



Athletic CCA's

Ballet

Opens for PP-G6

Pre-Primary to Grade 2: This group incorporates floor work to develop strength and flexibility, the basic ballet concepts of arm and leg positions and across the floor to create balance, rhythm, musicality, and coordination. The class also encourages freedom of expression and imagination.

Grade 3 to Grade 4: This age group is preparing for the Vaganova system. There is both floor and barre work involved. There are also a lot of stretching exercises on the floor, building muscles for the core and back. There are exercises for coordination and the ability to hear the music. Students at this level focus on growing their dance vocabulary and memory of steps, combinations and performance pieces.

Grade 5 to Grade 6: This age group studies Year One of the Vaganova Program. There is both floor and barre work involved. There are also a lot of stretching exercises on the floor, building muscles for the core and back. Students will do exercises to develop coordination and the ability to hear the beats in the music. Other program elements are the “face to the barre” exercises according to the First Year of the Vaganova Program, building balance and also jumps. Students at this level focus on growing their dance repertoire and memory of steps, combinations and performance pieces.

Basketball – Learn-to-play

Opens for PP-G5

The Basketball CCA program gives our children the opportunity to develop and perfect their dribbling, passing and shooting skills. The students will learn the importance of teamwork and the fundamentals of basketball, and they will also develop a better understanding of the game and grow their self-confidence on the basketball court. On top of all the skills and fundamentals they will learn, they will have a great time playing basketball with their friends! By the end of this CCA, we will aim to have some of our older students competing against other International Schools and local basketball teams in Hong Kong in both friendly and competitive basketball matches.



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Basketball Team Practice

Opens for G5-G8

Want to join the Stamford Lions School Basketball Team? The School Basketball Team CCA will practice one day a week from 4 – 5 pm for the different age groups. The training will focus on fundamental basketball skills such as dribbling, shooting, and defense as well as working on strategies and teamwork to build a strong and cohesive School Basketball Team. The team will participate in games against other International Schools as well as against local schools in Hong Kong. Students attending this CCA will need to sign up for the Independent study class that will be offered from 3 – 4 pm on the same day.

Cross Fit for Kids

Opens for G4-G8

Join us for some safe and fun circuit workouts that combine aspects from gymnastics, body-weight training such as squats, and endurance training such as running and jumping! Cross fit incorporates children's natural playfulness and energy, and are full of variety that keeps children intrigued and moving.

Dance – Hip Hop/Pop

Opens for G1-G8

Join the After School Dance CCA for a fun-filled hour of dancing to pop and hip-hop music. Students will get to dance and have fun by learning some basic dance steps, and by following along to Just Dance and their two teachers Miss Evans and Miss Ennis! Great opportunity to exercise, express yourself, and be creative with your friends after school! No previous dance experience is required.

Gymnastics

Opens for PP-G2

Flip, twist, tumble and somersault! Who doesn't like to see their child be active, confident and healthy? Stamford's gymnastics CCA teaches children physical literacy, a combination of fundamental movement patterns and foundational sports skills. Strength and flexibility training is included as well as hand-eye and foot-eye coordination while having as much fun as possible.



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With these skills, children will have a strong foundation to explore and enjoy different sports and physical activities, keeping them active and healthy for life. Gymnastics also helps develop social skills and teaches teamwork – all essential in succeeding in and out of the gym.

Learn to Swim

Opens for PP-G4

Established in 1998, Stanford Swim School (“Stanford”) is the largest in Hong Kong and very first to be awarded international professional recognition. Stanford also set up its branch schools in Australia (Sydney and Brisbane) starting from 2009. Currently, Stanford is managing 31 swimming pools internationally, including 24 schools in Hong Kong, seven schools in Australia (Brisbane and Sydney).

Since its establishment, Stanford currently has acquired over 10,000 students per week and receives high opinions from parents. “Bringing Healthy, Happiness, and Confidence to Every Child!” Stanford strives to explore an effective swimming coaching method with an aim to inspire children to swim as a healthy sport.

Stanford designed the course based on the learning needs and effectiveness for children which gained recognition both locally and internationally. Stanford was awarded the professional certification of AUSTSWIM. Stanford modified its course by including AUSTSWIM content top-up. “Stanford Path”, founded by Stanford, was awarded patent by the Intellectual Property Department of HKSAR. “Stanford Path” establishes an innovative and structured program for children swimming learning. Furthermore, Stanford is the only Hong Kong swimming school that has been awarded ISO9001:2008 international quality certification.

Stanford Swim Squad

Opens for G4-G8

Our swim squad is for those looking to enhance their swimming skills and compete on the school swim team or foster more advanced skills. By the end of this CCA, we will be aiming to have some of our older students compete against other International Schools and some friendly swimming competitions.



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Soccer – Learn-to-play

Opens for G1-G5

This comprehensive soccer CCA program aims to motivate and develop the skills of young soccer players through a unique training and education methodology led by a professional team led by MWM Sports. This CCA will introduce students to key skills of the sport including dribbling, passing, shooting as well as defense. As our students' techniques progress, they will be trained to enjoy small sided competitive games. We also aim to have some of our older students in the program start playing both friendly and competitive games against local and International Schools in Hong Kong.

Soccer Academy

Opens for G2-G8 (G2-G5: By invitation only)

The Soccer Academy CCA will offer students who want to play a more competitive level of Soccer the opportunity to focus on their soccer skills, learn team strategy, and compete against other International Schools or Local Schools in Competitions. Coach Jake Carey and Coach Liliana Martins will be leading our Soccer Academy program.

Taekwondo

Opens for PP-G5

Our Taekwondo CCA is for those new to the sport and want to learn the fundamental skills of this popular martial art. Taekwondo helps to improve strength, flexibility, and coordination. The discipline and precision of this martial art are useful skills for students to develop and carry over into all areas of life.

Yoga

Opens for G4-G8

“A Healthy mind inside of a healthy body.” Want to learn how to perform Yoga? What better chance than with our very own Miss Rigdon leading our Yoga CCA! Students will learn the essential benefits of doing regular yoga: increased flexibility, relaxation, increased happiness and fun!



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Innovation & Technology CCA's

App Inventor

Opens for G4-G8

App Inventor CCA teaches students how to make simple apps for mobile devices using an MIT App Inventor software. In this club, students will be introduced to the installation, setup, and usage of this software. The club will begin with a demonstration and guided tutorials. Once they complete the tutorials, students will have the opportunity to create their own apps. They then can test their apps on either an emulator or on an actual device. If enough students are interested, they can work alone or in small groups to enter competitions such as the App Jamming Summit in the spring and even present at the MIT App Summit in the summer.

Coding

Opens for G1-G8

Coding is the language of the future, and in this CCA we will continue on from what you have learned in your STEMinn time, and to enhance your understanding and improve your coding skills, all with the idea of creating your own game/app. We will use a number of platforms to help us develop key, 21st Century Skills that will prepare you for a better future.

Digital Media

Opens for G4-G6

In today's world, everybody has access to a camera. This CCA will show you how to use it in a more advanced, innovative way. We will practice taking photos/videos and then start to edit them, so that we can turn an ordinary photo/video into a modern masterpiece. We will look at lighting, angles, shapes, and filters all crucial aspects of media production and editing. This will be an exciting and educational CCA program that will keep kids engaged from start to finish!



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Discover VEX Robotics

Opens for G4-G8

Building on the success of our semester one robotics program, we are looking to develop a robotics club for beginners. To give students the opportunity to explore and experiment with robotics, we will be starting a Discover Robotics CCA where students of all levels can begin to code, program and design their Robot. Students will get the chance to use our VEX Robotics kit, learn how the system works, and all with the aim of developing the skills needed to control the robot. At Stamford, we enter a number of robotics competitions, and these skills will come in handy at these future events where you too could find yourself competing.

Robotics

Opens for PP-G5

Explore the wonders of science, programming, and technology through robotics. Children in this CCA will enjoy brainstorming, building and experimenting with amazing robots, including Bee-Bot and Stamford's own amazing Leo (Nao Robot) !

Stamford Creates

Opens for G3-G5

At Stamford our focus is always on student creation. During this CCA, students will get the opportunity to push their imagination and use various tools to create even more. Students will explore augmented reality and virtual reality and look at ways where they could use both – but more creatively. Students will also have the opportunity to delve deeper into some of the innovative apps we use on our iPads again with the focus on creating.

STEMinn 2.0

Opens for PP-G8

Stamford's STEMinn 2.0 CCA will take Innovation to the next level! While inspiring, engaging and allowing every child to use their imagination, students will have opportunities to turn their visions into reality. Through STEMinn activities, students will be challenged to ask questions,



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make observations and gather information about a situation that can be solved through new, improved and innovative ways. Design thinking will drive the exploration of drones, 3-D printing, micro-controllers and much more!

3-D Printing

Opens for G6-G8

This CCA will be using the Innovation Center to explore 3D design with 3D printing, the perfect intersection where creativity meets technology! Students can design for fun — such as designing movie props or jewelry — or for their business idea — such as a product prototype.

There is almost no limit to where 3D printing can take us! In this workshop, the children will:

- Learn 3D design skills including 3D navigation, extrusion, rotating and revolving constructs and much more!
- Learn how 3D printers work
- Design for fun or prototype a product for a business concept
- Print and take home their designs
- Use 3D printing for homework assignments!



The Arts CCA's

Ceramics 3-D

Opens for G1-G4

In Ceramics 3-D, students will be able to take their creative ideas off the page and into the third dimension! They will have the opportunity to experiment and create with a wide variety of materials and processes to create unique 3D works of art. Students will utilize clay, cardboard, recycled materials, paper maché, fabric and more in their creations while continuing to build on the foundational skills and knowledge in the Visual Arts.

Chinese Arts and Crafts

Opens for PP-G8

We are very excited to be offering the Chinese Arts & Crafts CCA again this Semester here at Stamford American School. This was an extremely popular program last year, and we are aiming to make it an even more enjoyable and educational program for students this year. The Chinese Arts & Crafts CCA will offer students from Pre-Primary – Grade 8 who are interested in working with colorful paper, thread, watercolors, and other art materials to create Chinese drama masks and other interesting Chinese Art. The language of the instruction will be Chinese.

Chinese Calligraphy

Opens for PP-G8

Calligraphy is an essential component of Chinese Art which allows a more symbolic presentation of the Chinese characters. Students will learn the basics set of rules including dot, horizontal stroke, falling stroke, vertical stroke, and hook. Students learn the rules of the combination of Chinese characters and ways to vary the combinations to create beautiful art while also allowing themselves to express themselves.



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Chinese Speech and Drama

Opens for PP-G3

The Chinese Speech and Drama Club is to nurture students' interests in the learning of Chinese Language and further develop their Chinese Language ability through various activities and training that help to improve non-verbal expressions in preparation for performances and competitions. Activities include poetry recitation, cross-talks, story-telling, drama, giving public speeches.

This programme is to help students who are interested in public speaking, or who want to build public speaking skills and confidence and poise in front of an audience. In our CCA, we will emphasize the pronunciation of words, phrases, and sentences, analyze the appropriate pauses and stresses in an article, as well as share memorization and performing strategies.

Choir

Opens for PP-G8

Grades 5-8 (Tuesday) , with Ms. Tina Batchelder-Schwab

Choir for grades 5-8 is open to all! This Choir requires no audition and students need no prior experience to join. We will work quickly and with focus. Students interested in singing great literature and working with others who enjoy doing the same are encouraged to participate. This is a wonderful opportunity to work in an ensemble and to gain valuable performance experience. The emphasis of this Choir is to perform, with increasing sophistication, quality pieces from a variety of time periods and cultures. Students will be expected to show progress in their pitch matching, rhythmic accuracy, vocal technique, independence in part-singing and ensemble attitude. Some pieces will require choreography and movement. This Choir will be featured in a performance this semester.

Grades 2-4 (Thursday) , with Ms. Christine Chan

Choir is a wonderful way to expose young people to great music, ensemble etiquette, teamwork, and many cultures. This Choir requires no audition, and all are welcome! Students are given the opportunity to perform music from many cultures with enthusiasm and expression. Singing is a natural and enjoyable way to develop language skills and teamwork. We will rehearse and perform quality literature, emphasizing confidence building and independence in part-singing. Enthusiasm, open-mindedness, and focus are most welcome! This Choir will be featured in a performance this semester.



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Pre-Primary-Grade 1 (Monday), with Mrs. Jennifer Hedley

Choir is a wonderful way to expose young people to great music, ensemble etiquette, teamwork, and many cultures. This Choir requires no audition, and all are welcome! Young children love to express themselves in all kinds of ways including through musical performance. Singing is a natural and enjoyable way to show your creativity and develop your talents. We will rehearse and perform quality literature with the emphasis on good technique, increased confidence, musical expression, and beginner part-singing. Enthusiasm, open-mindedness and focus are most welcome! This Choir will be featured in a performance this semester.

Drama Production

Opens for G3-G8 (Audition Required)

The Drama production will be an auditioned play for students. Auditions will take place in January. Audition expectations, cast size, and rehearsal schedules are shared on MyStamford. Students will have the opportunity to audition for a production that they will perform in May. Students will be able to increase their risk-taking, confidence and collaboration skills. They will perform in front of an audience, developing a character and projecting their voices, using their body language and singing skills. By taking part in rehearsals, students will demonstrate their commitment and creativity by working together to produce a show. We hope to see many of our students joining this exciting opportunity.

Drawing and Painting

Opens for G2-G8

This Drawing & Painting CCA is designed to give the students the opportunity to build upon experience with drawing and painting skills. It enables them to practice with the expressed goal of further developing creative invention and honing technical as well as observational drawing skills. Students are encouraged to dive into areas of experimentation with various materials while being risk-takers and problem solvers. They will receive the chance to create both representational and abstract artwork. We will dip into some fascinating art history and have a blast in this art CCA!



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Extraordinary Prop Art

Opens for G5-G8

Students will be part of the magic of the stage in this unique and exciting art class! They will imagine, design, build, and even utilize the props they create when they go to drama class. Everything from collaborating to making larger than life props to individual mask making will be covered. This is a great class for students who enjoy molding and sculpting to create three-dimensional artworks. Make one-of-a-kind props from imagination and see them come to life through this engaging art co-curricular activity!

Faust Drama Class

Opens for PP-G8

Faust provides fun and lively drama workshops for children looking to boost their confidence, creativity and performance skills! Younger year groups will use a range of popular storybooks as inspiration to help act in character and perform stories in front of an audience. Older year groups will develop more sophisticated drama skills such as physical theatre, improvisation, Shakespearean text and more. All groups will present what they have learned at the end-of-term Open Session for parents.

Fundamentals of Art

Opens for PP-G8

Students will participate in fun and exciting art lessons as well as activities centered around various forms of art. Through the use of different art materials, students will develop their technical skills, take creative risks, solve problems, express themselves, and explore their creativity. They will have the opportunity to respond to their peers' artwork, other artist's works, as well as their own, and make connections to inform their thinking and find inspiration. Students will be encouraged to use their imagination and be inquirers in this expressive and engaging after-school art class!



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String Orchestra – Beginner

Opens for G1-G8 (Audition Required)

Let's share your music and make new friends in the String Ensemble! This string ensemble provides an introductory ensemble experience for developing string players. It offers instruction on ensemble playing of violin, viola, cello, and string bass instruments, with a focus on the skills necessary for long-term success. Fundamental skills include proper posture and playing position, development of characteristic tone quality and training in music literacy.

This experience is ideal for students who have limited previous participation in instrumental ensembles. It may also be suitable for those already with experience but who may need a review and reinforcement of music reading, playing fundamentals and technique that are vital for lasting musical development. Students in grade 1-8 are welcome. Students must provide their instruments and should be studying with a private teacher. This ensemble will be featured at a school concert. Auditions are required for placement in this ensemble.

String Orchestra – Advanced

Opens for G3-G8 (Audition Required)

The String Orchestra offers a unique platform to encourage young and new musicians to hone their musicianship and improve their playing techniques! This intermediate string orchestra is for students who already have an understanding of essential music reading, instrument assembly and maintenance, correct playing position and sound tone production. Instruction offers a continued focus on the refinement of tone quality, technique, aural skills, and music literacy. Students will provide their instruments and should be studying with a private teacher.

This orchestra will be featured in the school concerts. Placement is by audition including the following requirements:

- Two or more years of experience (or discretion of director)
- Able to play C, G, D major scales
- Ability to judge basic intonation
- Understanding time and key signatures
- Basic sight-reading



Special Interest CCA's

Chess – Learn-to-Play

Opens for G2-G4

The Chess club is designed for students to learn the basics of chess and for those more advanced in chess to learn new strategies to improve their overall game. The students will play games of chess during the class as well as receive coaching. Students will be encouraged to participate in Chess tournaments at a later date.

Creative Writing

Opens for G4-G8

The creative writing CCA will encourage writing in any shape or form. From poetry to fantasy to nonfiction writing, students can finally work out those ideas that have been lurking in the backs of their minds. We will go through the writing process with students so they can draft, edit and publish their pieces by the end of the semester.

Gardening

Opens for G3-G8

The Gardening CCA will teach students about different gardening techniques; types of plants, including vegetable plants, herbs, and decorative plants; vertical gardening; soil types; and whatever other gardening topics the students are interested in exploring. Students will learn not only about growing plants from seeds and planting plants, but also caring for the plants once they are in the ground. We will grow organic, chemical-free plants.

Independent Study

Opens for G4-G8

This study class runs from 3-4pm and is ideal for students who have enrolled in any CCA that starts at 4pm. This class will not be counted towards your weekly CCA limit.



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Public Speaking/Debate Team

Opens for G5-G8

The Debate club helps you improve your public speaking skills, learn about political affairs and connect with other like-minded students. Because this is the first time being offered here at Stamford, we'll begin by looking at different debate formats and practicing the basics of good public speaking before moving on to competitive debate situations. By the end of the semester, we'll aim to conduct a mock Congress format by speaking.