

Co-Curricular Activity Programme

Junior School (Year 3 – Year 6)

Term 2 (13 January – 23 March)



DULWICH COLLEGE

| SHANGHAI PUXI |

上海德威外籍人员子女学校（浦西）





Dear Parents,

Please find the Dulwich College Shanghai Puxi Co-Curricular Activity (CCA) Programme for Term 2 of the academic year 2023-24. Please check the CCA Calendar carefully and complete your child's selections using [Schools Buddy](#).

Co-Curricular Activity (CCA) Programme 2023/24 Term 2

Dates

Term 2 after school CCAs will run for 7 weeks from Saturday, 13 January to Saturday, 23 March. Please note that there will be no CCAs on Wednesday, 17 January due to the whole school staff meeting and no CCAs from Monday, 29 January to 17 February as it's the Chinese New Year Holiday.

Collecting Pupils

There will be a late school bus running on Tuesday, Wednesday and Thursday at 4:40pm. Pupils can take the late bus home from College after CCAs or parents can collect children after CCAs. On Monday and Friday there will be no late school bus and pupils must be collected by parents from College at the end of the CCA. While most CCAs end at 4:30pm, some end later. Please be sure to check the end time for your child's CCAs to be aware of the pick-up time. If your child is in a CCA that ends after 4:30pm, they must either leave the CCA early to take the late bus, or be picked up from school.

























Externally Provided Activities and Payments

If your child is taking part in an externally provided activity then you should make payment to the external provider within the first two weeks of CCAs beginning. If the CCA is cancelled due to unforeseen circumstances, a refund or make up class will be arranged. The CCA department will inform parents of the details if this arrangement is needed. **If students withdraw partway through the term or miss the lesson due to personal issues, refunds or make up classes will not be arranged.** We encourage students to continue and finish the CCA that they have been allocated to. By signing your child up for externally provided CCAs, you are agreeing to allow the College to share your email address to the external providers so that they can contact you.

Please do feel free to email me to ask any questions about the programme: cca.shanghaipuxi@dulwich.org.


Mr Stanton
Head of Aquatic and Director of Enrichment

Junior School Term 2 CCA Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Orchestra	Thunder Drumming	Upper & Lower Primary Choirs	Junior Swim Squad Y5-6	Junior Mustangs Y3-6	Community Swimming
	Junior Swim Squad Y5-6		Development Swimming		Swim Squad Training
Skateboarding 	Arts Club Y4-6	IMovie Film Making Y3-6	Dance Y3-6	Junior CISSA Training	Development Swimming 
Art Attack Y1-Y3 	Development Swimming 	FOBISIA Maths	ABRSM Music Theory 		Football 
Striking and Fielding	Wind Band Y5-6	AKS Basketball 	Drumming 	ABRSM Aural 	Basketball 
Borussia Football 	STEM	ABRSM Beginner Violin 	Chinese Cooking Club 	Public Speaking and Debate 	Musical Theatre 
Chinese Hard-pen Calligraphy	Model United Nations Y5	ABRSM Beginner Cello 	CISSA Boys Volleyball		ABRSM Wind/String Chamber Club 
Little Medical School 	CISSA Girls Volleyball (Y5-6)	FOBISIA Tee ball, Football, Athletics	iPad Art Drawing Y5-Y6 		ABRSM MUSIC Theory/Aural 
	ABSM Musical Theatre 	Art Attack Y4-Y6 			LAMDA Acting Examinations 
	中文学习课外活动				
	Junior Steam Art 				

 Sports / Athletics


 Swimming

 Internal - Paid

 Fine Arts/ Crafts

 Science/ Technology/ Engineering/ Academic/ Environmental

 Performing Arts

 External Provider/ Paid

DULWICH COLLEGE | SHANGHAI PUXI |

上海德威外籍人员子女学校 (浦西)





ICONX体验滑板

Skateboarding

Time: Monday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: 300rmb/lesson

Contact: jackzhang6717@dingtalk.com

Join our exciting Skateboarding Club, where you'll discover the thrill of riding and mastering tricks on a skateboard. This dynamic sport will have you honing your skills and building confidence as you progress towards an end-of-term exam. Whether you're a beginner or have some experience, our club provides a supportive environment for you to become a skilled and passionate skateboarder. Get ready to enjoy an incredible sport that will keep you on the edge of your board!



小红书 阳光的黑

Art Attack

Time: Monday 3:30pm-4:30pm Y3

Wednesday 3:30pm-4:30pm Y4-Y6

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: 200rmb/lesson

Contact: sophia@taiband.com

Our expert artist will work with our younger and older pupils to develop their artwork and show them ways to become creative and express themselves through imagination and expressive drawing. A super chance for your children to work with an expert artist to develop their artistic skills.



Little Medical School

Time: Monday 3:30pm-4:30pm

Year Group: Y3

Registration Method: SchoolsBuddy

Cost: 180rmb/lesson

Contact: lmmarketing@littlemedicalschool.cn



LMS爱姆世健康宝贝

Little Medical School (LMS) is the pioneer and leading developer of hands-on interactive programs for children with a focus on healthcare. Our unique approach helps children explore the benefits of careers in health care – whether human or animal – while simultaneously educating and entertaining them. The goal is to inspire kids to open up their horizons with a new content that is not part of their school program, and encourage people from young age to undertake a career in medicine. In addition, let the kids have fun with exciting lessons in a new concept of after-school that is unique for the content and promote healthy lifestyle and habits in order to help people from young age to take care of their body. Our student medical kits are designed to recreate interactive and funny lessons in an atmosphere similar to the hospital's.



小马驹的家

Borussia Academy Football

Time: Monday & Friday 3:30-4:30pm

Year Group: Y3-Y6

Registration Method: Schools buddy

Cost: 230RMB/lesson

Contact: carlos@borussia-academy-sh.com

Borussia Academy currently operates at several schools in Shanghai where they provide football training programs to over 300 children between 5 and 18 years old.

The training sessions plan is focused on developing the technical, physical, emotional and mental skills required to play the game effectively. Students will be coached by qualified coaches.



Striking and Fielding

Time: Monday 3:30pm-4:30pm

Year Group: Y3-Y6

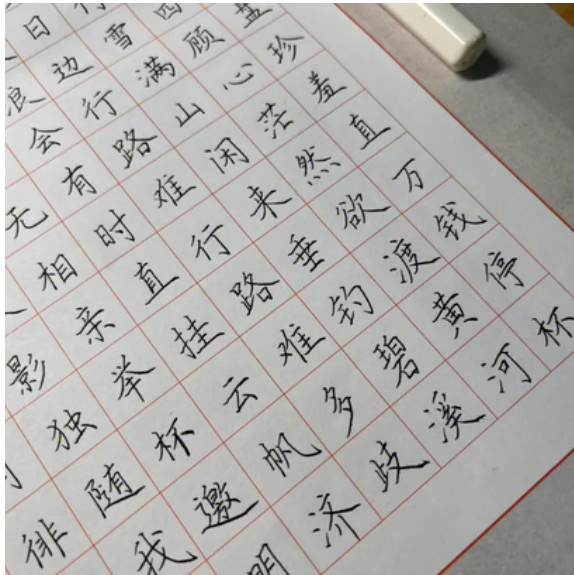
Registration Method: SchoolsBuddy

Cost: Free

Leader Teacher: Mr. Tom Hudson

Contact: tom.hudson@dulwich.org

Step onto the field and embrace the thrill of striking and fielding games! Whether you're launching a powerful hit or diving to make that game-changing catch, this dynamic sport is all about skill, strategy, and teamwork. Get ready for an action-packed experience where every swing and every play can turn the tide. Are you up for the challenge?



Chinese Hard-pen Calligraphy

Time: Monday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: Free

Leader Teacher: Ms. Summer Ma

Contact: summer.ma@dulwich.org

Hard-pen calligraphy (Hard-pen writing), compared to brush calligraphy, is aimed to help children to write beautiful Chinese characters by using pencils or pens according to a kind of writing rules. It is a form of art for Chinese characters.



音禄Studio

ABRSM Musical Theatre and Singing

Time: Tuesday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: 300rmb/lesson

Contact: yiying.jiang@dulwich.org

This CCA is based on the ABRSM repertoire piece, through the lesson students will learn the basic singing principle, dance, and monologue, as well as some famous songs from Broadway, Disney and British musicals, such as Matilda, Phantom of the Opera, Cats etc. Through musical theatre and singing classes, students' expressive abilities are inspired, and at the end of the term or academic year, students will get the opportunity to perform on stage.



Muzika艺术中心

Junior STEAM Art

Time: Tuesday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: 300rmb/lesson

Contact: muzikaland@163.com

This Art design course developed from STEAM concept. The class is open for all-level little Artists ! Lesson will include instrument production, DIY art books , interior design, and product design. Children will create different hand crafts with various themes that are inspired by original story videos. Children will receive one customized art piece at the end of semester. Come and let us unleash your imagination and creativity, be yourself and be unique!



Swimland

Development Swimming

Time: Tuesday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Dive into the world of aquatic excellence with our Developmental Swimming program! Our Developmental Swimming program is designed to help beginners and intermediate swimmers build a strong foundation of skills, confidence, and endurance. Experienced coaches will lead participants through a progressive curriculum, focusing on proper technique, breath control, and water safety. From conquering the basics to refining advanced strokes, every session is a step closer to swimming mastery.



Junior Swim Squad

Time: Tuesday & Thursday

Y3-Y4: 3:30pm-4:30pm

Y5-Y6: 3:30pm-5:00pm

Year Group: Y3-Y6

Registration Method: Selected Only

Cost: Free

Leader Teacher: Mr. Gavin Stanton

Contact: gavin.stanton@dulwich.org

The swimming squad will be selected from time trials. If your child is selected there will be a number of days that your child can choose to train. There is a commitment of two sessions per week. During the year the College will enter a number of swimming galas against other International schools in Shanghai.

If you intend to join the squad please do not sign up for any other CCA on this day.

Creative Cardboard & STEM



Time: Tuesday 3:30pm-4:30pm

Year Group: Y4-Y6

Registration Method: SchoolsBuddy

Cost: Free

Leader Teacher: Ms. Kiki Zhu

Contact: kiki.zhu@dulwich.org

Creative Cardboard & STEM: In this CCA, students in Years 4-6 will explore different ways that cardboard can be used as a prototyping tool. Beginning with simple skills such as basic connections and folding all the way to integrating cardboard with electric circuits to create interactive buildings, students will finish the term as cardboard experts and will lead the way in design thinking and SE21 skills.



Thunders Drumming

Time: Tuesday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: Free

Leader Teacher: Ms. Tina Tian

Contact: tina.tian@dulwich.org

All students who love to play drums are welcome to attend the Chinese Drumming CCA. Students will develop their rhythmic skills and get to perform at different events across the year! A perfect activity for Chinese New Year!



Art Club

Time: Tuesday 3:30pm-4:30pm

Year Group: Y4-Y6

Registration Method: SchoolsBuddy

Cost: Free

Leader Teacher: Vicky Walker

Contact: vicky.walker@dulwich.org

Ignite your child's creativity with our Art Club for young artists! In this colourful and expressive club, children will dive into the world of oil pastels and discover the joy of creating vibrant masterpieces. Guided by our experienced teachers, they will learn various techniques, blend colours, and bring their imaginations to life on the canvas. Our club provides a nurturing and supportive environment where children can explore their artistic abilities, build confidence, and develop a love for the visual arts. Join us and watch their creativity bloom with every stroke of their pastels. Let their artistic journey begin!



Model United Nations

Time: Tuesday 3:30pm-4:30pm

Year Group: Selective Y5 students

Registration Method: SchoolsBuddy

Cost: Free

Leader Teacher: Sam Clarke

Contact: sam.clarke@dulwich.org

Website: <https://www.un.org/en/mun>

Embark on a global journey of diplomacy and debate with our Model United Nations (MUN) Children's Club! Join us as we explore international issues, negotiate solutions, and simulate the United Nations' decision-making process. Through engaging discussions, research, and public speaking, young delegates will develop critical skills in leadership, diplomacy, and teamwork. Our club provides a unique opportunity for children to understand global challenges, foster cultural awareness, and promote peaceful resolutions. Be a part of the MUN Children's Club and become a confident, informed, and empowered global citizen. Together, let's make a difference in the world!

中文学习课外活动



Time: Tuesday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: Free

Leader Teacher: Rebecca Zhao

Contact: rebecca.zhao@dulwich.org

中文学习CCA

Are your kids passionate about attending all kinds of Chinese competitions, such as the 3rd Global Chinese Writing Competition for Young Writers(第三届青少年写作比赛), the Picture book story writing competition which will be organized by Beijing Dulwich (北京德威的原创绘本比赛) and HSK/YCT exams ? If they are, please send them to this CCA! We will offer professional support to the students and give them feedback one on one. If you think your kids need to strengthen their reading, writing skills or they have difficulty finishing their home learning, they're welcome too!



Girls CISSA Volleyball

Time: Tuesday 3:30pm-4:30pm

Year Group: Y5-Y6

Registration Method: SchoolsBuddy

Cost: Free

Leader Teacher: Ms. Tom Hudson

Contact: tom.hudson@dulwich.org

Join our Girls' Volleyball After School Club and kick-start your passion for the beautiful game! Whether you're a seasoned player or new to volleyball, our club provides a supportive and empowering environment for girls to develop their skills, teamwork, and love for the sport. Led by experienced coaches, you'll enhance your techniques, boost your fitness, and ignite your competitive spirit through fun drills, friendly matches, and exciting challenges. Make lifelong friends, build confidence, and unleash your potential on the field.



AKS Basketball Club

Time: Wednesday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: 170rmb/lesson

Contact: donald_wang@activekidz.org

We focus on developing skill fundamentals, teamwork, and most importantly, a love of the game that will last a lifetime. Our professional, certified coaches lead players in the next step in their game, developing individual and team skills. Shooting, passing, ball-handling, offense, and defense are all covered in the comprehensive curriculum. Players learn teamwork, leadership, and cooperation through fun games and drills and friendly matches.



ABRSM Beginner Violin

Time: Wednesday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: 300rmb/lesson

Contact: muzikaland@163.com



Muzika艺术中心

This ABRSM group violin class is designed to teach violin from scratch. There will be about 8-10 students. Lower grade students will be introduced to the violin following the ABRSM syllabus. Students will learn the fundamentals of violin playing with a focus on pitch and tone. While bringing out students' interest for violin, they will also gain understanding for scales and collaboration as they play together in the class band.



Muzika艺术中心

ABRSM Beginner Cello

Time: Wednesday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: 300rmb/lesson

Contact: muzikaland@163.com

This ABRSM group cello class is designed to teach cello from scratch. There will be about 8-10 students. Lower grade students will be introduced to the cello following the ABRSM syllabus. Students will learn the fundamentals of cello playing with a focus on pitch and tone. While bringing out students' interest for cello, they will also gain understanding for scales and collaboration as they play together in the class band.



iMovie

Time: Wednesday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: Free

Leader Teacher: Stephanie Zarate

Contact: stephanie.zarate@dulwich.org

Do you know what a director does? Have you ever wanted to create your own movie? In this exciting and creative CCA, you will have the opportunity to create your own film and trailers using the iMovie APP on an iPad. In the sessions, you will be shown how to create, edit, import sound and capture images. All you need is your imagination and enthusiasm!



FOBISIA Tee ball, Football, Athletics (Invite Only)

Time: Wednesday 3:30pm-5:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: Free

Leader Teacher: Mr. Tom Hudson

Contact: tom.hudson@dulwich.org

This CCA will help children prepare for the Fobisia Competition. It will include Training for Tee ball, Football and Athletics. We will invite students to join this CCA to develop their skills for the sports.



FOBISIA Maths (Invite Only)

Time: Wednesday 3:30pm-5:30pm

Year Group: Y3-Y6

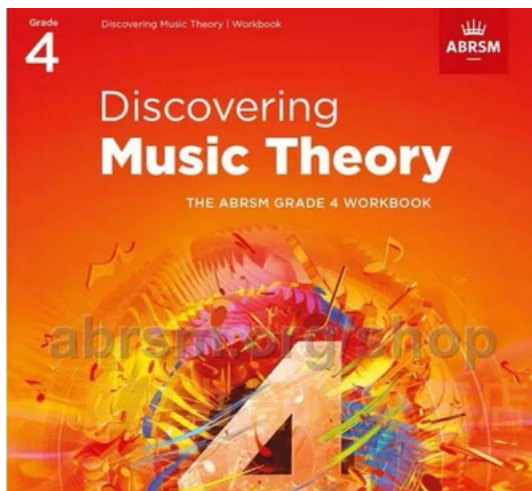
Registration Method: SchoolsBuddy

Cost: Free

Leader Teacher: Mr. Alan Wright

Contact: alan.wright@dulwich.org

This CCA will help children prepare for the Fobisia Primary Mathematics Competition. It will include collaborative tasks, problem solving techniques, algebra, and Mathematic Olympiad style questions. We ask that the students attend the CCA to best prepare them for the competition and develop their current skillset.



ABRSM Music Theory

Time: Thursday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: : 300rmb/lesson

Contact: yiying.jiang@dulwich.org



音祿Studio

This course is aimed at students who have reached the level of musical instruments equivalent to the level of ABRSM 3 or above and for students who are beginners wishing to take the ABRSM exams. The objective of this course is to help students better prepare ABRSM Music Theory exam. This course is helpful to their sight-reading, listening, rhythm, creativity in basic composing and to taking their musical skills to higher level.



Drumming

Time: Thursday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

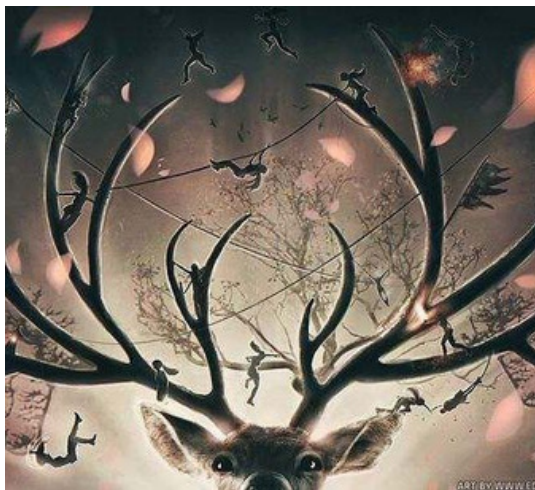
Cost: 300rmb/lesson

Contact: yiying.jiang@dulwich.org

All students who love to play drums are welcome to attend the Drumming CCA. Students will develop their rhythmic skills and get to perform at different events across the year. This activity is led by ForTune Music Studio.



音禄Studio



Muzika艺术中心

Steam Art-iPad Art Drawing

Time: Thursday 3:30pm-4:30pm

Year Group: Y5 & Y6

Registration Method: SchoolsBuddy

Cost: 350rmb/lesson

Contact: muzikaland@163.com

iPad is not just a learning tool but also a creating tool. In this programme, we will be teaching students how to create using their iPad. Content includes sketching, animation, comic, and design... The diversity of the programme will give students a wide platform to express themselves. iPad will be provided by the College. An iPad pencil will be given to students in this CCA.



Chinese Cooking Club

Time: Thursday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: Inhouse paid-280rmb/term

Leader Teacher: Ms. Lili Lei

Contact: lili.lei@dulwich.org

In this CCA, students will learn basic cooking methods, understanding the nutritional value of food, choosing food wisely. Cooking with a partner can not only cultivate students' interest in cooking but also stimulate children's creativity and develop their sense of teamwork.



Dance

Time: Thursday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: Free

Leader Teacher: Audrey Wang

Contact: audrey.wang@dulwich.org

Unleash your creativity and shine on stage with our Dance Club for children! Join us on a captivating journey where imagination meets expression. Through acting, singing, and dancing, our club offers a vibrant platform for young performers to explore their talents and ignite their passion for the arts. From memorable performances to exciting rehearsals, our club is a place where dreams come alive.



Development Swimming

Time: Thursday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: Free

Leader Teacher: Mr. Jane Slade

Contact: jane.slade@dulwich.org

Develop your swimming skill with our after School Development Swimming Club! With professional coaching and a supportive environment, you'll enhance your swimming abilities, improve your fitness, and develop a deep love for the beautiful game.



Boys CISSA Volleyball

Time: Thursday 3:30pm-4:30pm

Year Group: Y5-6

Registration Method: SchoolsBuddy

Cost: Free

Leader Teacher: Mr. Tom Hudson

Contact: tom.hudson@dulwich.org

Gear up for the ultimate volleyball experience with our after School CISSA Volleyball Club! Join us as we compete against other schools in thrilling matches, showcasing our skills and teamwork on the field. With professional coaching and a supportive team environment, you'll enhance your volleyball abilities, improve your fitness, and develop a deep love for the beautiful game. Represent our school with pride as we aim for victory in the CISSA league.



ABRSM Aural

Time: Friday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: 300rmb/lesson

Contact: yiying.jiang@dulwich.org



音禄Studio

The aural listening test is one of the most important parts of the ABRSM examinations. Children need to pass both the aural test and instrument to get the ABRSM certificates. This CCA will help children understand how the ABRSM aural exams works, develop their aural skills to pass the exam with confidence. Children will also learn to develop their 'musical ear', learn how to play in tune, develop their musical memory and spot any mistakes while playing their instruments – all while having fun!



SpotlightShanghai

Acting/Musical Theatre LAMDA

Time: Friday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: 225rmb/lesson

Contact: info@spotlighttheatreschoolofexcellence.com

Website: <https://www.spotlighttheatreschoolofexcellence.com/>

Find Your Spotlight! Act, Sing and Dance as you learn repertoire from some of the West End's most popular plays and musicals, taught by industry professionals. Students will bring favourite characters to life, by acting through song, performing through movement and having fun exploring script work and monologues. Each term students will 'step into the Spotlight' with our end of term Showcase! Students will be able to enter for their Acting or Musical Theatre LAMDA (London Academy of Music & Dramatic Art) Examinations in Spring 2023. Examinations are optional.



Public Speaking & Debate

Time: Friday 3:30pm-4:30pm

Year Group: Y3-Y6

Registration Method: SchoolsBuddy

Cost: 225rmb/lesson

Contact: info@spotlighttheatreschoolofexcellence.com



SpotlightShanghai

The Spotlight Public Speaking CCA programme provides a wonderful foundation for aspiring speakers to inspire their peers and to develop self-confidence in a creative and practical environment. Using a series of fun, interactive drama-based games and techniques students will cover a wide range of communication skills to enhance confidence and conviction when speaking in public. Students will explore debate techniques, body language, speech writing and develop their impromptu speaking skill-set. They will be encouraged to think critically, become analytical researchers and take leadership initiative. Students will gain an understanding of voice theory and vocal delivery - such as breath control, vocal projection and clarity of speech to create dynamic, coloured vocal performances. Students will have the opportunity to enter for their LAMDA Speaking in Public Examinations in Spring 2023. LAMDA is an accredited awarding body of Ofqual (The Office of the Qualifications and Examinations Regulator in England). Communication and Performance Examinations at Level 3 are recognised within the UCAS tariff for UK University entrance, thus proving popular with many senior students.



Junior Mustang and Junior CISSA Training

Time: Friday 3:30pm-4:30pm

Year Group: Y3 & Y6

Registration Method: SchoolsBuddy

Cost: Free

Leader Teacher: Tom Hudson

Contact: tom.hudson@dulwich.org

Elevate your athletic skills and join our After School Team Sports Training Session Club! Designed to enhance your performance and teamwork, our club offers specialized training in a variety of team sports.

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