



深圳曼彻斯通城堡学校
MERCHISTON
SHENZHEN

CCA

OPTIONS

BOOKLET

Term 1
2021 - 2022

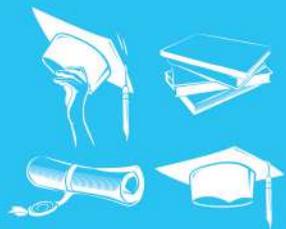


CCAs

- CCA courses are divided into three categories.
- All courses with * are fee-based courses.
- Each student should select at least one in each category.



ACADEMIC



CREATIVITY



SPORTING





ACADEMIC

- Mathematical Thinking: Years 7-10
- Math Puzzles: Years 7-10
- Chinese Creative Writing Years: 7-10
- English Debate Club: Years 7-10
- Biochemistry Club: Years 10-13
- Alternative Finance: Years 10-13
- Astrophysics: Years 10-13
- CIPQ & EPQ: Years 12-13
- Edexcel A Level Chinese: Years 13
- CIE A Level Chinese: Years 13
- French*: Years 7-13
- French: Years 7-13
- Spanish*: Years 7-13
- Finance and Investment*: Years 9-13

```
...is('hidden?':visible')) {  
  //it became hidden  
  t.appeared = false;  
  return;  
}  
  
//is the element inside the visible window?  
var a = w.scrollLeft();  
var b = w.scrollTop();  
var c = t.offsetLeft();  
var d = t.offsetTop();  
var e = t.offsetWidth();  
var f = t.offsetHeight();  
var g = w.clientWidth();  
var h = w.clientHeight();  
var i = a + c + e <= g;  
var j = b + d + f <= h;  
var k = i && j;  
if (y + th + ay >= b &&  
    y <= b + wh + ay &&  
    x + tw + ax >= a &&  
    x <= a + ww + ax) {  
  
  //trigger the custom event  
  if (!t.appeared) t.trigger("appear", settings.delay);  
}
```





Mathematical Thinking

Years 7-10

Cyan Li

$$\begin{array}{l} 5x - 40 + 2x + 10 = 180 \\ 7x - 30 = 180 \\ \quad +30 \quad +30 \\ \hline 7x = 210 \\ \quad \div 7 \quad \div 7 \\ \hline x = 30 \end{array}$$

This CCA course content is rich and diverse; it includes making and applying maths props, learning clever calculations, performing logical deductions and includes discussing interesting maths animations. This course will help you improve your problem-solving abilities and logical thinking skills, which can come in handy even outside of academics.

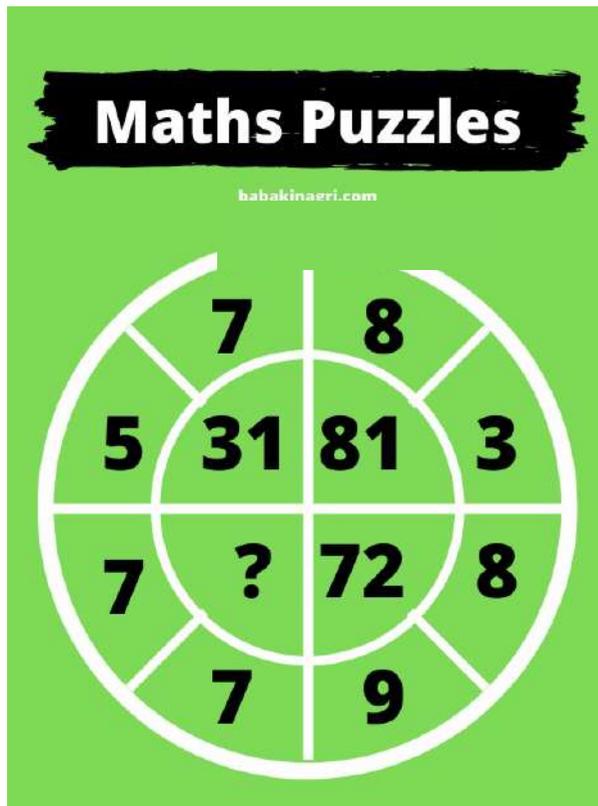




Maths Puzzles

Years 7-10

Natalia Tsibina



Students will get familiar with a range of maths puzzles, develop logical thinking, persistence and grit. This CCA is for students who are keen and motivated, want to take part in competitions and enjoy exploring and discovering new ideas.



Chinese Creative Writing

Years 7-10

Bingyu Liu



Intermediate and Advanced Chinese learning students improve their self-expression ability through various literary genres. Students learn how to turn life experiences into stories by avoiding cliches. Through literary analysis, story creation, critical thinking and poetry writing students become excellent story narrators. They join group discussions and study each other's articles to form opinions on self improvement. This CCA includes classroom learning, literary salons, and reading clubs, which opens the door to literary writing.



English Debate Club

Years 7-10

Cecilia Wen



Students develop excellent English oracy skills, critical thinking and confident communication in a fun way! Students discuss key current affairs through interactive group work and receive descriptive feedback from coaches. Students improve their competence to analyse, compose and deliver full speeches. This club also provides a platform for students to train for debate competitions at a national level.



Biochemistry Club

Years 10-13

Andre Eichert

CHEM CLUB



What is life? Where does it come from? How does it work? In this course students learn the basic and advanced knowledge of biochemistry, which will be helpful for your chemistry learning and university application.



Alternative Finance

Years 10-13

Faye Xie



The Finance Club teaches students how to speak the language of alternative investments, identify the defining elements of private equity, private debt, hedge funds, and real estate, assess potential investment opportunities, and understand the skills and strategies necessary for investing in alternatives.

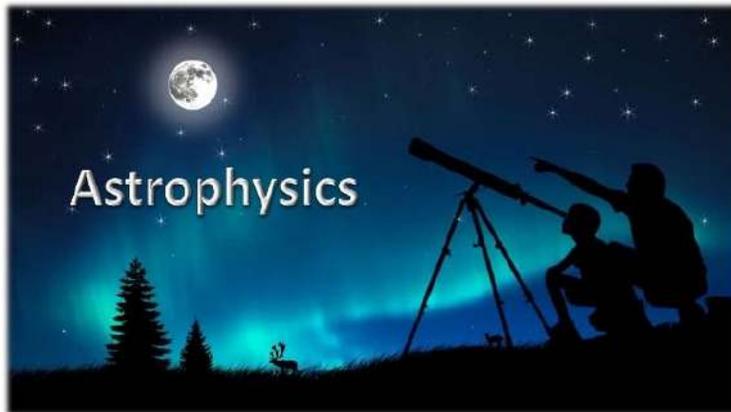




Astrophysics

Years 10-13

Adam Harbinson



We look at high-level applied physics in the context of space, stars and astronomy. This is the club for those wishing to take place in the British Astrophysics Olympiad. It is suitable for Years 10-12. Anyone who is interested in astrophysics gets a lot out of this competition. It also looks impressive on the application for anyone thinking of going to a top university or is looking to study physics at university or both.



CIPQ & EPQ

Years 12-13/AS, A2

Don Lyu



CIPQ of CAIE and EPQ of Edexcel are official project-based qualifications that are recognised by universities around the world for their entrance applications. For both CIPQ and EPQ, students will submit a 5000 words report to answer a research question they have chosen. During the CCA, we provide lectures on research methods and academic writing. In addition, we pair up each student with a supervisor who meets with the student on weekly basis to guide him/her to work on his or her own specific topic.



Edexcel A Level Chinese

Years 12 and 13

Keira Luo



This CCA is for students in Years 12 and 13 who need extra support and guidance for the Edexcel Chinese A Level.



CIE A Level Chinese

Years 13

Keira Luo

**Want to learn Chinese
through English?**



This CCA is for students in Years 12 and 13 who need extra support and guidance for the Cambridge International Exams Chinese A Level.



French*

Years 7-13

COL Instructor



French is the official language used by 29 countries of the world, cutting across five continents. French is the second most widely spoken mother tongue in the European Union, after German and English. On se voit là-bas!



French

Years 7-13

Diane holder

**KEEP
CALM
AND
LEARN
FRENCH**

Students of beginner and intermediate levels learn some French songs, how to speak French by talking about themselves, their family, their hobbies. Setting up a Duolingo account students do some independent study as well as doing some French grammar and some games in French. Tous en Français. They can even start preparing for French GCSE if they make lots of progress!



Spanish*

Years 7-13

COL Instructor



Spanish is the first language of over 360 million people worldwide. With Spanish as the official language of 18 American countries, it is naturally a popular language to learn. Learning Spanish language and culture includes a world of art, literature and beauty – join us! Únete a nosotras.



Finance and Investment*

Years 9-13

HSBC



In this Class, you will understand financial intermediaries, investment process and investment ethics. You will learn how company operates and understand the company by reading financial statements. Finally, you will know what is time value of money. There are 4 classes are provided in whole semester.



CREATIVITY

- Documentary: Years 7-9
- Paper-cutting: Years 7-9
- Chinese Embroidery : Years 7-9
- World Literature Map : Years 7-9
- Drawing and Guessing Games : Years 7-12
- Drum Kit Focus* : Years 7-13
- Xianshun Pipa Focus* : Years 7-13
- Chinese Music : Years 7-13
- Student Wellbeing Action Group : Years 7-13
- Seniors Chess : Years 7-13
- Board Games : Years 7-13
- Photo Realistic Self Portraits : Years 7-13
- Observational Academic Drawing : Years 7-13
- DT Club : Years 7-13
- Cultural Societies-Film Club : Years 7-13
- Student Council: Years 7-13
- Comics: Years 7-13
- Creative Thinking in Art Design : Years 7-13
- Seniors Choir : Years 7-13
- Band Club : Years 7-13
- Ukulele* : Years 7-13
- Seniors Eco Council : Years 7-13
- K-Pop Dance Group : Years 8-11
- Card Games Club : Years 8-12
- Bilingual Media Centre : Years 10-13



Paper-cutting

Years 7-9

Rena Wang



Paper-cutting comes from the old folk art. Students' thinking ability, practical ability and aesthetic ability improves by paper-cutting activities.



Chinese Embroidery

Years 7-9

Charlene Xu



Chinese embroidery is an ancient form of needlework in which intricate designs are sewn onto items such as tapestries, garments, and other textiles. Embroidery is a brilliant pearl in Chinese art. From the magnificent Dragon Robe worn by Emperors to the popular embroidery seen in today's fashions, embroidery adds so much pleasure to our life and our culture. Students learn the development and basics of Chinese embroidery, and enjoy the beauty of its four major styles at the same time learning how to embroider certain patterns on fans or T-shirts.



Drawing and Guessing Games

Years 7-12

Valeria Wang

Students can improve their visualising skills while playing games! This CCA helps with visualising, coordination and teamwork skills.





Drum Kit Focus*

Years 7-12

Chen Shi Academy



The basic drum kit is comprised of any number of other percussion instruments, but primarily of large and small drums and cymbals, with the special tonal qualities of each being used in a performance. Learn this fantastic instrument.



Xianshun Pipa Focus*

Years 7-13

Xian Shun Zhou



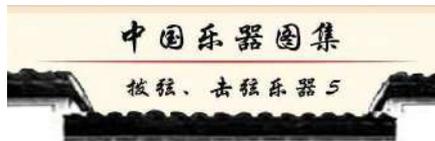
Learn the magical Pipa. Pipa is a 4-Stringed Chinese musical instrument which is plucked like a guitar.



Chinese Music

Years 7-13

Ivana Feng



Chinese Music CCA provides students with guidance and a stage to perform both modern and traditional Chinese songs! Playing musical instruments is fun and is also good for concentration and patience. Join a group to perform together helps to make friends, improve group work skills, build confidence and appreciate Chinese music. If you are learning Erhu, Pipa, Guzheng, Hulusi, Dizi or Xiao please sign up.



Student Wellbeing Action Group

Years 7-13

Laura Copley



Open to any students from Y5+ with an interest in improving their own wellbeing and that of other students across the school. We aim to learn new strategies to support our own wellbeing as well as organise school-wide events to support our peers.



Seniors Chess

Years 7-13

Andre Eichert



This CCA is open to all seniors who want to play international chess at all levels from beginners to ambitious players. Here, you can learn the basic rules, simple combinations and sophisticated strategies. If possible, we can also form a MIS chess team that prepares to compete against other international schools in Shenzhen.



Board Games

Years 7-13

Sharon Li



Board Games CCA aims to improve communication skills, collaboration and strategic planning. We have a variety of board games such as "Settlers of Catan", "Exploding Kittens", "Monopoly" and many others, all focusing on using language, strategies, and competitiveness.



Photo Realistic Self Portraits

Years 7-13

Alan Davis



Students draw a large oversized self portrait making it look as close to a photograph as possible. A range of pencils, blending stumps and erasers are used.



Observational Academic Drawing

Years 7-13

Alan Davis



Students learn how to draw what they see by understanding the correct proportions and making comparisons. Students learn the meta-cognition necessary for making accurate observations to apply to drawing accurately.



Design Technology Club

Years 7-13

Leon Jiang



Design Technology enables learners to identify, consider and solve problems, though creative thinking, planning and design, and by working with different media, materials and tools.



Cultural Societies Film Club

Years 7-13

Yvonne Xu



In the Cultural Societies Film Club, students have the opportunity to screen and compare various films from different cultures and societies around the world after film screening.



Student Council

Years 7-13

Maykell Figueira



The student council helps facilitate the communication between students, teachers and heads of departments. It also helps develop students' leadership skills by encouraging them to organise activities and projects. Students can learn extra-curriculum skills that were an extension of their classroom courses.



Comics

Years 7-13

Yawen Cheng



Students learn body structure drawing and head drawing skill to practice figure drawing and character design. Inking and colouring is an additional option if they acquire basic drawing skill.



Seniors Choir

Years 7-13

John Wright



The school's flagship musical ensemble, representing MIS in various locations around Shenzhen and further afield. Enjoy learning to sing in parts in music ranging from Rock to Mozart. Students also learn how to sing in a group, experimenting with sounds and harmonies and learning how to sing in parts. This CCA is for anyone who really enjoys singing. Welcome to all, no auditions needed.



Band Club

Years 7-13

Maykell Figueira



Join the band club if you want to play in a rock/pop band, learn about how to play music with other people, how to write and record songs (both your own and other people's) in a proper recording studio. The aim of this club is not to teach you how to play a musical instrument. The aim is to take your existing skills and learn to use them with a band. So, anyone wanting to join the band will be briefly auditioned, and then assigned to a band consisting of players who are at the same level of proficiency.



Ukulele*

Years 7-13

Chen Shi Academy



The Ukulele is a four-stringed musical instrument made from wood that resembles a small classical guitar. The ukulele is easier to learn than the guitar and other stringed instruments. However, it is pleasant to hear, and most importantly, it is fun to play.



Seniors Eco Council

Years 7-13

Jackie Henderson



Help make MIS a green and more eco friendly school. Work on recycling, biodiversity and sustainability projects that help MIS to gain its Eco Schools accreditation. Work with other eco groups in Shenzhen and China towards a tree planting expedition to Inner Mongolia in April.



K-Pop Dance Group

Years 8-11

Winnie Zhou



K-Pop CCA gives students a chance to learn more about the ever popular Korean Pop Dances. Students start the course by learning basic KPop dance movements before to advancing to a learning a performance piece to share with a greater audience.



Card Game Club

Years 8-12

Yvonne Xu



Students explore different kinds of card games throughout throughout the term, discuss the rules and the possibility to win certain games. This CCA is a mixture of fun, creativity and thinking skills.



Bilingual Media Centre

Years 10-13

Zoe Chen

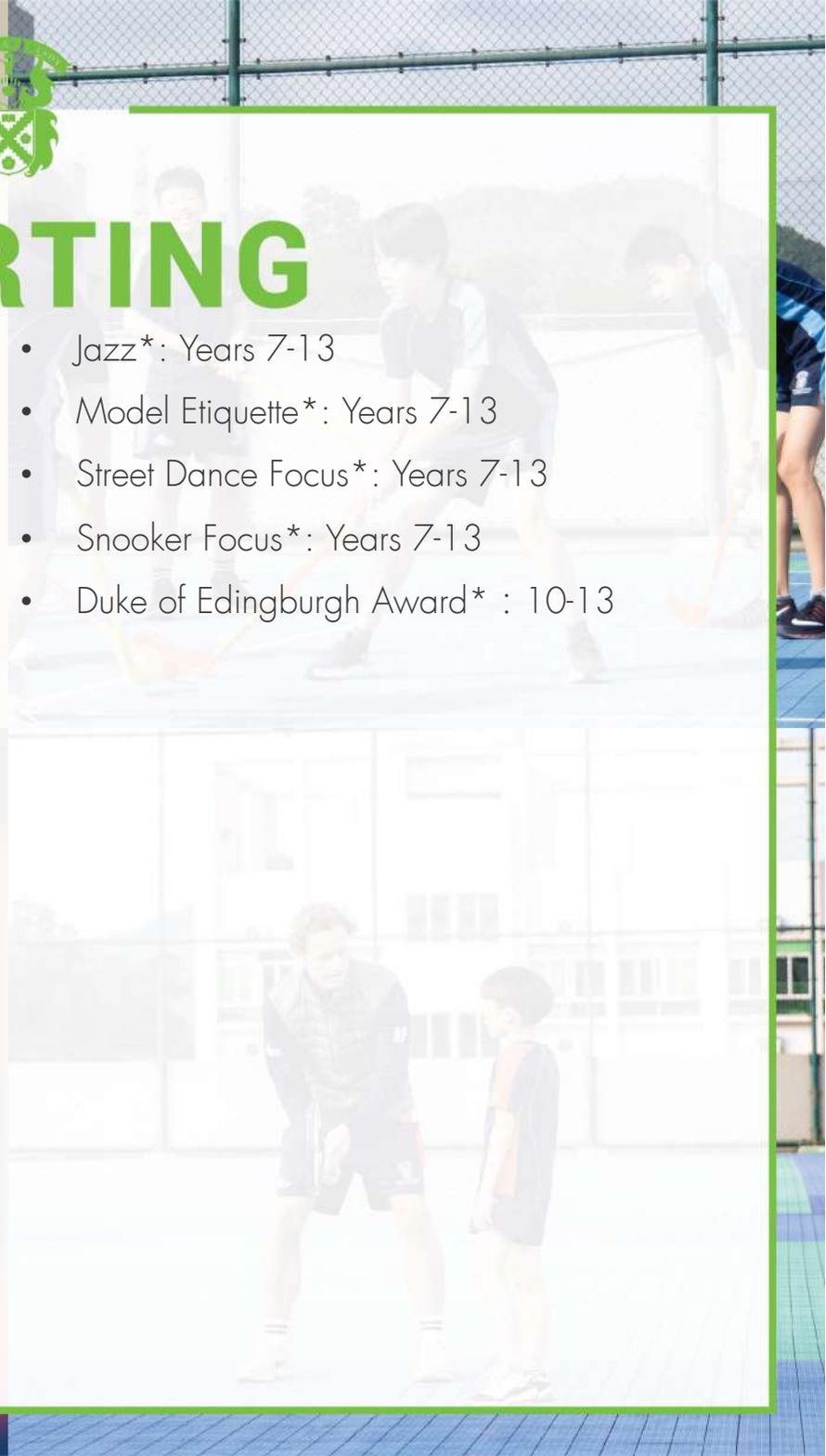


Students record podcasts in our very own recording studio. We video interview teachers and students in and around the campus focusing on one topic every two weeks. Topics range from big events in school, relevant festivals or recent news announcements. Students are guided on how to write and edit school news, take news videos which assists with communication skills. Students will be allocated into different groups such as bilingual journalist, editor, presenter, radio announcer.



SPORTING

- Frisbee : Years 7-11
- Touch Rugby : Years 7-12
- Yoga/Pilates/Weights: Years 7-13
- Juggling: Years 7-13
- U14 and U19 ISL Football : Years 7-13
- Boxing : Years 7-13
- Chinese tai chi, Meditation : Years 7-13
- British Sports Club* : Years 7-13
- Football Focus*: Years*: 7-13
- Table Tennis Focus* : Years 7-13
- Tennis Focus* : Years 7-13
- Basketball Focus* : Years 7-13
- Roller Skating Focus* : Years 7-13
- Golf Focus* : Years 7-13
- Badminton Focus* : Years 7-13
- Jazz*: Years 7-13
- Model Etiquette*: Years 7-13
- Street Dance Focus*: Years 7-13
- Snooker Focus*: Years 7-13
- Duke of Edingburgh Award* : 10-13





Frisbee

Years 7-11

Tim Hayes



In this course you are introduced to the fast, thrilling and competitive sport of ultimate frisbee, also known as "Ultimate". Ultimate is a team sport that is played on a field with a flying disc and the object of the game is to outscore your opponents by catching the disc in the end zone. It has been described as a combination between basketball, American football and soccer.



Touch Rugby

Years 7-12

Michael Shaw



It is my pleasure to invite you to show how adaptable you are by taking up a new sport. Positively challenge yourself to learn new skills, as well collaboration with teammates whilst at the same time, respecting your opponents. Let me whet your appetite to enquire further about opportunities in this wonderful sport as a player, coach or referee. In the meantime, enjoy some physical exercise once a week playing this non-contact version of the game, which is both safe and fun. Rugby - a game for all.



Yoga/Pilates/Weights/Hockey/Frisbee

Years 7-13

Diane holder



This fitness blended CCA involves half the time yoga/ pilates and half the time weights/ cardio, using the machines in the gym. Pilates improves your core strength- your stomach and back muscles. Yoga improves flexibility and balance and relaxation. When the weather is cooler we use our outside space for the sessions and do some hockey and frisbee, to run around and improve our general fitness and enjoyment of sport.



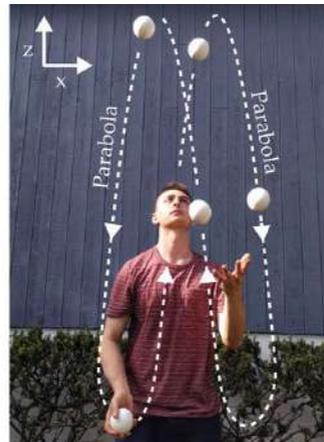
Juggling

Years 7-13

Tim Hayes



Juggling is a fun activity, involving the play of objects for recreation and art. Come learn how to juggle, improving your coordination, body movement and IQ!





U14 and U19 ISL Football

Years 7-13

Emanuele Canciani



Training and official matches against other International schools in the Shenzhen area.



Boxing

Years 7-13

Bianca Lin



Students learn the basic boxing techniques, train their bodies and coordination all whilst keeping fit.



Yoga

Years 7-13

Angelina



Suitable for beginners interested in increasing their knowledge of yoga asana (postures) and pranayama (breathing techniques). The lessons will focus on using yoga off the mat as well as on the mat. Own mat/yoga towel is preferred for hygiene reasons.



Chinese tai chi, Meditation

Years 7-13

Yawen Zheng



Students learn 24 Tai-Chi movements and Ren-Du whole body breathing and meditation skill to improve their wellbeing of body and mind.



British Sports Club

Years 7-13

Deep Dive



In this club, you have the chance to get yourself involved in a variety of sports, including rowing, rugby, golf, sailing and skiing. We hold in-depth lecture series from sports professionals or elites who share their understanding and experiences playing the sports. If you are interested in any of the mentioned sports mentioned you should be joining this club.



Football Focus*

Years 7-13

Yi Qian Feng



Football is loved all over the world and is played and watched by millions of football enthusiasts. A team sport that involves body coordination, power training and endurance and skill.



Tennis Focus*

Years 7-13

Fit Tennis Coach Lin



Tennis is an international sport with children as young as 3 years old beginning to train. Tennis greatly benefits children's health, adaptability, and coordination. Do we have the next Novak Djokovic or Serena Williams in MIS?



Table Tennis Focus*

Years 7-13

Sean Wang/Guang Da



Table Tennis offers body simulation, aerobic exercise and social interaction. Table Tennis improves hand eye coordination and reflexes. The classes are split into sets according to ability levels.



Basketball Focus*

Years 7-13

Five Star Sport



Basketball helps to improve motor coordination, flexibility and endurance. As a team, members can encourage, motivate, and support each other. Professional and experienced English speaking coaches use their specialised training for each part of the basketball skills.



Roller Skating Focus*

Years 7-13

Heng Xing Sport



Roller Skating is a great way to improve fitness and strengthen muscles. Working the legs, glutes and core can really enhance endurance but causes 50% less stress to the joints than running. It even improves flexibility and endurance.



Golf Focus*

Years 7-13

PGA



Golf is back at MIS! A social sport, golf is a game that is enjoyed by playing alongside old friends and new, colleagues, partners, spouses and children, where anyone can compete with a different handicap. The PGA and PGA Professionals enhance the golfing experience of hundreds of thousands of golfers across the world.



Badminton Focus*

Years 7-13

Guang Da Sport



Learn from a professional badminton coach on how to grip the racket, hit a smash, move around the court, how to defend and how to score in the real game.



Street Dance Focus*

Years 7-13

Jamyo Easy Dance



Street Dance has many genres: popping and locking, breakdancing and house dance. Therefore, naturally there is lots of room for self-expression and attitude. Students can express their styles and will be encouraged to elevate their skill and expressiveness. Each class subdivides students into groups by age and skills.



Snooker Focus*

Years 7-12

Chen Shi Academy



Snooker is a British aristocratic sport. Playing a game of Snooker requires a lot of concentration and this helps you to build the habit of concentrating on your daily tasks as well. Other than pool, Snooker has a lot of strategy thinking. Defense is quintessential to Snooker.



Model Etiquette*

Years 7-13

Chen Shi Academy



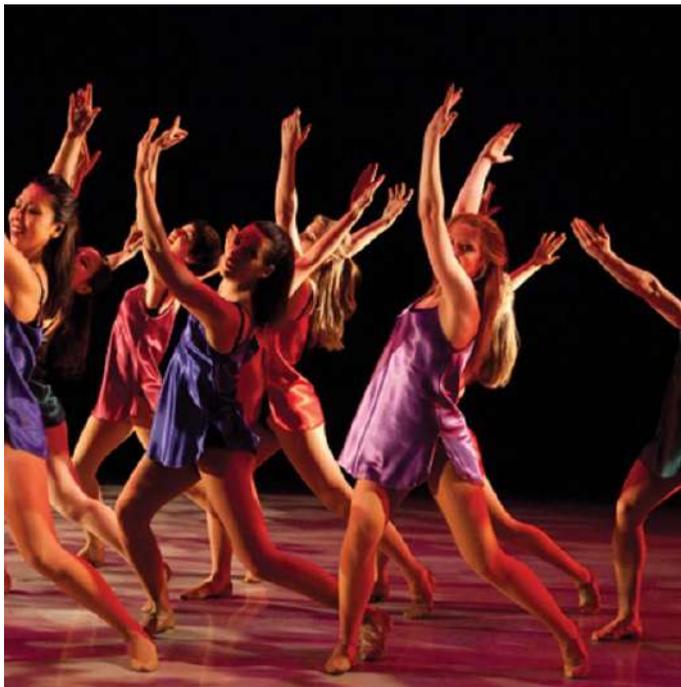
How we present ourselves in life is a skill that is learned from young. Our posture, speech and language styles set us apart. Learning etiquette skills can only enhance our being.



Jazz Focus*

Years 7-13

Chen Shi Academy



Jazz dance is a personal improvisation full of vitality and creativity. Jazz dance has certain characteristics: solo dance, improvisation, hip-swinging, waist-twisting and body twisting in waves. Jazz dance is formed based on North American culture; teaching hard skills and soft skills. Students may take the basic examination to be certified at the end.



Duke of Edinburgh Award*

Years 10-13

Faye/Sean



The Duke of Edinburgh's International Award is a global framework for non-formal education, which challenges young people aged 14-24 to dream big, celebrate their achievements and make a difference in their world.

Our long-term ambition is that every eligible young person will have the opportunity to participate in the Award.

Our Vision is to reach more young people from diverse backgrounds and equip them as individuals to succeed in life.



A BRITISH INTERNATIONAL BOARDING SCHOOL FOR BOYS AND GIRLS AGED 4-18
4-18岁男生和女生 英式寄宿制国际学校

No. 12 Shilongzai Road, Dalang Sub-District, Longhua District, Shenzhen, China
中国深圳市龙华区大浪街道新石社区石龙仔路12号

T: 400 867 0177 E: mis_admissions@merchiston.cn www.merchiston.cn

