



MALVERN

COLLEGE HONG KONG

**Co-curricular Activities
2020-2021 Autumn Term**

MCHK Term	Abbreviation
Primary Years Programme	PYP
Middle Years Programme	MYP
Prep 1	P1
Prep 2	P2
Prep 3	P3
Prep 4	P4
Prep 5	P5
Prep 6	P6
Foundation Year 1	FY1
Foundation Year 2	FY2
Foundation Year 3	FY3
Remove	R
Hundred	H
Co-curriculum Activities	CCA



CO-CURRICULAR ACTIVITIES (CCAs)

Malvern College values CCAs as an integral part of our approach to developing the whole child. We believe that CCAs are as important as the academic programme in supporting pupils in their personal development, in building their confidence and in instilling the Malvern Qualities. In addition to the development of new interests and skills, Malvern also places significant value on the relationships built up during CCAs with peers and staff leading the activities. This brochure provides an overview of the activities available to your child.

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Football	
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* Please note that the CCAs listed in the brochure are subject to change, depending on availability of space and personnel. This will be reflected in the CCA options available to you during the sign up process.

SPORTS AND FITNESS

Badminton

Year Group P6 - Hundred

Badminton enthusiasts will have the opportunity to play in the Sports Hall. Pupils of all experience levels are welcome to practise and learn new skills in a fun environment. Racquets and shuttlecocks are provided.

Basketball

Year Group A. PYP+MYP Girls Basketball: P5 - FY1
B. PYP Boys & Girls Basketball: P4 - P6
C. MYP Boys Basketball Squad: FY1 - Hundred
D. MYP Girls Basketball Squad: FY1 - Hundred

Boys

Through training and game play, boys will be coached in a variety of skills including: shooting, ball handling, defending, attacking and game play tactics.

Girls

Basketball is one of the four core sports of the International Schools Sports Federation of Hong Kong. Girls from Prep P6 - Hundred will be coached skills, shooting form, ball-handling skills, defensive & offensive tactics amongst other areas. Teams and squads will be selected this term.

Capoeira - Martial Arts (External: Hong Kong School of Capoeira)

Year Group P2 - P4

Price \$1935 (9 sessions)

Capoeira is a Brazilian martial art incorporating gymnastics, music & dance. Pupils learn acrobatic movements and self-defence techniques in a fun and energetic environment. Capoeira takes place in the dance studio on Monday. Further information available here: <https://www.capoeirahk.com/>



Cricket

Year Group P6 - Hundred

CCA Cricket offers pupils the opportunity to learn how to play, understand and enjoy the great British game of Cricket. Focus will be on correct technique as well as skill development including hand eye coordination, catching & throwing the ball and batting & bowling skills.

Fencing

Year Group P5 - Hundred

This CCA is designed to introduce students to the fundamental skills of fencing. This sport is fun, exciting, and can even train your brain! Want to be a cool fencer?

Football

Year Group A. PYP Boys Football: P3 - P5
 B. PYP + MYP Boys Football: P6 - Hundred
 C. PYP + MYP Girls Football: P5 - Hundred
 D. MYP Boys Football Squad U12 & U14:
 FY1 - Hundred

There are a variety of options for pupils wanting to engage in football, from beginners to advanced. Each group will focus on skill development, tactics and game play. There is something for all ability and experience levels.





Gymnastics (External: Proactiv Sports)

Year Group A. Gymnastics: P2
B. Gymnastics: P3 - P4

Price A. P2 \$1900 (10 sessions, Tuesday)
B. P3 - P4 \$1700 (9 sessions, Thursday)

Gymnastics at Malvern introduces pupils to basic exercises based on the curriculum for British gymnastics. Please visit the website for further information: <https://hk.proactivsports.com/>

Hockey

Year Group P4 - Hundred

Hockey is taught by experienced and enthusiastic Malvern teachers. Pupils will learn hockey skills and tactics while developing fitness and agility.

Multisports (External: Proactiv Sports)

Year Group P2

Price \$1700 (10 sessions)

Pupils will enjoy a wide variety of sports, including soccer, basketball, rugby, athletics and baseball. Please visit the website for further information: <https://hk.proactivsports.com/>

Netball

Year Group Girls Netball: P5 - Hundred

Girls will be coached in Netball skills, gain cardio fitness and work as a team while playing individual roles (e.g. goal keeper/goal shooter). Girls will have the opportunity to represent Malvern in inter-school matches.

Rugby

Year Group A. PYP Rugby: P2 - P6
B. MYP Rugby Squad: FY1 - Hundred

Rugby for boys & girls is offered to pupils keen to learn the game or improve their existing skills. Malvern teachers with extensive playing experience and coaching qualifications will lead touch rugby sessions on the Sky Pitch, focusing on technique, teamwork and fun in a safe environment.

Running

Year Group P5 - Hundred

The running club will focus on training and developing middle and long distance runners. To increase endurance, pace and form through training in fun and engaging workouts. Students will need to already have a good level of fitness and be able to jog at least 500m without the need for a break.



Sailing (External: Hebe Haven Yacht Club)

Year Group P5 - Hundred

Price \$3500 (10 sessions, including transport to Hebe Haven)

For beginners and returning sailors. Learn to sail at Hebe Haven Yacht Club ("HHYC"), Sai Kung! Malvern's Sailing Club offers an exciting opportunity for pupils to experience the exciting sport of sailing. The ability to swim is not mandatory, however, pupils must be comfortable near and in water whilst wearing a buoyancy aid. Pupils will depart MCHK by bus at 3pm and collection is by parents/guardians at 5.30pm from the sailing centre (HHYC). Please visit the website for further information: <http://www.hhyc.org.hk/>

Swimming (External: Stanford Path)

Year Group P2 - Hundred

*Please refer to the CCA timetable for year group scheduling.

Price \$50 (per session, Monday - Friday)

Lesson

Swimming lessons provide extra time for pupils to work on stroke development, swimming skills and safety elements for the pool. Swimming lessons will be taught by Stanford Path swimming coaches, who currently work with MCHK to deliver the Swimming Curriculum.

Squad

MCHK are developing a competitive swimming squad where the focus will be on gala techniques, such as race diving, stroke efficiency, relay races, flip turning and the rules of competitive swimming. In order to be eligible for the swimming squad, pupils must be able to swim 25m freestyle, backstroke and breaststroke.





Water Polo

Year Group P6 - Hundred

Water polo is a combination of basketball and football based inside a pool. It will help pupils build their strength, anaerobic fitness, aerobic fitness, hand-eye coordination and adapt them to game-based awareness. Water polo CCA does not teach pupils how to swim, so pupils who wish to take part must be able to swim at least 50 metres.

Yoga

Year Group FY1 - Hundred

In these yoga classes, we will improve our physical fitness, body flexibility, physical alignment, and balance our minds. Hatha, vinyasa, power, core, inversions – we will do all these styles aimed at generating heat, energy and power in the body as well as helping detoxification. These sessions will test the limits of your body and mind – come with an open-minded and resilient approach, ready to push yourself to new heights.



Ballet **(External: Academy of Dance)**

Year Group P2 - P3

Price \$2,000 (10 sessions, Wednesday)

Academy of Dance provides a beautiful technical ballet foundation level class. Pupils have the opportunity to sit annual examinations and perform in a live stage show. Please visit the website for further information: <http://www.academyofdance.com.hk/>

Chinese Drama

Year Group P4 - P6

Chinese Drama Club is aimed at integrating drama into Chinese learning. It will help pupils to develop basic drama skills and improve their Chinese and communication skills. This club will be taught in Mandarin to enhance pupils' listening skills.

Choir

Year Group A. PYP Choir: P2 - P3

B. PYP Choir: P4 - P6

C. MYP Choir: FY1 - Hundred

All keen singers are invited to join Malvern's Choir in the Music Studios. Pupils rehearse a broad repertoire of pieces with the aim to perform at various Malvern events throughout the year. All abilities are welcome.

Drama

Year Group FY1 - Hundred

This inclusive CCA is established to provide students the opportunity to develop self - confidence through the exploration of drama. The workshops will focus on developing performance skills of voice and movement as well as preparing students for ensemble work. The later focus will be on the creation, development and presentation of a character.

Faust Drama (External: Faust International)

Year Group A. P2
B. P3 - P4
C. P5 - P6

Price A. P2 \$2500 (10 workshops, Wednesday)
B. P3 - P4 \$2250 (9 workshops, Monday)
C. P5 - P6 \$2500 (10 workshops, Wednesday)

Faust International provides a fun-filled theatre & drama experience to Malvern pupils in Prep 1-4. Each week pupils will explore a range of drama techniques, developing self-confidence, teamwork and performance skills. Please visit the website for further information: <https://www.faustworld.com/>

Hip Hop Dance (External: Academy of Dance)

Year Group P4 - P6

Price \$1800 (9 sessions, Monday)

Academy of Dance's fresh & exciting Hip Hop programme brings together a fusion street dance & hip hop. There will be opportunities to showcase what students have learnt & worked on by performing in our annual showcase along with other fun pop up events. Academy of Dance is an award winning dance studio and has won international dance competitions and specialises in working with children. Please visit the website for further information: <http://www.academyofdance.com.hk/>



Indie Band

Year Group FY1 - Hundred

Indie band is for pupils who are fluent in their instruments; have a keen interest in contemporary musicianship and are passionate about creating original music. Pupils for this CCA have been pre-selected and will meet during the allocated time. Additional students should make contact with the Music department to convey their interest in joining the group.

Jazz Dance (External: Academy of Dance)

Year Group P2 - P3

Price \$2,000 (10 sessions)

Academy of Dance has 12 years' experience leading the Modern dance industry in Hong Kong. Pupils will learn how to express themselves through the power of dance. Suitable for all experience levels. Please visit the website for further information:
<http://www.academyofdance.com.hk/>

Jazz/ Rock Band

Year Group FY1 - Hundred

*P5-6 - Audition and Music teacher's discretion.

The Jazz/ Rock Band welcomes pupils who play rhythm instruments (guitar, bass guitar, piano, drums) or read and play brass/wind instruments.

K-pop Dance

Year Group P4 - Hundred

K-pop Dance combines Jazz, Hip Hop and Urban dance skills. Pupils will work together and dance independently to learn and create various routines, also developing coordination, teamwork and confidence. All abilities are welcome to join this fun and energetic activity.



Orchestra

Year Group A. PYP Orchestra: P2 - P6
 B. MYP Orchestra: FY1 - Hundred
 *New pupils in Prep 2 - 6 may apply/audition
 and join at Music teacher's discretion.

For pupils who read music and play wind, percussion or string orchestral instruments, Malvern's Orchestras will meet in the Music Studios. Pupils will play classical & modern music, including pieces by Bach, Mozart & Haydn and popular movie themes such as James Bond, Moana and Pirates of the Caribbean.



CULTURE, COMMUNITY AND CURRENT AFFAIRS



Chinese Embroidery

Year Group P5 - Hundred

In the Chinese Embroidery Club pupils will learn basic embroidery techniques using needles and create beautiful art work to take home. Come and immerse yourself in traditional Chinese culture!

Chinese Pinyin Typing

Year Group FY1 - Hundred

In the Chinese Pinyin Typing CCA, pupils will learn the knowledge of Pinyin systematically. They will also practise typing Chinese in Pinyin and improve both typing speed and typing accuracy.

Chinese Reading

Year Group FY1 - FY3

Join our Chinese Reading Club to enhance your Chinese language and literature skills. Pupils will read a variety of Chinese literature books and share thoughts with peers. Let's read!

Environmental

Year Group A. PYP Environmental: P3 - P6
B. MYP Environmental: FY1 - Hundred

Interested in local or global environmental issues? Pupils will take action to raise awareness and reduce our environmental impact as individuals, as a school community, and as citizens of the world.

Hong Kong Award for Young People

Year Group Remove - Hundred

HKAYP (Hong Kong Award for Young People) is an accredited International Duke of Edinburgh Award. The HKAYP, with its unique international principles, cultivates youngsters with perseverance and the spirit of self-challenge. For the Bronze award (14 years and older), students are expected to submit evidence of the following sections: skills, service, physical recreation and expeditions.

Japanese Language and Culture

Year Group P5 - Hundred

Do you like anime, manga, sushi or just travel to Japan? Have you ever thought that it would be more fun to watch anime and read manga or travel in Japan with a bit of Japanese language? If so this is the CCA for you. We will have an introduction to the writing system and learn some basic expressions for travel and daily life in Japan.

Model United Nations

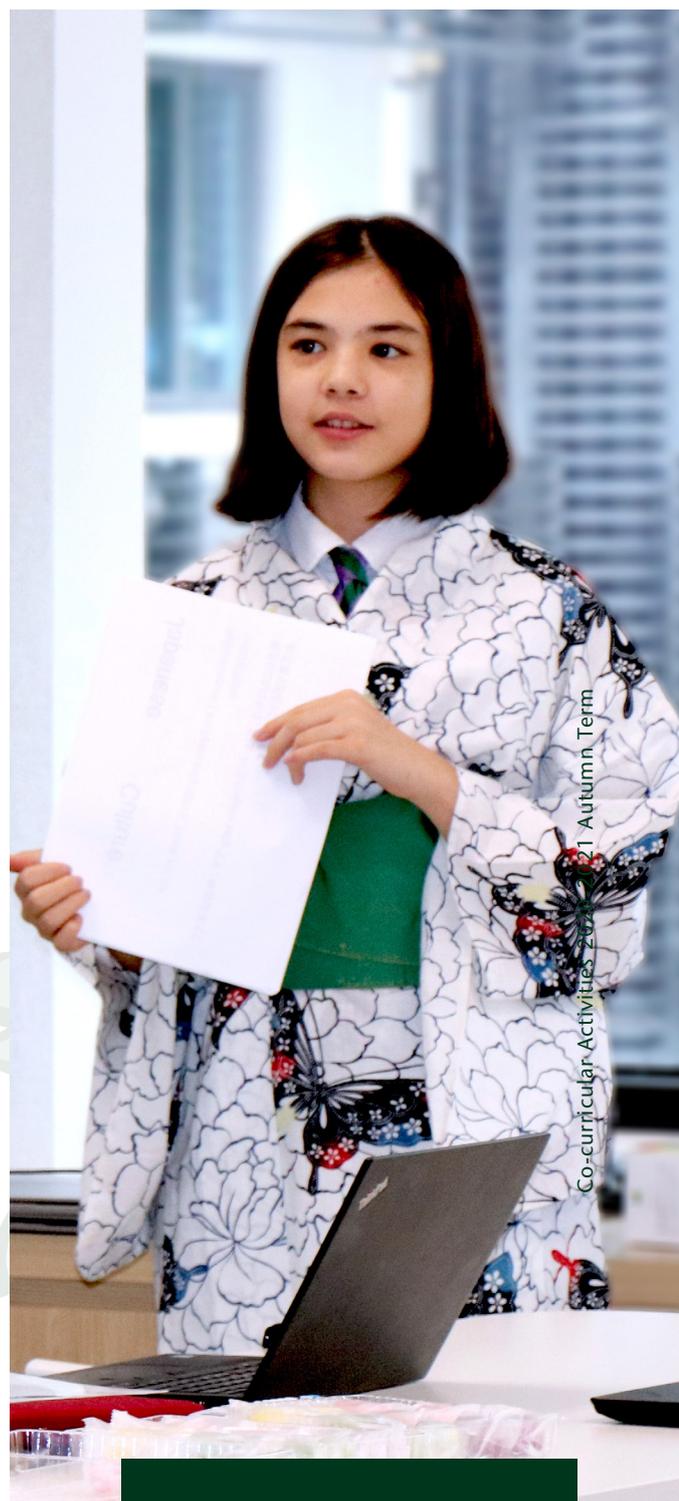
Year Group FY1 - Hundred

Model United Nations (MUN) is a student simulation of the United Nations. Schools world-wide hold MUN conferences in which students come together and play the role of countries debating global issues. In the MUN CCA pupils will learn about each of the key components of an MUN conference and have the opportunity to practice key skills.

Young Debaters

Year Group A. PYP Young Debaters: P5 - P6
B. MYP Young Debaters: FY1 - Hundred

Pupils will learn about the elements of persuasion and techniques which can be effective when considering their audience. We will introduce roles, procedures and terminology and present a staged debate as a culmination to the term!



Chinese Painting

Year Group P5 - Hundred

The Traditional Chinese Painting club will provide the pupils with a general idea of guó huà (国画), 'national' or 'native painting', considered to be one of the oldest continuous artistic traditions in the world.

Cookery

Year Group P6 - Hundred

For both aspiring chefs and pupils who simply wish to learn cookery basics. Come and cook up delicious dishes and develop your culinary repertoire.

Maker Space

Year Group P3 - P6

This CCA will allow students to combine high and low tech solutions to address various problems and projects related to the United Nations Global goals.

Plasticine modelling

Year Group P2 - P3

This CCA is an opportunity for pupils to explore their imagination, build creativity and share their ideas with friends. Pupils will be able to build and design models using modelling clay according to themes decided on by Malvern pupils participating.



ARTS AND CRAFTS



Pottery Class

Year Group P4 - P6

Pupils attending the Pottery Class will learn basic techniques used to make ornaments, cups, bowls and platters, containers, and many other functional objects. All aspects of pinching, coiling, slab construction and the joining of techniques will be covered on form, surface, transitions and terminations.

Storytime Art

Year Group P2

For story and art lovers! Pupils will read a book together and complete art projects related to the story. Pupils will practise listening and comprehension skills in a fun environment while also developing creativity and fine motor skills.

Textiles, Weaving and Hand Sewing

Year Group FY1 - Hundred

Price \$2000 (9 sessions)

Pupils in the Textiles, Weaving and Hand Sewing CCA will learn traditional textile techniques using a range of yarns and materials. All pupils will create a loom and a weft and warp on a hoop. Pupils will design and create a colourful pattern for a traditional weave and design a sequence for their pattern. The creative piece of textile art will go on display within school.

Visual Arts

Year Group A. PYP Visual Arts: P2
B. MYP Visual Arts: FY1 - Hundred

Pupils will focus on developing painting skills and creating displays to exhibit around school. Pupils will learn about painting strategies using a variety of mediums.



Board Games

Year Group P2 - P3

This CCA is an opportunity for pupils to improve & expand their English vocabulary whilst playing a range of fun and interactive board games.

Character Education Through Play

Year Group P2 - P4

As children practise skills that promote character development, they build on a bank of tools that they can draw on throughout their lives. This CCA aims to foster positive character strength development through stories, art and games.

Chess

(External: Caissa Hong Kong Chess Club)

Year Group P2 - Hundred

Price \$2250 (9 sessions, Monday)
\$2500 (10 sessions, Tuesday)
\$2500 (10 sessions, Wednesday)
\$2250 (9 sessions, Thursday)
\$1500 (6 sessions, Friday)

Malvern Chess is hosted by Caissa Hong Kong Chess Club and takes place daily. Caissa's professional instructors teach chess strategy and skills to all year groups. Chess Club welcomes both experienced chess players and pupils new to the game. Please refer to the CCA timetable for year group scheduling. Please visit the website for further information: <https://www.caissahk.org/>

GAMES AND BRAINS

Coding (External: BSD Academy)

Year Group A. PYP Coding: P4 - P6
B. MYP Coding: FY1 Hundred

Price A. P4 - P6 \$1800 (9 sessions, Monday / Thursday)
B. FY1 - Hundred \$1200 (6 sessions, Friday)

Pupils will learn and develop coding skills through fun & engaging mini lessons delivered by BSD Academy. Using practical applications pupils will experience 'real world learning', develop apps & websites and improve problem solving skills with computational thinking. Please refer to the CCA timetable for year group scheduling. Please visit the website for further information: <https://bsd.education/>

Coding & Tech Skills (External: BSD Academy)

Year Group P2 - P3

Price \$2000 (10 sessions, Tuesday / Wednesday)

Pupils will learn fundamental ICT skills to build towards basic coding in fun, interactive lessons delivered by BSD Academy. Available to both returning CCA 'Coders' and beginners. in The Hutch. Please visit the website for further information: <https://bsd.education/>



English Language Games

Year Group P4 - P6

Games Club is a fun way for pupils to improve & expand their English vocabulary through board games such as Scrabble, Articulate, Bananagrams and Trivial Pursuit.

Lego Engineers (External: Lego Engineers)

Year Group P2 - P4

Price \$2200 (10 sessions)

This is a hands-on class where students build machines, buildings, vehicles and other structures out of LEGO bricks. There are always exciting themes, model builds & challenges. Each session pupils will learn about the model topic, then we build a LEGO ® model to match!

Robotics

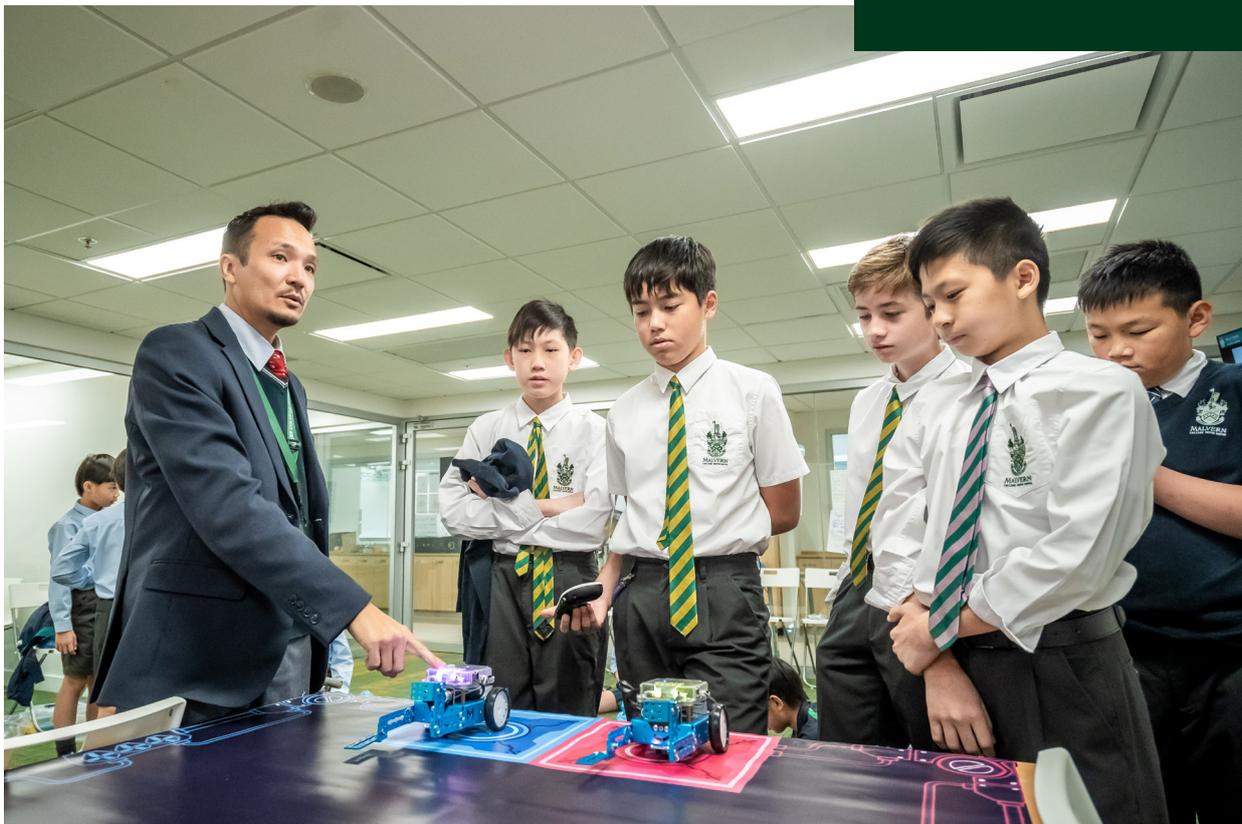
Year Group A. PYP Robotics: P4 - P6
B. MYP Robotics: FY1 - Hundred

Pupils explore the exciting world of science and technology through robotics by brainstorming, designing and building robots. Robotics takes place in the Hive. Experienced and new pupils are welcome.

Science

Year Group P5 - Hundred

For pupils from Prep 5 & 6 interested in exploring the scientific world. Pupils will have fun in the lab focusing on practical experiments and projects.



LANGUAGE AND LITERATURE

Chinese Enrichment

Year Group P2 - P3

Chinese Enrichment immerses pupils in traditional and contemporary Chinese culture through fun games, hands-on Chinese arts & craft and Chinese calligraphy.

English for Academia

Year Group FY2 - Hundred

This CCA is designed to hone your Academic English speaking and writing skills. Aspects of grammar, vocabulary and language construction specific to formal Academic English will be reviewed and revised. This CCA will suit pupils learning in a second or additional language.

French for Beginners

Year Group P4 - P6

The French Club will allow pupils in Years Prep 4-6 the opportunity to learn some basic French language and explore French culture. The club will initially be aimed at beginners.

Mandarin Speech

Year Group P3 - P6

Mandarin Speech Club is for pupils wishing to develop and practise Mandarin language skills in a fun environment through games, conversation and role play.





Spanish for Beginners (External: Spanish World)

Year Group P6 - Hundred

Price \$1600 (10 sessions)

Hola! Spoken by more than 400 million people in 21 countries, Spanish is the 2nd most commonly spoken language in the world. Spanish for Beginners will introduce pupils to basic Spanish words, numbers and useful phrases. Please visit the website for further information: <https://www.spanishworld.hk>

Spanish for Returning Beginners (External: Spanish World)

Year Group FY1 - Hundred

Price \$1600 (10 sessions)

For pupils who attended “Spanish for Beginners” last year and wish to progress their Spanish language vocabulary. Please visit the website for further information: <https://www.spanishworld.hk>

The Power of the Pen: Creative Writing

Year Group FY1 - Hundred

Would you like to see yourself winning the Nobel Prize for Literature? We all have to start somewhere. The Power of the Pen is a creative writing extracurricular programme led by Ms Khalli. The course will see pupils develop skills in writing opinion pieces, poems and short stories. Come and discover the Power of the Pen.

CO-CURRICULAR ACTIVITIES (CCAs) TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday
PYP Boys & Girls Basketball P4 - P6 Sports Hall	PYP Boys Football P3 - P5 Sky Pitch	Multisports P2 Sports Hall	Gymnastics P3 - P4 Primary Sports Hall	PYP Rugby P1 - P6 Sky Pitch
Capoeira P2 - P4 Dance Studio 111	Gymnastics P2 Primary Sports Hall	Swimming Lessons P2 - P3 Pool	PYP Choir P4 - P6 Music 114	Swimming Lessons P4 - P6 Pool
Swimming Lessons P2 Pool	Swimming Lessons P2 Pool	Ballet P2 - P3 Dance Studio 111	PYP Young Debaters P5 - P6 506	Maker Space P3 - P6 230
PYP Choir P2 - P3 Music 114	Chinese Drama P4 - P6 228	Faust Drama P2 Drama Studio 113	Chess P3 - P6 220	Badminton P6 - Hundred Sports Hall
Faust Drama P3 - P4 Drama Studio 113	Faust Drama P5 - P6 Drama Studio 113	Pottery P4 - P6 115	PYP Coding P4 - P6 202	Running P5 - Hundred Primary Sports Hall
Hip Hop Dance P4 - P6 Big School	Jazz Dance P2 - P3 Dance Studio 111	Board Games P2 - P3 311	English Language Games P4 - P6 509	Swimming Squad P5 - Hundred Pool
PYP Environmental P3 - P6 226	PYP Orchestra P2 - P6 Music 114	Chess P2 220	French for Beginners P4 - P6 214	Japanese Lang. and Culture P5 - Hundred 509
Plasticine Modelling P2 - P3 312	Storytime Art P2 320	Coding & Tech Skills P2 - P3 202	Mandarin Speech P3 - P6 228	Drama FY1 - Hundred Drama Studio 113
PYP Visual Arts P2 126	Chess P3 - P6 220	Fencing P5 - Hundred Primary Sports Hall	Hockey P4 - Hundred Sky Pitch	Chess FY1 - Hundred 220
Chess P2 220	Coding & Tech Skills P2 - P3 202	PYP + MYP Boys Football P6 - Hundred Sky Pitch	Girls Netball P5 - Hundred Sports Hall	MYP Coding FY1 - Hundred 202
PYP Coding P4 - P6 202	Lego Engineers P2 - P4 506	PYP + MYP Girls Football P5 - Hundred Sky Pitch	Swimming Squad P3 - Hundred Pool	The P. of the P.: Creative Writing FY1 - Hundred 506

Lego Engineers P2 - P4 502	PYP + MYP Girls Basketball P5 - FY1 Sports Hall	Sailing P5 - Hundred External	K-Pop Dance P4 - Hundred Dance Studio 111
PYP Robotics P4 - P6 401	Swimming Squad P3 - Hundred Pool	Water Polo P6 - Hundred Pool	Cookery P6 - Hundred Food Tech 201
Chinese Enrichment P2 - P3 228	Science P5 - Hundred 208	HKAYP Remove - Hundred 519	Indie Band FY1 - Hundred Music 116
Cricket P6 - Hundred Sky Pitch	Spanish for Beginners P6 - Hundred 509	Spanish for Returning Beginners FY1 - Hundred 509	MYP Environmental FY1 - Hundred 519
Swimming Squad P5 - Hundred Pool	MYP Orchestra FY1 - Hundred Music 116		Textiles, Weaving and Hand Sewing FY1 - Hundred 503
Chinese Pinyin Typing FY1 - Hundred 514	MYP Visual Art FY1 - Hundred 126		
MYP Young Debaters FY1 - Hundred 506	MYP Robotics FY1 - Hundred 401		
English for Academia FY2 - Hundred 509			
Please note that the following squads will run during the 4:00pm - 5:00pm time slot. Transport will not be provided for the squads.			
MYP U14 Girls Basketball Squad FY1 - Hundred Sports Hall	PYP + MYP Swimming Boys & Girls Squad P2 - Hundred Swimming Pool		MYP Boys Rugby FY1 - Hundred Sky Pitch
MYP U14 Boys Football Squad FY1 - Hundred Sky Pitch	MYP U14 Boys Basketball Squad FY1 - Hundred Sports Hall		

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