起来，能开发左右脑的思维；拉琴过程中孩子的眼睛会不停地扫射乐谱，这对他们的注意力也是很好的锻炼。

13 Guzheng 古筝



Guzheng, also known as the Chinese zither, is a plucked string instrument that is elegant and versatile. It is one of the most loved Chinese instruments and recognized as a traditional Chinese culture around the world. The playing of Guzheng allows artistic expression and requires the learning of team spirit.

古筝富有浓厚的中华文化底蕴，古典优雅，学习古筝可以提升个人和修养，从而在交际中散发魅力与自信。古筝团的教学方式会让学习更有乐趣，除了学习个人的专注力也需要学习怎样和伙伴们建立默契。古筝团往往在演出中代表着中华民族乐器的美丽形象。

14 Ukulele 尤克里里



Ukelele, originated from Hawaii, is known as a member of the guitar family. With its small size and exuberant sound, it is incredibly addictive and fun to play as one can easily sings along. It is also fairly easy to learn compared to other instruments.

尤克里里被称为夏威夷小吉他，属于吉他乐器一族。尤克里里只有四根弦。它非常轻巧，并容易携带。学会尤克里里，能够自弹自唱，是许多人的梦想。

15 Guitar 吉他



Guitar is a string instrument with six number of strings. It is a key musical instrument especially in genre of popular music such as pop, rock, jazz and country music. Guitar learning is the best choice for those who loves singing as this combination encourages expression and performance.

吉他属于弹拨乐器，在流行音乐、摇滚音乐、蓝调、民歌、佛朗明哥中，常被视为主要乐器。吉他最适合自弹自唱的乐器，并且在合弦中有丰富的表现力。

16 Harmonica 口琴



The harmonica, a small and light wind instrument that allows you to carry it wherever you go. The training allows you to develop interests and talent in music, as well as enabling students to perform wherever and whenever they wish to. Besides, students are given chances to participate in competitions and expose themselves to the people and culture around the globe.

口琴，是一种小巧轻便的吹奏乐器，因其小巧体积被称为口袋里的钢琴。通过一系列的音乐课程，参与者不但可以培养自身的音乐才华，还可以在舞台上展现舞台魅力。除此之外，参与者们也有机会借著参与国内外的口琴赛事与来自各地的口琴好手交流，並以此提升自己的音乐水平。

Performance

17 Choir 歌咏



Students will learn singing techniques, basic music knowledge, variety of songs, and have the opportunity to join the school choir. Students will participate in performances to gain stage experience. Singing aside, choir teaches discipline, builds team spirit and foster collective honour.

学生学习歌唱技巧，基础音乐知识，用不同的歌曲，学习合唱。学生有机会参加演出，增加舞台经验。合唱有利于培养孩子遵守纪律，加强合作精神和集体荣誉感。

18 English public Speaking 英文口才



In the public speaking course, children will be taught the art of speaking with eye contact and poise, and how to organised and express their thoughts confidently.

Every lesson follows a structured 8-point agenda with activities. Additionally, each student will be assigned a specific role play to ensure full participation from every student. Students may also have the option of taking Trinity College London Communication Skills assessment.

英语口语课程通过演讲课程，让孩子学习如何以更开放的方式去表达，变得更自信，建立良好的眼神交接，优雅的状态和发音，更好的与周围的人沟通，学习如何整理他们的思绪与想法。不仅如此，学生将会被分配成特定角色来确保他们的参与性。学生也可以选择进行Trinity 学院的沟通技能测试。

19 Chinese Public Speaking 华文口才



Mandarin is ranked the second language in the world. Fluency in Mandarin and eloquence expression of thoughts are essential skills that every child should develop. This course aims to enhance students' Mandarin pronunciation, develop performance skills, build self-confidence and improve temperament through interesting activities such as storytelling, reading aloud, role play as master of ceremonies, newscaster, etc.

中文是全球第二大语言。能说流利的华文，并勇于表达想法，是每个孩子成长过程中不可缺少的能力之一。少儿话语文才培训班，主要透露如将故事朗诵、小司仪、校园小主播以及角色模拟等有趣教学，来提升孩子的华文发音、表演能力、自信以及大招更好的气质与素养。

20 Drama 话剧



Through drama classes, we aim to develop and cultivate enthusiasts in theatre and performing arts. Other than promoting and supporting the local performing arts, we want to educate and guide our students in theatrical performances and activities which are beneficial for their physical and mental development.

我们的宗旨是努力培育更多的剧场幼苗，为未来的剧场增添更多新力军。除了致力推动本地的文化艺术，让更多人认识和懂得鉴赏戏剧，也积极倡导有益身心的活动，让学生的身心 and 人格健康发展。

21 Kids Yoga 儿童瑜伽



Kids Yoga introduces our students to yoga and mindfulness in a fun and creative way that effectively helps kids to be healthier and happier. This kid-friendly ancient discipline helps to promote health, improve body coordination and sharpen concentration.

这节课将以有趣和创造性的方式向您的孩子介绍瑜伽和正念，这有效地帮助孩子们变得更健康，更快乐。这种对儿童有益身心的活动，助于促进健康，改善身体协调性和提高注意等。

Uniform Bodies

27 Scouts 童军



Participating in scouts allows students to learn about scoutcraft, woodcraft, and camp craft. It also teaches them to be adventurous, have grit, be appreciative. The core strength of scouts is in the development of leadership skills and the spirit of serving, as well as protecting mother nature.

童子军课程的主要内容是学习：童军智能 (scoutcraft)、森林知识 (woodcraft) 和露营技能 (campcraft)。参加童子军学生学习到冒险活动、欣赏和保护大自然的知识与技能，还有培养服务人群的精神和培养未来领袖素质。

28 St. John 圣约翰



St. John Ambulance comprises male and female members. Students can learn to effectively rescue an injured person by providing timely assistance to prevent further injury according to medical knowledge acquired. Apart from medical knowledge, students can become more gregarious and disciplined through marching. Participating in the St. John Ambulance can also foster the spirit of serving the people and the qualities of being a leader.

圣约翰救伤队是一队男女制服团体。学生根据医学原理有效地救护伤者。学生学习到及时施援避免伤者伤势恶化。操步培养合群，有纪律的精神。参加圣约翰救伤队可以培养服务人群的精神和成为领袖的素质。

Arts

22 Decoupage 蝶古巴特



Decoupage is a decorative form of collage, associated with craft and fine art. Decoupage is usually composed of paper designs or images from magazines that are cut out and glued to any surface (a canvas, a cardboard box, a chair - anything). The images may overlap as they cover the entire surface, creating a very exciting array of colours and visual relationships. It is an interesting kind of Art that everyone can do.

Decoupage,原意为'裁剪',是一种在器物上裱贴图案(一般是纸张)然后盖以清漆或天然漆的工艺技术。蝶骨巴特能令普通法为的物品变得华丽,甚至令一件没有使用价值的旧物化腐朽为神奇。也可以废物再造,响应环保的同时,亦变成独一无二的装饰摆设。最吸引人的地发给就是蝶骨巴特没有对错之分,随时可以贴上补救,结果很多时候都会预想不到。它只需要将图片拼在一起,简单又有趣。

23 Creative Drawing 静思涂画



Creative Drawing inspires children's creativity through storytelling, video clips, fun games, Jingsi Aphorisms sharing and many more. Children will have the freedom to draw based on their creativity and ideas without any restrictions in the class. This will help the children to improve concentration, inspire creativity, encourage self-expression, increase self-confidence, etc.

静思涂画透过讲故事、看影片、玩游戏、分享静思语等活动,激发孩子的创作动机。课堂上,老师会让孩子做回孩子,尊重孩子的自然成长,画出自己的想法。自由地涂画,有助于让孩子提升专注力,激发创造力,加强表达能力,增加自信心等。

24 Zentangle Art 禅绕/粉彩



Zentangle is a fun and a relaxing way to create beautiful images by drawing structured patterns. Zentangle is not solely a drawing technique but is also a daily practice of Zen. It helps to relief stress, promotes peacefulness and happiness, and unleash your creativity.

Additionally, we will also introduce Pastel Nagomi Art that will create a soft, gentle and dreamy effect on the artworks. Pastel Nagomi Art is very popular in Japan and it has a place for everyone whether it is for relaxation, healing, self-improvement or helping others in need.

禅绕画是一种不需要橡皮擦、随处都可以作画的自由且独特的艺术形式。能提笔,就会画。在创作的过程中,犹如正在进行一场深度的冥想,促进心灵达到和谐状态,进而放松情绪、纾解压力、增加幸福感,并可以成为终身兴趣与快乐泉源。

活动也会采用和谐粉彩艺术,是一种源自日本的一门艺术疗愈系。在这特别的粉彩指绘课里,我们将抛开手中的笔,纯粹用我们最原始的工具-手指头自由地彩绘出心中的色彩。

25 Artistic Enlightenment Art Class

艺术启蒙



The teacher will use childlike stories to attract children's attention, make them happy and to want to paint.

Students will learn the beauty of life from the stories while they are drawing to bring out the intrinsic beauty within through their little hands. There will be Do-It-Yourself (DIY) materials for manual creation to stimulate children's creativity.

老师会利用非常有童趣的故事,来吸引小孩的注意力,让小孩子心情愉快从而乐于去画画。在小孩子画画的同时从故事中学到生活之美,并将美通过自己的小手画出来。除此之外,有更多的素材DIY手工创作,来激发小孩子们的创造思维。

26 Children's Calligraphy 儿童静思书道



Children will be taught how to write Chinese characters the traditional way. Furthermore, we will guide students to appreciate their works from an aesthetic point of view. Lessons include history of Chinese calligraphy, introduction of basic tools, proper handling of the brush and use of ink and paper.

儿童静思书道让孩子远离电子产品,以传统方式书写毛笔汉字。透过抄写静思语、诗词、名句等,引导孩子感受书道的美。课程包括汉字的由来、执笔用墨、偏旁部首、间架结构、遍章布局等。