



Secondary CCA 3.00pm - 4.00pm

Tenby Schools Setia Eco Gardens (SEG)

Physical CCA Option Form (29th August – 11st November 2022) 10 Weeks

DAY	ACTIVITIES	DESCRIPTION	School	Year Group	EXTRA MATERIAL FEE (PAY TO COACH DIRECTLY)	FEE (PER TERM)
MONDAY	ARCHERY	<ul style="list-style-type: none"> To provide opportunities for students to try and understand Archery. To provide systematic and integrated training exposures for the trainees who has the talent and potential To provide exposure at a higher level beginning with exposure at training centers, State, National and International levels Giving opportunities to the trainees to be selected to represent the State for tournaments such as the State Talent Carnival, National Youth Championships and National Archery Championships Special Requirements / Restrictions: PE Kit.	SECONDARY	Year 7 -11 Form 1 - 5	N/A	RM500
MONDAY	CHESS WIZARD (SECONDARY)	Chess is the classic game that develops spatial thinking and strategies and builds focused concentration. Taught by a certified chess instructor, the class is geared for all levels of chess players. Beginners learn basic game rules and opening tactic moves. Intermediate and advanced players learn sophisticated combinations and strategies and advanced opening moves.	SECONDARY	Year 7 -11 Form 1 - 5	N/A	RM250
MONDAY	WUSHU	Wushu is both an exhibition and contact sport derived from Chinese martial arts. Student will be having stick training and will be tested for the term.	SECONDARY	Year 7 -11 Form 1 - 5	RM100 / STICK (WEAPON) AND TEST	RM350
MONDAY	Handball (Boys)	Handball (also known as team handball, European handball or Olympic handball)[2] is a team sport in which two teams of seven players each (six out court players and a goalkeeper) pass a ball using their hands with the aim of throwing it into the goal of the other team.	SECONDARY	Year 7 -11 Form 1 - 5	N/A	RM 100
MONDAY	Permainan / Aktiviti tradisional	A language club enables students to explore and improvise the usage of languages in daily routine which are in Bahasa. The perk of joining this club is that students can have better command of language and communication. Besides, it also enhances social skills among one another. The activities planned can help students to discover more vocabulary prior to the language. this club will give exposure to Malay language usage through game activity. Besides informal learning absorption it also exposes students how to play a game well while increasing the use of Malay language. Among the examples of activities are Sahibba, Saidina, Jutaria, Crosswords, and more.	SECONDARY	Year 7-11 Form 1 - 5	N/A	RM 100
TUESDAY	I-THINK	Variety mental challenging task to enhance thinking skills and improve resilient among students.	SECONDARY	Year 7 - 9 Form 1 - 3	N/A	RM 100
TUESDAY	DIABOLO	Diabolo is one of the most popular Chinese traditional games in Malaysia. Other than the learnt skills, Diabolo is also emphasized on performing art. Through Diabolo, we can strengthen our patient, discipline and the spirit on solidarity.	SECONDARY	Year 7 -11 Form 1 - 5	RM 85/ NEW STUDENT	RM150
TUESDAY	GLEE CLUB (Secondary)	Melissa Yap is the highest scorer for the Rockscool London Grade 8 Vocals Performance Certificate (Rock Star Award 2013) in Malaysia's southern region. With 8 years of experience in early childhood education, she will be teaching the children vocal techniques and learn songs to perform for school events, assemblies, as well as represent Tenby in Malaysian choir competitions.	SECONDARY	Year 7 -11 Form 1 - 5	N/A	RM500
TUESDAY	SCOUT	The Mission of Scouting is to Contribute to the Education of Young People, through a Value system based on the Scout Promise and Law to help build a better world where people are Self-fulfilled as individuals and play constructive role in society.	SECONDARY	Form 1 -5	N/A	RM150
TUESDAY	TAEKWONDO (SECONDARY)	Our aims and objectives are to promote and propagate Taekwondo to all school age children through the 5 tenets of Taekwondo, there are Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. Taekwondo is not just practice kicking and punching, black belt is not the end of the training, self- discovery and self- improvement will lead us gain a deeper understanding in our personal growth and allows us to reach a better situation	SECONDARY	Year 7 -11 Form 1 - 5	UNIFORM (RM95)	RM250
TUESDAY	CHINESE CALLIGRAPHY	Chinese Calligraphy (Beginner) CCA is for students who are interested in learning to write Chinese characters. Students will be learning to write the eight basic Chinese Characters strokes, numbers, and simple Chinese characters.	SECONDARY	Year 7 - 10	Students need to prepare a set of Chinese Calligraphy ink and brushes and open for beginner only.	RM100

TUESDAY	WEB DEVELOPMENT	Within Web Development, kids learn how to make professional looking beautiful and fully functional websites and web applications. Kids learn 3 languages - a) HTML for structuring web pages and adding content to them b) CSS for website design and to add styling and aesthetics to the content on the web pages/website and c) JavaScript to add functionalities to the website and build communication between the frontend of the website and the backend/database.	SECONDARY	Year 7 -11 Form 1 - 5	N/A	RM220
TUESDAY	Chinese Reading	This CCA is to provide time and space for students to read and talk about Mandarin books. They are encouraged to engage with Mandarin books and stories.	Secondary	Year 7 - 11	N/A	RM100
WEDNESDAY	KOREAN CULTURE	Learn Korean with 'K-Cultures' Learn Korean Language and Experience Korean cultural activities so that you can understand Korean easily and interestingly and get used to Korean and basic Korean structures.	SECONDARY	Year 7 -11 Form 1 - 5	RM 80/ PER STIDENT	RM300
WEDNESDAY	CODING & ROBOTIC	In this course, you will learn the fundamentals of coding and algorithm. Technical objective: You will learn basic mathematical concepts such as randomness, binary and boolean before moving on to essential concepts in programming – sequence, loops, parallelism, events, conditionals, and operators. Life skills objective: The projects in this course will help to develop one’s computational thinking skills – decomposition, pattern recognition, pattern generalization, and algorithm design.	SECONDARY	Year 7 -11 Form 1 - 5	N/A	RM300
THURSDAY	TENNIS	Students are able to start playing tennis and improve if they follow the program respectively. On top of that, they will be more knowledgeable in this beautiful sport. Additionally, the gameplay review will give students a better idea on how to play the game of tennis in the most effective way in order to keep playing tennis continuously. MATERIAL NEEDED 1. TENNIS RACKET 2. TENNIS BALL 3. HYDRATION 4. TOWER 5. SPORTS SUITS AND SHOES	SECONDARY	Year 7 -11 Form 1 - 5	N/A	RM200
THURSDAY	KITCHEN INSPIRATION	Introducing healthy cooking in schools has many benefits: - Student may try new and healthy foods - Student learn lifetime skills through practicing basic math skills such as counting, weighing, measuring, tracking time - Student also gains social skills by working together and communicating in the kitchen.	SECONDARY	Year 7 -11 Form 1 - 5	N/A	RM250
THURSDAY	LATIN & BALLROOM DANCE (SECONDARY)	In this lesson plan, students will expose international Latin and ballroom dance in one CCA. Latin dance - Jive (4figures) beginner Basic in place, Fallaway Rock, Fallaway throwaway, Link Ballroom dance - Tango (5figures) Pre Bronze Walk, Progressive Link, Closed Promenade, Progressive side step, Rock Turn By the end of lesson, students will able to dance jive and tango with music; Listening music rhythm; performance, competition and UKA Exam	SECONDARY	Year 7 -11 Form 1 - 5	RM 220 (DANCE UNIFORM & SHOES)	RM250
THURSDAY	MONEY TREE APPRENTICE	MoneyTree educates kids on the concepts of Spending Money and Saving Money in a FUN and LIVELY manner. Students get to bid on prizes thru Class Auction using MoneyTree currency earned in class. Our focus is on: 1. Improving your kid’s Financial Knowledge 2. Creating Good Money Habits 3. Know when to Spend and when to save	SECONDARY	Year 7 -11 Form 1 - 5	N/A	RM330
THURSDAY	WATER COLOR PAINTING	Watercolor painting skills learning. Students able to learn watercolor mixing skills through various interesting themes such as flowers, plants, fruits and dessert.	SECONDARY	Year 7 -11 Form 1 - 5	RM 150/ new Student RM50 / who continue register for next term	RM350
THURSDAY	24 FESTIVE DRUMS (Secondary)	The 24 Festive Drums consists of 24 drums representing the cycle of 24 festivals in the lunar calendar of the Chinese agriculture community, with each drum representing one festival. A full team completes the cycle of 24 festivals in the lunar calendar that for thousands of years has guided the farmers in their agriculture activities in China. There are two bold Chinese characters painted in calligraphy on every drum representing each of the 24 agricultural seasons. Each of the drums have their special meaning going by the colour coded Chinese characters in red, black and yellow, which symbolises auspicious, passion, perseverance, the Chinese culture and tradition respectively.	SECONDARY	Year 7 -11 Form 1 - 5	RM 60 (T-Shirt & Pants) RM30 (Drumstick)	RM350
THURSDAY	BAHASA BOARD GAME	A language club enables students to explore and improvise the usage of languages in daily routine which are in Bahasa. The perk of joining this club is that students can have better command of language and communication. Besides, it also enhances social skills among one another. The activities planned can help students to discover more vocabulary prior to the language. this club will give exposure to Malay language usage through game activity. Besides informal learning absorption it also exposes students how to play a game well while increasing the use of Malay language. Among the examples of activities are Sahibba, Saidina, Jutaria, Crosswords, and more.	SECONDARY	Year 10 - 11 Form 1 - 5	NA	RM 100

THURSDAY	NETBALL	Students who interested in netball will get to learn on rules, tactical and techniques in netball. Students will also get the opportunity to expand their skills in becoming part of netball school teams.	SECONDARY	Year 7 -11 Form 1 -5		RM100
FRIDAY	BADMINTON (SECONDARY)	Students are able to train and improve their physical fitness if they follow the program respectively. On top of that, they will be more knowledgeable in this beautiful sport. Additionally, the gameplay review will give student a better idea on how to play the game of badminton in the most effective way in order to win in this sport.	SECONDARY	Year 7 -11 Form 1 - 5	N/A	RM160
FRIDAY	MUAY THAI BORAN (SECONDARY)	Capries Muay Boran (CMB) will be proving students with several programs for a variety of purposes, ranging from basic martial arts, to self-defence, to esteem and life skills building, and more; while the students have fun learning them. CMB will gradually enhance and expand its programs to ensure the students have as much access to the different aspects of MuayThai Boran as possible. CMB takes great measure to set positive image of the art, the importance of self-discipline and nurturing good attitudes and behaviours of its students.	SECONDARY	Year 7 -11 Form 1 - 5	UNIFORM (RM60/PER SET) ANNUAL FEE (RM25/PER STUDENT) GRADING FOR KHAN 1-5 (RM60) MONGKON & PRAJECT OPTIONAL (RM70/PER SET)	RM250
FRIDAY	CHEERLEADING (SECONDARY)	To encouruage students to practive team works, communication and organization skills. To target train children and teenage a healthy, decent and attractive performances and assimilate into our locality and culture	SECONDARY	Year 7 -11 Form 1 - 5	RM 30 / T-SHIRT	RM 250

LATIONS & GUIDELINES:

1. Term 3/2022 Physical CCA starts on 29th August 2022 .
- 2.CCAs allocation based on FIRST COME FIRST SERVED BASIS.
- 3.Registration can ONLY be made via Parent Portal <https://segportal.tenby.edu.my/>
4. No Refund or withdrawal or new enrolment of CCAs starting 29th August 2022
5. Contact yasmin.nabila@tenby.edu.my if you have any issues on CCAs matter or contact 07-5588812