



CCA in ACS(J)



Anglo-Chinese School (Junior)

A Methodist Institution
(Founded 1886)

16 Winstedt Road, Singapore 227988 | Tel: (65) 6733 7911 | Fax: (65) 6734 6518 | www.acsj.moe.edu.sg

Debunking the Myths

Myth #1 CCA = enrichment class

Anchored in Purpose
Set the anchor



What is the
purpose of
CCA?

CCA allows us to
practise our **values** and
self-management.

We also get to build
friendships and create
memories with our
fellow ACSians.



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Debunking the Myths

Myth #2 More CCA = More development

One study showed that free play stimulates the fight-or-flight response without triggering the stress hormone cortisol, giving children opportunities to practice handling danger.

When children have control over the course of their play, it promotes a natural desire to learn, sparks willpower, and develops confidence in their own abilities. Not only does this make for a more fulfilling childhood, but it creates adults who can look after themselves, pursue goals, and enjoy hobbies.

Studies show that a decline in free play correlates with a decline in empathy. Recess and play give children opportunities to develop key social skills and recognize the humanity in others.

The world could use more empathy. Empathetic children who acknowledge and embrace the emotions of others can help create a more peaceful, inclusive future. Additionally, a meta-analysis of play studies concluded that pretend play correlates strongly with divergent thinking, a key component to creativity. Overall, free play makes for happy, healthy, and more successful children who will help shape a brighter future.

One CCA per boy. Children need free play and free time!



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CCA 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
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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5 Strategies to Prevent Burnout In Youth Athletes

Why ACSplore?

1

Create a training environment that fosters perceived competence and having fun



2

Encourage multiple sport participation, as opposed to single sport specialization

3

In striving for perfection, the athlete must have realistic expectations and be able to accept less than perfect performance



4

Avoid pressuring the athlete; perceived coaching and parental pressures lead to burnout



5

Allow the athlete to have autonomy and ownership over the sport experience



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ACSplore

- Each student 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	



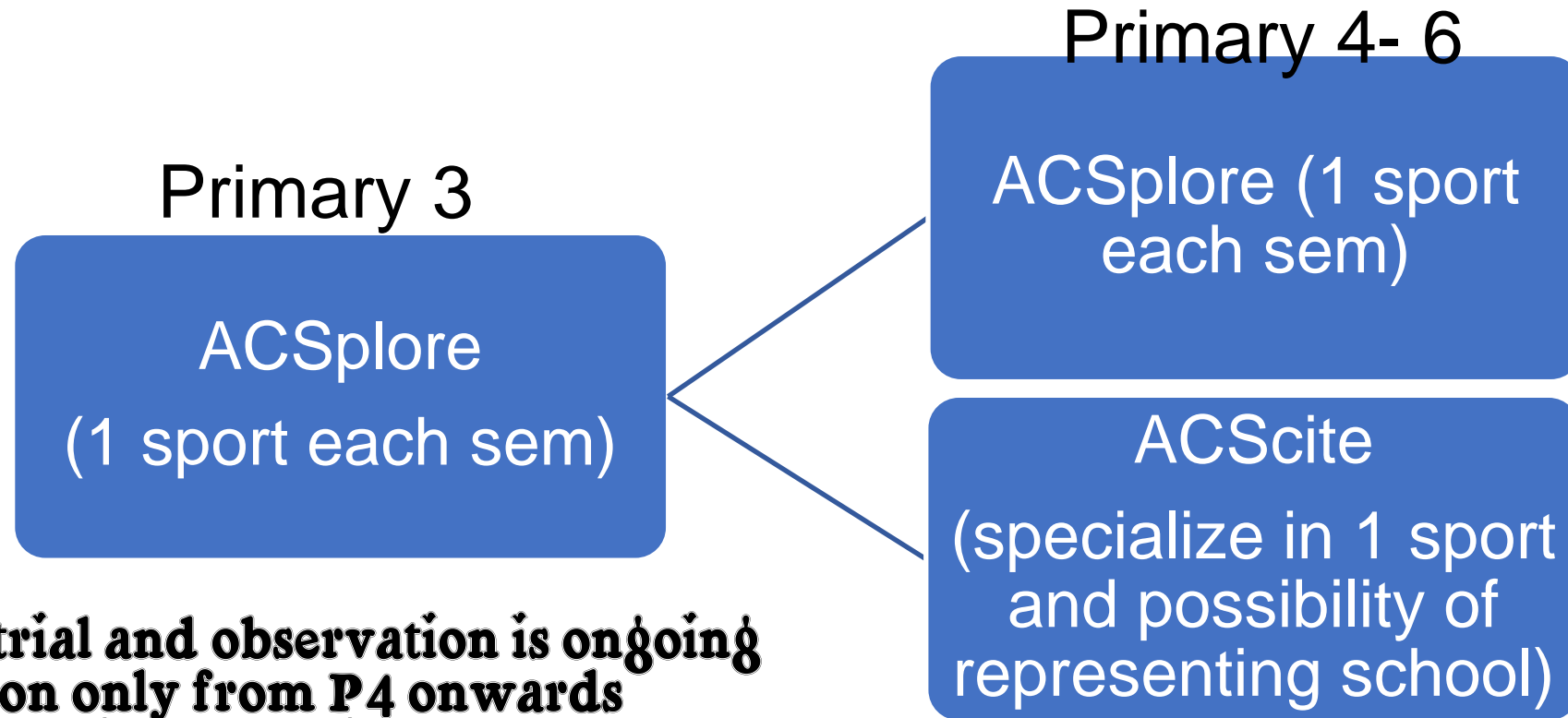
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Adapted from MOE 2014 PE Syllabus, Physical Education & Sports Development Framework

Age-Appropriate Development based on Individual Readiness



No one-off trial and observation is ongoing

Specialization only from P4 onwards

Parents will be informed in Nov 2023

Students may still be recommended to specialize from P4 -P5



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For more information...

Registration will end
on 11 Jan Wed 5pm.



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