



Anglo-Chinese School (Junior)

A Methodist Institution
(Founded 1886)

***Build to Last -
The ACSian
Sportsboy***





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Sports CCA is not just about ...

- Winning
- DSA
- Enrichment
- Non-academic skill

From ECA to CCA

Singapore's Journey





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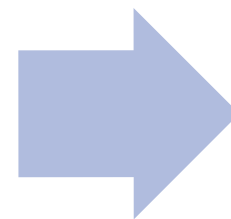
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1999
ECA to CCA

2004
Direct School
Admission (DSA)



2011
Greater
emphasis on
**character
building**
instead of skills



2018
National School
Games
Junior Division
Review



Junior Division Review Principles

Children are not miniature adults – They differ from adults in terms of their physical, cognitive and affective capacities.

There is no perfect form of a sport or competition – Sport or competition should cater to the needs of the participants and serve the purpose for which it is conducted.

JDR Approach

- 1) Ensure games are **developmentally appropriate**
e.g. option of age group division, modified rules/duration/equipment
- 2) Increase **participation opportunities**
e.g. round robin competition format, athletes without a team can still participate with School Authorized Representative
- 3) **Mitigate excessive competitiveness**
e.g. award top 8 instead of top 4, remove championship title to reduce unnecessary stress

Nationally...

Character building

Learn for life

Reduce early specialization

Reduce burnout and injury in youth sports



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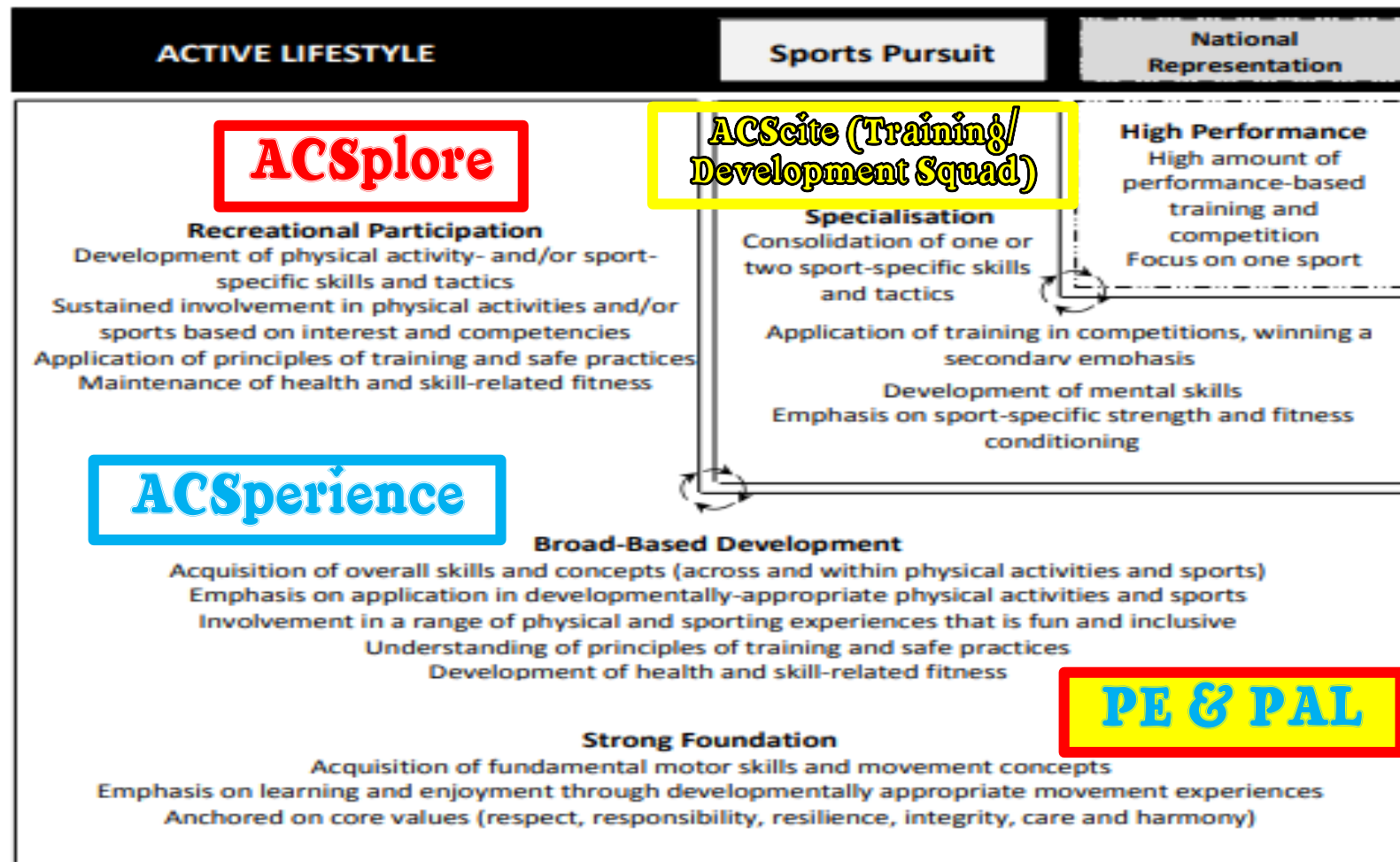
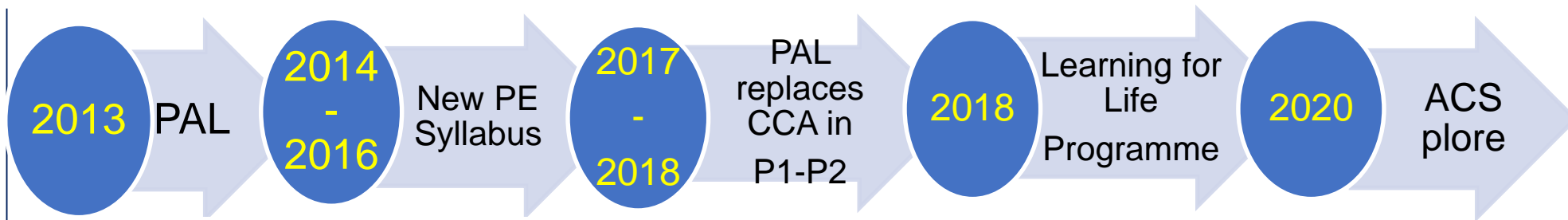


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**CCE
2021**

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



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Learning for Life (Sports for All, All for Sports)

	P1	P2	P3	P4	P5	P6	
Sports for All			Athletics				Focussed Skills (PE)
	Dance						
	Games						
	Gymnastics						
	Outdoor Education						
	Physical Health & Fitness						
			SwimSafer				
	Rugby for All						Unique ACSperience
		Tennis for All					
All for Sports	Games Day		ACSian Race		Camp	Junior Olympics	Nurturing Character
	Programme for Active Learning		ACSplore CCA Basketball, Football, Hockey, Rugby; Badminton, Bowling, Sailing, Swimming, Table Tennis, Tennis		ACSplore CCA OR ACScite CCA (Badminton/Bowling/Football/Rugby/Sailing/Swimming/Table Tennis/Tennis)		



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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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CCA Programme

Growing
ACSians
through:

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

ACSplore/ACScite 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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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

(To pursue personal mastery with a resilient mindset)

Badminton

Sailing

Swimming

Table Tennis

Tennis

Bowling

Team Sports

(To be a responsible team member that contributes towards the team goal through communication and action)

Football

Rugby

Basketball

Hockey



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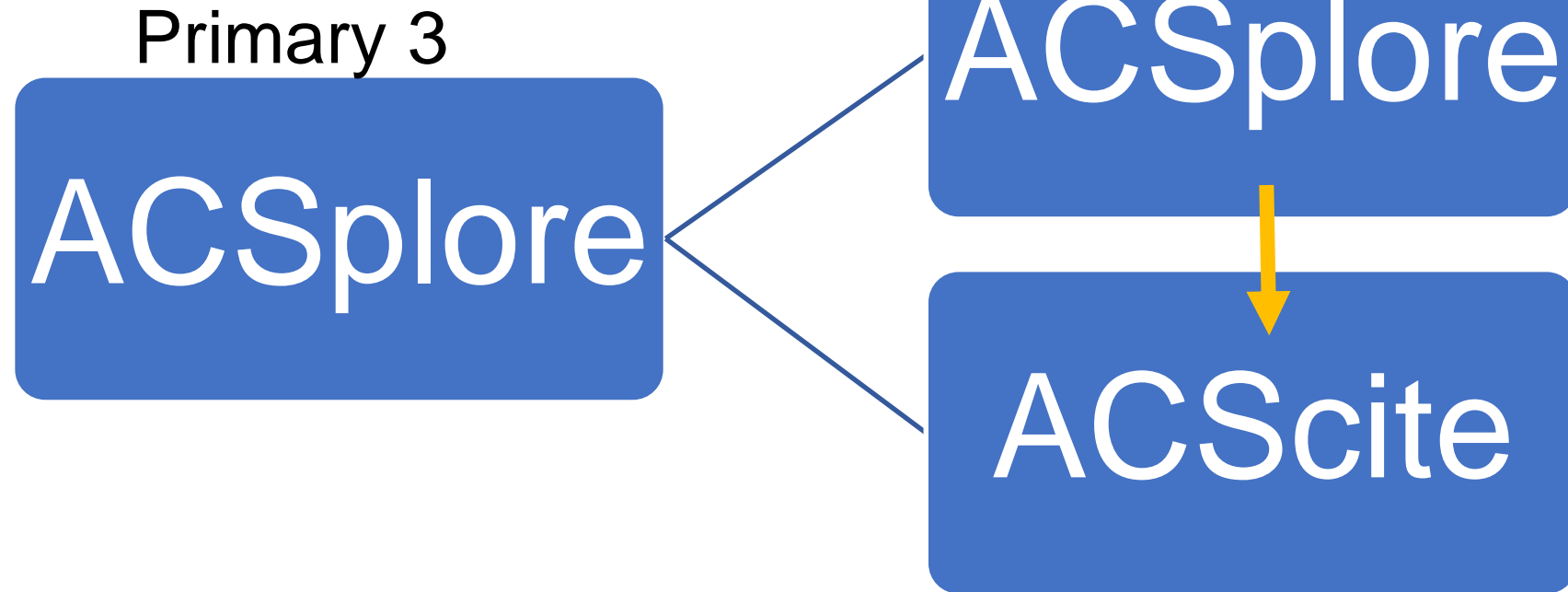
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Individual Readiness

Primary 4- 6



P4 onwards:

Movement from ACSplore to ACScite is fluid;

Ongoing observation;

No one-off trial to reduce undue pressure on the boys.



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The Story of Aaditya, Bing Sheng, Charly & Daniyal



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4 friends from Primary 3...



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Aaditya



P3

- Tennis
- Rugby

P4

- Tennis Training Squad

P5

- Tennis School Team

P6

- Tennis School Team

***Strong foundation in sports;
passion in Tennis.***



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Bing Sheng



P3

- Tennis
- Rugby

P4

- Tennis
- Football

P5

- Football Training Squad

P6

- Football School Team

Strong foundation in sports; initial exposure in Tennis; newly discovered passion in Football



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Charly



P3

- Opti-Junior
- Hockey

P5

- Opti-Racer
- Basketball

P4

- Opti-Sailor
- Football

P6

- School Team

***Initial exposure in Sailing;
continued to build foundation
in land ball games; combined
passion and strong
foundation in water polo.***



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Daniyal



P3

- Swimming
- Hockey

P4

- Bowling
- Rugby

P5

- Table Tennis
- Basketball

P6

- Badminton
- Basketball

No exposure to specific sports prior to P3; build foundation from P3 to P6; selected for Basketball School Team in secondary school.

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- DSA
- Enrichment
- Non-academic skill



Training

**Selection/
Competition**

**Moving on
to sec sch...**

**Responsibility
Passion**

**Gratitude
Empathy
Resilience**

Growth



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Build to Last

Responsibility
Passion
Empathy
Resilience
Adaptability
Gratitude



TRAIN UP a CHILD
in *THE WAY* he SHOULD GO;
even when HE IS OLD
he WILL NOT DEPART from it.
PROVERBS 22:6