



CCA in ACS(J)

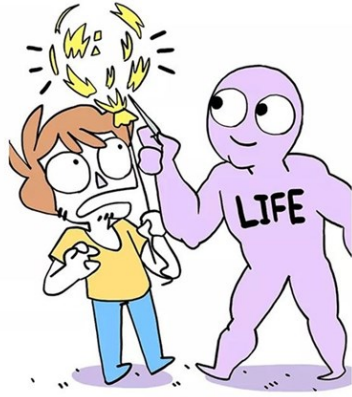


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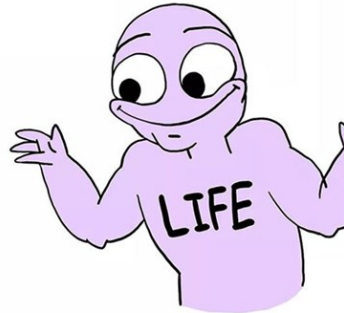
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Debunking the Myths



Myth #1 Winning is everything.
The Best Is Yet To Be!



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Debunking the Myths

The single most common factor for children who develop resilience is **at least one stable and committed relationship with a supportive parent, caregiver, or other adult**. These relationships provide the personalized responsiveness, scaffolding, and protection that buffer children from developmental disruption.

They also **build key capacities**—such as the ability to plan, monitor, and regulate behavior—that enable children to respond adaptively to adversity and thrive.

This combination of supportive relationships, adaptive skill-building, and positive experiences is the foundation of resilience.

Center on the Developing Child, Harvard University

Myth #2 The best way to build resilience is to put the boys under high stress.



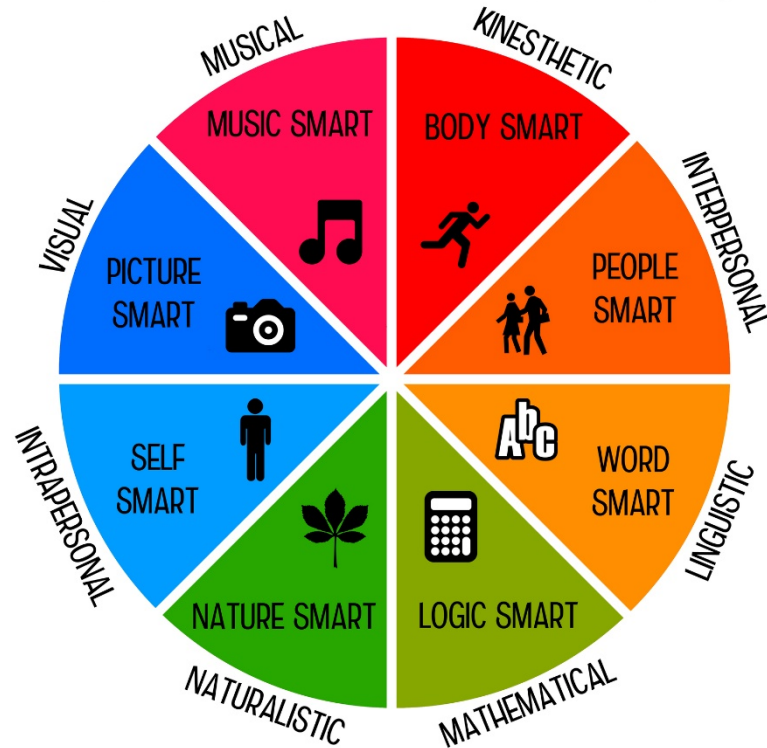
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Debunking the Myths

MULTIPLE INTELLIGENCES



(Howard Gardner, 1983)

Myth #3

Start young = train 5 times a week



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Objectives

ACSian outcomes

- Aspiring Thinker: Curiosity and Excellence
- Gentleman of Character: Integrity and Love
- Servant Leader: Collaboration and Loyalty
- Joyful Learner

Commitment

- sense of identity
- sense of belonging and rootedness

Skills

- passion
- learning for life

The Best Is Yet To Be
(adopting a Growth Mindset for life)



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Programme

Growing **ACSians** through:

Lifeskills, pair/group activities, music, dance, art, sports, outdoor education, coding, cyber literacy, thinkers activities, financial literacy etc

ACSplore Sports:

Badminton, Bowling, Sailing, Swimming, Table Tennis, Tennis, Basketball, Football, Hockey, Rugby.

Clubs:

Chess
Chinese
Science

Uniformed Groups:

Boys' Brigade
Cadet Scouts

Visual & Performing Arts:

Art, Choir, Concert Band, Junior VibeZ, String Orchestra

PAL

(Primary 1 and 2)

CCA

(Primary 3 to 6)

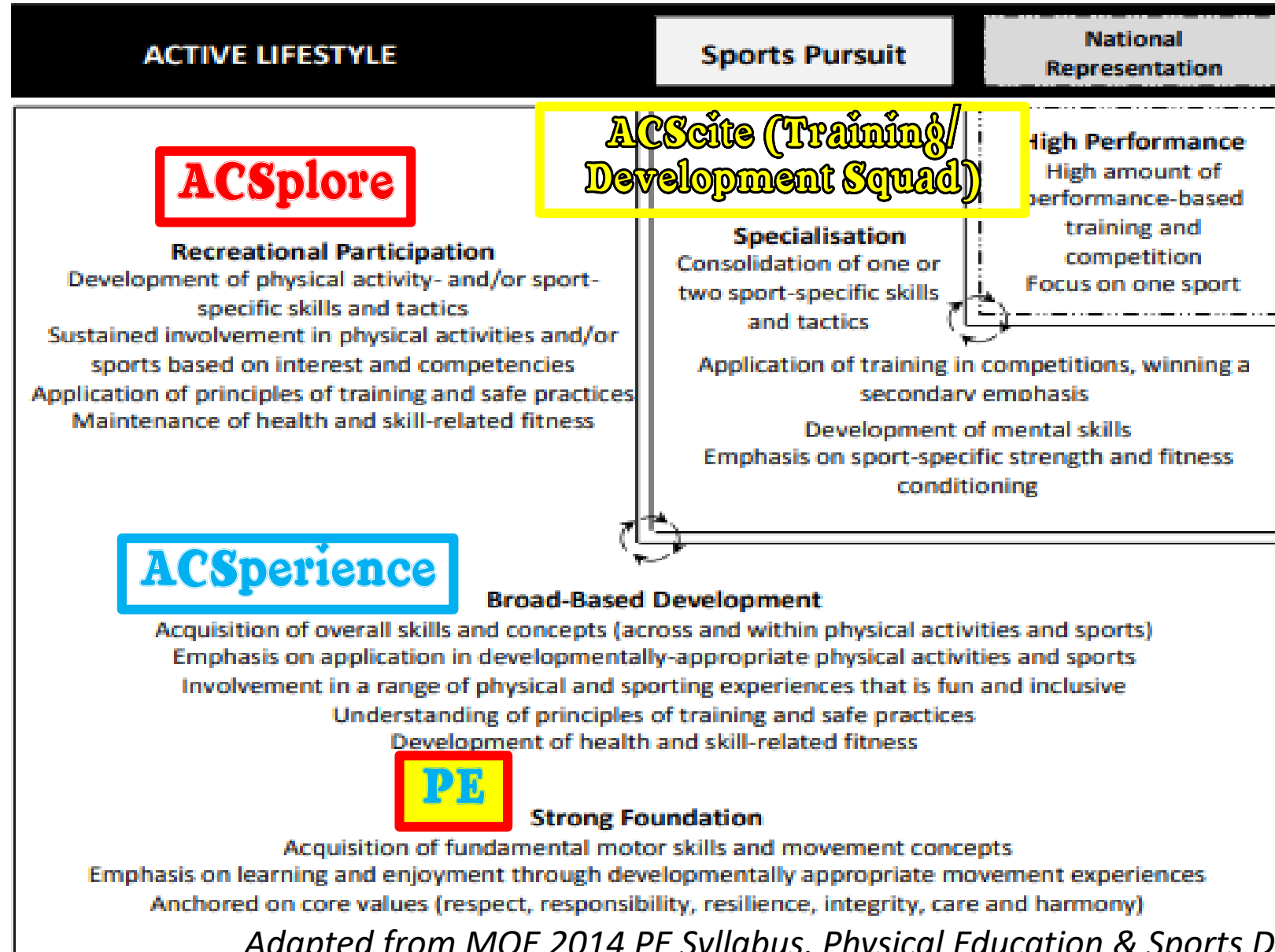
Every **ACSian** a young **gentleman of character**,
ready for the future, to **lead** and to **serve**.



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Adapted from MOE 2014 PE Syllabus, Physical Education & Sports Development Framework



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ACSplore

- Each pupil will choose an Individual Sport and Team Sport.
- Each sport to span over one semester (Jan-May or Jul-Nov).
- Example : Semester 1 – Badminton, Semester 2 - Hockey

Individual Sports <i>(To pursue personal mastery with a resilient mindset)</i>	Team Sports <i>(To be a responsible team member that contributes towards the team goal through communication and action)</i>
Badminton	Football
Sailing	Rugby
Swimming	Basketball
Table Tennis	Hockey
Tennis	
Bowling	



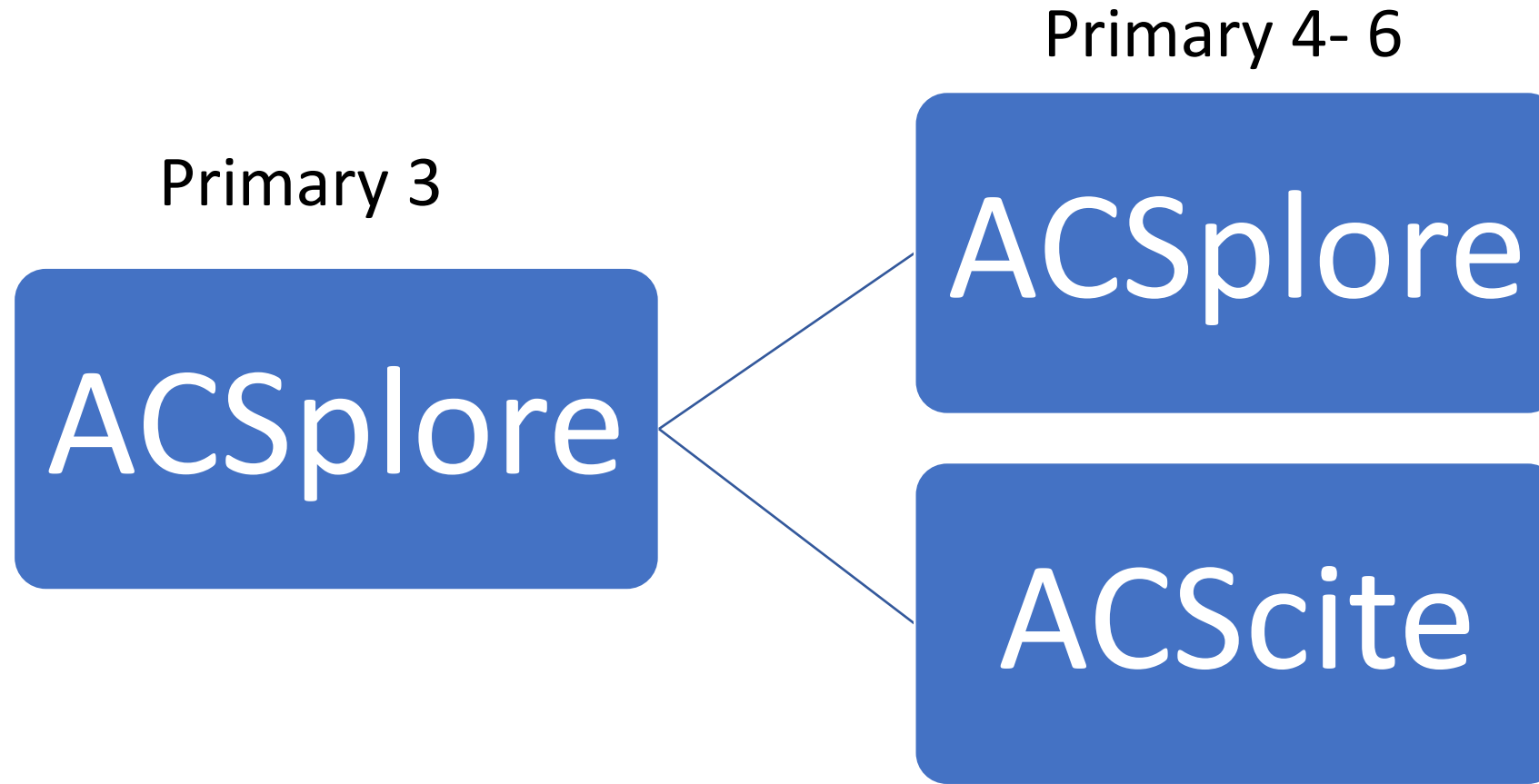
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Age-Appropriate Development based on Individual Readiness



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For more information...



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OUR SCHOOL

OUR ACSJ FAMILY

DEPARTMENTS

OUR CCAS

OUR PARTNERS

CALENDAR

Our Values

Love
Integrity
Loyalty
Collaboration
Excellence
Compassion

ANNOUNCEMENTS



1. School website –
www.acsj.moe.edu.sg

2. Sports CCA MTP
21 Jan 4.30pm

3. Registration will
be at start of your
son's Pri. 3 year.



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