Co-Curricular Activities (CCA)
School year 2022-2023
Term 1 (12 Sep - 9 Dec)
Co-Curricular Activities (CCA)

Holland International School provides a wide range of after-school activities, the so-called Co-Curricular Activities (CCA) taught by qualified teachers and sports coaches. Children can choose from a range of classes such as different sports, art, drama, chess, technical Lego, coding, and extra language. The activities are provided in age-based groups and they take place in our gymnasium, music room, kitchen or on the premises of the Hollandse Club, for which school bus transport is arranged. The classes begin immediately after school and the children can be driven home by the CCA bus when they’re finished or you may pick them up.

It’s great fun and couldn’t be easier!
LEARN TO SWIM (ABC PROGRAMME - 45 MIN)

Day: Monday / Wednesday / Friday  
Provider: AquaDucks  
Time: 2.30pm to 3.45pm (Mon, Wed) or 1.30pm to 2.45pm (Fri)  
Group: R - 1 - 2 (Mon), R - 1 - 2 and 3 - 4 (Wed), R - 1 - 2 and 3 (Fri)  
Location: Hollandse Club

Learning to swim with Aquaducks is fun and equally important Aquaducks is a provider with the Dutch National Swimming Diplomas Licence.

The Learn to Swim Programme at the Hollandse Club follows the ABC curriculum from the Netherlands blended with the Australian & American Freestyle programme. The child-centred ABC programme focuses on stroke perfection of all four strokes: Freestyle, Breaststroke, Backstroke and Butterfly combined with stamina building and water safety.

Your child can join the Learn to Swim (ABC) programme from the age of 5 years and above. Each class is 45 minutes and it takes approximately 40 hours in the A-Programme to achieve the A-Diploma within one school year (this requires 2 swimming classes per week).

The ABC programme consists of 8 levels. Level A takes place in the heated instruction pool and Level B and C at the main pool.

Learn more about the programme:  
www.allesoverzwemles.nl
STROKE IMPROVEMENT (45 MIN)

Day: Wednesday / Friday
Provider: AquaDucks
Time: 3.30pm to 4.45pm (Wed) or 1.30pm to 2.45pm (Fri)
Group: 5 - 6, 7 - 8 (Wed), 4 - 5 and 6 (Fri)
Location: Hollandse Club

The Stroke & Development programme is for children who finished the Learn to Swim programme and who want to improve their stroke techniques further.

The Stoke & Development Programme consists of three levels and includes the finetuning of stroke techniques, competition drills, personal survival and life-saving skills. Each session is 45 minutes.

Swimming with Aquaducks is not only fun, Aquaducks is also independently assessed by the Dutch National Water Safety Council.

Learn more:
TENNIS (60 MIN)

Day: Wednesday and Friday
Provider: Hollandse Club Tennis Academy
Time: 2.30 - 4pm (Wed), 3.30 - 5pm (Wed) and 1.30 - 3pm (Fri)
Group: R-1-2 (Wed), 3 - 4 (Wed), 5 - 6 - 7 (Wed and Fri)
Location: Hollandse Club

The Hollandse Club Tennis Academy teaches the fundamentals of tennis including; grips, stroke correction, footwork, and rules and etiquette. Most importantly the lessons are fun, are conducted in a safe environment, and build confident and competent players. This class is designed to introduce young players to the game of tennis.
DANCE BY TAS (60 MIN)

Day: Wednesday and Friday
Provider: Tanglin Arts Studio
Time: 2.30 - 4pm (Mon), 3.30 - 5pm (Wed) and 1.30 - 3pm (Fri)
Group: R-1-2 (Mon), 5 - 6 (Wed), 7 - 8 (Fri)
Location: Hollandse Club

For Tanglin Arts Studio, dance evokes indescribable feelings unlike any other. It is not just a form of expression but also a way to develop self-esteem and confidence. From ballet and tap to jazz and hip-hop, everyone involved in our studio works hard to instil an everlasting love of dance and fitness in everyone who walks through the doors. Whether it is appreciating music, developing creativity, excelling in social situations or exercising mutual respect for others, dance is an art form that enriches every aspect of life no matter where you’re from, how old you are or what your beliefs are. One of the primary goals of Tanglin Arts Studio is to offer our students the chance to experience dance and its benefits that it has for the future.

Learn more: https://www.tanglinartsstudio.com/
Day: Monday, Tuesday and Thursday
Provider: Kowabunga Forest School
Time: 2.30 - 3.30pm (Thu) and 3.30 - 4.30pm (Tue and Thu)
Group: R - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8

Experience the magic of the great outdoors

Led by certified Forest School Leaders, children will connect with and appreciate the wonders of the natural environment. Tapping on children’s natural curiosity, they will jump over logs and climb trees and create many special memories in nature, while learning concepts such as sustainability, habitats, biodiversity, climate change, biotic and abiotic factors in an integrated fashion.

Nature Explorers programme will develop children’s 21st century skills such as creativity, communication and collaboration as they transform into confident, creative and independent learners. Students will also learn how to be socially and environmentally responsible.

From knot-tying to shelter-building, get ready for a fun time of learning in a natural environment!

Learn more about the provider: [https://forestschoolsgapore.com/](https://forestschoolsgapore.com/)
Day: Tuesday, Wednesday, Thursday and Friday
Provider: Alliance Francaise
Time: 2.30 - 3.30pm (Mon), 3.30 - 4.30pm (Mon) and 1.30 - 2.30pm (Fri)
Group: R-1-2 (Mon), 3 - 4 (Mon), 5 - 6 - 7 (Fri)

Learn French in a fun and stimulating way with a focus on spoken French

Based on innovative French immersion teaching methods, language-learning becomes fun! Using Les Petits Loustics textbook and workbook, teachers present the language and culture through tailored activities all in French.

Children learn how to introduce themselves and others in French, talk about their immediate environment, and express their wishes, needs, and desires. Children are encouraged to interact in French during the class through various activities: stories, creative projects, songs, and educational games. Based on a thematic approach, children explore the French language and culture thanks to various activities: board games, arts and crafts, songs and creative projects.

It’s highly recommended to register for 2 hours of French CCA language classes per week and to continue for the next trimester to book progress on mastering conversational skills.

Learn more about the provider: https://alliancefrancaise.org.sg/
CONVERSATIONAL MANDARIN (60 MIN)

Day: Monday and Friday
Provider: TAN Shiow Nern
Time: 2.30 - 3.30pm (Mon), 3.30 - 4.30pm (Mon) and 1.30 - 2.30pm (Fri)
Group: R-1-2 (Mon), 3 - 4 (Mon), R - 1 - 2 - 3 - 4 (Fri)

Lively and interactive Mandarin lessons that effectively develop a child’s conversational skills. It’s highly recommended to continue for the next trimester to book real progress on the language development.

Broaden our children’s horizon by letting them discover a whole new world! Help them learn a new language and make new friends so that they will be ready to explore the world beyond their own! Let our children enjoy the weekly lessons filled with Chinese songs, poems and rhymes, stories and role-plays!

Chinese phonetics • Numeracy • Colours & Shapes • Animals • Greetings • Introductions • Family • Day, Date & Time • Introduction to Writing Chinese Script
KIDS YOGA (60 MIN)

Day: Monday and Friday
Provider: BlissYogasg
Time: 3.30pm - 4.30pm (Mon) and 1.30pm - 2.30pm (Fri)
Group: Preschool, R & 1 & 2 and 3 & 4

Let us Establish Healthy Habits Early!!
BlissYogasg combines elements of Yoga Postures, Yoga games, Breathing, Mindfulness & Meditation in a fun, educational & interactive format that motivates kids to practise yoga.

Every week in Kids Yoga, the children get to balance as trees, planes, or observe the world upside down from their headstands! They stretch and move around as dogs, cats, or other yoga poses and use their imagination to travel on the mats. Kids also learn to breathe deeply, relax, sometimes even meditate, to end the classes peacefully and quietly.

Our objective is to introduce yoga to kids in their younger years so that they can use these tools in their growing years to manage their emotions & life challenges.

This Yoga CCA will increase muscle strength, flexibility and range of motion, while teaching children to learn their limits and pay attention to how their body feels. Being aware of their bodies will actually improve motor skills. Yoga also will improve children’s emotional regulation, concentration and memory. It has also been proven that Yoga makes kids happier.

Learn more about the provider: www.blissyogasg.com
FOOTBALL - COMPETITION UNDER 9

Day: Monday and Thursday
Provider: Borussia Football Academy
Time: 3.30pm to 4.30pm (Mon) and 3.30pm - 6pm (Thu)
Group: 4 - 5

Who wants to play football in the team competition 9&under (9 years and younger)? Do you like to play a friendly match of soccer, do you want to gain some experience in playing, then join our Holland International School Football team.

Registration is open for enthusiastic and talented boys and girls at the age of 7, 8 or 9 years. You get to play against 6 different international schools on Thursday afternoons, right after school. We end the competition on Saturday morning 12 November with the finals. It is great fun and no experience is required! A professional coach of Borussia Football Academy will lead the team and facilitate the training sessions on the Mondays.

Learn more about the provider: https://borussia-academy-sg.com/
LITTLE STARS DANCE (60 MIN)

Day: Thursday  
Provider: Joanna (Fab Fitdance)  
Time: 2.30pm to 3.30pm (Thu)  
Group: Preschool, R - 1 - 2

Introduction to Ballet & Jazz with fun dance choreography

A wonderful class for kids aged 2.5 - 6 years old. This dance class will teach the children the basics of classical ballet, musicality and introduction to jazz technique, all while having fun and enjoying themselves! Students will learn through play-based creative storytelling, games, imagination, rhythmic movements to expand their dance creativity, motor skills and flexibility.

This CCA is to promote healthy coordination and musicality through creative dance exploration and performance. It will improve the children’s flexibility, coordination, establish stronger discipline and teamwork, and most importantly personal self-confidence.

Learn more about the provider:
[https://www.fabfitdancesg.com/kids-dance-classes](https://www.fabfitdancesg.com/kids-dance-classes)
Day: Thursday  
Provider: Joanna (Fab Fitdance)  
Time: 3.30pm to 4.30pm  
Group: 3 - 4 - 5

Introduction to Street Jazz and Hip hop dance choreography

A cool dancing class for boys and girls aged 6 - 8 years old. This dance class will teach the children the basic street jazz technique, musicality and introduction to hip hop choreography, all while having fun and enjoying themselves! The Hip Hop Street Dance is to encourage students to step out of the box to express their own personality and style while dancing to the latest street dance moves. Get ready to groove with style.

This course aims to promote healthy fun expression and musicality through upbeat dance styles such as Hip Hop, Funk, Locking, Popping. It will improve the children’s flexibility, coordination, establish stronger discipline and teamwork, and most importantly personal self-confidence.

Learn more about the provider:  
https://www.fabfitdancesg.com
Day: Tuesday  
Provider: Borussia academy  
Time: 3.30pm to 4.30pm  
Group: 6 - 7 - 8

This CCA teaches fundamental movement skills, non-competitive enjoyment of sports, confidence & leadership skills, body coordination, strength building and team spirit.

Learn more about the provider: https://borussia-academy-sg.com/
KARATE-DO (60 MIN)

Day: Tuesday and Friday  
Provider: Cyril Martins (Karate Nation)  
Time: 3.30pm to 4.30pm (Tue) and 1.30pm - 2.30pm (Fri)  
Group: 3 - 4 - 5 and 6 - 7 - 8

Prepare for different belt exams

Our programme provides a complete karate experience, going through all the aspects of the discipline with sessions tailored for each age group.

The students are at the epicentre of the project, aiming to develop their skills, passion for Karate and moral values. This programme is built to prepare the students for the different belt exams and the contents are taught according to the standards of the Japan Karate Association.

By following the Karate-Do Training, students will enhance their fitness level, motricity and coordination. All our students receive the values that belong to Martial Arts such as: self-control, respect of others, focus and manners. Each class starts and ends with “Mokuso” – Meditation.

Learn more about the provider: [https://karate-nation.com/](https://karate-nation.com/)
MINI-SPORTS (60 MIN)

Day: Friday
Provider: TinyTots
Time: 12.30pm - 1.30pm and 1.30pm - 2.30pm
Group: Preschool and R & 1 & 2

Get ready to jump, run, kick, throw and catch

Tinytots Minisports combines facets from all our programs and aims to introduce preschoolers to the fundamentals of soccer, basketball and rugby. The programme aims to promote children’s interest in physical activities and to build a solid foundation in their fundamental movement skills. The programme combines a series of activities and drills that use imaginative play, familiar games, visual skills and creative participation to engage children and ensure that they get the maximum enjoyment from running, kicking, throwing, catching and jumping. Our coach will deliver fun-filled sessions that will support your child’s learning and development through the beautiful game and equip them with skills that will help them inside and outside the classroom environment.

This CCA teaches fundamental movement skills, non-competitive enjoyment of sports, confidence, coordination and strength.

Learn more about the provider: www.tinytots.com.sg
SOCCER (60 MIN)

Day: Tuesday
Provider: TinyTots
Time: 2.30pm - 3.30pm
Group: R & 1 & 2

Get the maximum enjoyment out of the world’s most popular sport

Tinytots Soccer combines a series of activities and drills that use imaginative play, familiar games, visual skills and creative participation to engage children and ensure that they get the maximum enjoyment out of the world’s most popular sport. Our coach will deliver fun-filled sessions that will support your child’s learning and development through the beautiful game and equip them with skills that will help them inside and outside the classroom environment.

This CCA teaches fundamental movement skills, non-competitive enjoyment of sports, confidence, coordination, and strength.

Learn more about the provider: www.tinytots.com.sg
BASKETBALL (60 MIN)

Day: Monday and Tuesday  
Provider: SOMA Sports SF  
Time: 3.30pm - 4.30pm  
Group: 5&6 and 7&8

Bigger than the Game

Participation in a structured training program with repetitive execution of skills and drills will enable the student athlete with the best opportunity to improve and celebrate milestones individually and as a team.

All skillsets and values acquired are transferable outside of the game; in their lives, the classroom, and as adults. Our coach creates a culture that allows students to explore and learn the sport in a safe yet fun environment.

This CCA programme is to teach, coach and develop the Fundamentals of the game; to establish a foundation that leads to playing the game the right way. We advocate for success and character development through teamwork, respect, discipline, determination and hard work.

Learn more about the provider: http://somasportssingapore.com.sg/
JUNK MODELLING

Day: Thursday  
Provider: Whizzkidz  
Time: 2.30pm - 3.30pm  
Group: R & 1 & 2

One man’s trash is another man’s treasure. In this club, students will create functional and decorative pieces using upcycled materials such as fabric, plastic, cardboard and more. Examples of things that students will make include piggy banks, grocery bags and sculptures.

This CCA aims to help students to understand that recycling is important and how we can reuse items to create something useful. Students learn how to create great creative pieces from junk remodelling.

Learn more about the provider: [www.whizzkidz.com.sg](http://www.whizzkidz.com.sg)
CODING & ENGINEERING WITH VEX GO (60 MIN)

Day: Monday, Tuesday and Wednesday
Provider: Little Coder
Time: 3.30pm to 4.30pm
Group: 3 - 4 (Wed), 5 - 6 (Mon), 6 - 7 - 8 (Tue)

BRING PROGRAMMING AND ROBOTICS TO LIFE
Little Coder teaches children how to code in a safe, nurturing space for children to grow, learn and play. The programme encourages curiosity and fun while masking the complexities with relatable lessons.

Our coding and robotics program for lower primary students is carefully crafted to align with their STEM development goals. We teach them how to integrate real-world engineering builds with coding.

Vex GO is approachable - students do not need any experience before getting started. Within minutes they can easily build their creations with a colour-coded construction system. Then add motors, sensors, and electronics to power their robot. Building is quickly followed by coding robots using drag and drop blocks in VEXcode GO, powered by Scratch Blocks.

This CCA is a comprehensive interdisciplinary programme that instils resilience and confidence in children’s developmental abilities.

Learn more about the provider: https://www.hellolittlecoder.com/
CODING & ENGINEERING WITH VEX GO & VEX VR

Day: Thursday  
Provider: Little Coder  
Time: 3.30pm to 4.30pm  
Group: 7 - 8 (Thu)

BRING PROGRAMMING AND ROBOTICS TO LIFE

Little Coder teaches children how to code in a safe, nurturing space for children to grow, learn and play. The programme encourages curiosity and fun while masking the complexities with relatable lessons. Little Coder utilises a variety of world-class, globally recognised coding and robotic kits to help bring programming and robotics to life.

The coding and robotics programme for upper primary is carefully crafted to align with their development goals. We teach them how to integrate engineering builds with coding.

VEXcode VR lets students code a virtual robot using Scratch Blocks or Python text coding.

This CCA is a comprehensive interdisciplinary programme that instils resilience and confidence in children’s developmental abilities.

Learn more about the provider: https://www.hellolittlecoder.com/
Day: Thursday  
Provider: Whizzkidz  
Time: 2.30pm - 3.30pm  
Group: R&1&2

Each week, the creative Clay Modellers will use different types of clay to create their own masterpieces. These pieces include wacky functional items and decorative items. All students get to take their amazing works of art home. Some items that the students will get to make keyrings, photo frames, christmas baubles and decorations and many more.

This CCA aims to use various tools such as shaping tools, rolling pins, pottery wheel and more use different types of clay to create various ornamental items as well as functional items from clay.

Learn more about the provider: www.whizzkidz.com.sg
Day: Thursday and Friday  
Provider: Bianca van de Merwe  
Time: 3.30pm - 4.30pm  
Group: 5 & 6 (Thu) and 7 & 8 (Fri)

There are currently many vloggers on YouTube who all edit their video after they have recorded it. Cut/paste, make someone walk faster, give someone a different voice, filters. In the number of weeks that this course will be given, we will learn all kinds of tricks so that you can easily edit your own videos too, and we might even get around to the endless possibilities of green screens.
Day: Friday  
Provider: Whizzkidz  
Time: 3.30pm - 4.30pm  
Group: 3 & 4

Each week the crazy young scientists will conduct their own series of experiments relevant to the science subject, usually 3-5 experiments in one session, individually or in pairs. They can take their experiments home if it’s not too messy!

This CCA aims to explore different science topics such as chemistry, forensics, biology, plants, Newton and many more! Engage in completely hands-on and interactive experiments. The content covers topics from the syllabus and more. Students learn to take predictions, test their predictions and come to conclusions.

Learn more about the provider: www.whizzkidz.com.sg
In this 10-week course, children are introduced to the basics of typing. The children learn in a playful manner, from a start of hand positioning, the 10-fingered (blind) typing. For the children, the progress is clear and is stimulated by achieving different levels, badges and stars.

This CCA offers the children an hour of guided (further) work on their skill and a teacher who keeps an eye on their progress. In addition to this guided session, the children should continue to practise independently at home on a regular basis (advice: 5 times per week 15min) to keep the process going and to further hone the skill.

At the end of the 10 weeks, the child receives a proof of the level at that time. This is shown in Basic level 1, 2 or 3 and then Advanced level 1 to 9. It is possible for the children to continue practising independently and, if there is sufficient interest, to take up the CCA again and further improve the level already achieved.

More information can be found at www.typingclub.com.
HEALTHY COOKING (60 MIN)

Day: Monday and Tuesday
Provider: Bianca van de Merwe
Time: 3.30pm - 4.30pm
Group: 5&6 (Tue) and 7 & 8 (Mon)

We seek to bring more children into the kitchen to explore a world of food, healthy ingredients, getting their hands dirty... and of course, to savour the fruits of their labour!

It’s not about the result only, children pick up many crucial skills while processing the cooking. Skills like language, numeracy, science, problem-solving, working in teams, motor skills, and much, much more. The kitchen is a treasure trove of lessons, and we want to share them with every child!
STORYTELLING AND ACTING

Day: Friday
Provider: Whizzkidz
Time: 1.30pm - 2.30pm
Group: R & 1 & 2

In our storytelling and acting club, students will read a book together. They will then act out scenes from the book, create props and costumes and reimagine scenes.

Students who participate in this programme will learn how to read and understand story lines. But also how to recognize and identify feelings and emotions from stories and recreate stories using props and acting.

Learn more about the provider: www.whizzkidz.com.sg
SCHOOL CHOIR (60 MIN)

Day: Wednesday  
Provider: Sandra Witthoff (Music Department)  
Time: 2.30pm - 3.30pm and 3.30pm - 4.30pm  
Group: R-1-2 , 3 - 8

SING ALONG WITH THE SCHOOL CHOIR

On Wednesday we are offering Choir CCA led by Music teacher Sandra Witthoff. The perfect activity for children who enjoy music and singing. The choir meets once a week for 60 minutes to learn a varied repertoire of music, ranging from musicals, to arrangements of pop music, to some good old classics. Students are exposed to different music genres, developing singing techniques and sharing the joy of making music together.
Day: Tuesday  
Provider: Stephen Meyer (English Department)  
Time: 3.30pm - 4.30pm  
Group: 8

This CCA is for those students who are looking to apply to International Schools in Singapore or abroad. Potential elements of the application process that we may cover are detailed below:

- Review the different application processes for various local International Schools
- Writing of Personal Statement
- Sample and practice reading and listening assessments
- Sample and practice potential writing assessments
- Guidance for interviews and practice of interview questions
Day: Monday and Tuesday  
Provider: Frances Alleblas  
Time: 2.30pm - 3.30pm and 3.30pm - 4.30pm  
Groups: R & 1 & 2 and 3 & 4 (Tue), 6 & 7 & 8 (Mon)

The children will get acquainted with contemporary artists, will get inspired by their work, and make their own individual artworks accordingly. This could be in the form of drawings, paintings, works in clay/carton, or a performance, etc.

We will get inspired by a different artist or art movement. For example Picasso, Hundertwasser, Frida Kahlo or Botero. Expressionism, aboriginal art, Dada…Music and/or poetry can also be a source of inspiration for the classes. Or we take a look at the shadow puppets from Indonesia, or the statues from Oceania.

Even though the children will learn from all these different art forms, the main goal of the CCA art class is the practical side of making your own individual works, experiencing the freedom and joy of what art making is and the value of having a rich fantasy. Every child can make art, and there is no right or wrong.

Learn more about the provider: [http://www.francesalleblas.com/](http://www.francesalleblas.com/)
EXTRA ENGLISH (60 MIN)

Day: Thursday
Provider: English Department
Time: 2-30pm - 3.30pm and 3.30pm - 4.30pm
Group: 3 & 4 and 5 & 6

This English CCA is on invitation only and will serve to boost your child’s confidence in various aspects of the language (e.g. vocabulary, speaking, reading and writing) in a fun and interactive way.
DRAMA CLUB (60 MIN)

Day: Thursday
Provider: Whizzkidz
Time: 3.30pm - 4.30pm
Group: 7 & 8

The drama club aims to develop confidence and creativity through drama, songs and storytelling activities. This will improve concentration through engaging activities that improve comprehension. Not only would it broaden socialisation skills by developing an understanding of sharing, listening to others and taking turns, but it also helps develop communication skills including the use of body language and facial expressions.

Develop gross motor skills through drama, songs and games. Develop confidence and social skills to express ideas through discussions, storytelling and drama.

Learn more about the provider: www.whizzkidz.com.sg