





Anglo-Chinese School (Junior)

A Methodist Institution

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Debunking the Ayths



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





Debunking the Ayths

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.

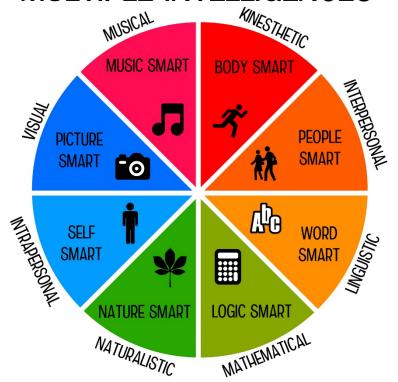
Center on the Developing Child, Harvard University

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



Debunking the Ayths

MULTIPLE INTELLIGENCES



Myth #3
Start young = train 5 times a week

(Howard Gardner, 1983)



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



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.



ACTIVE LIFESTYLE

Sports Pursuit

National Representation

ACScite (Training) Development Squad)

High Performance

High amount of performance-based training and competition Focus on one sport

Recreational Participation

Development of physical activity- and/or sportspecific skills and tactics Sustained involvement in physical activities and/or sports based on interest and competencies Application of principles of training and safe practices Maintenance of health and skill-related fitness.

Consolidation of one or two sport-specific skills and tactics

Specialisation

Application of training in competitions, winning a secondary emphasis

Development of mental skills Emphasis on sport-specific strength and fitness conditioning



Broad-Based Development

Acquisition of overall skills and concepts (across and within physical activities and sports) Emphasis on application in developmentally-appropriate physical activities and sports Involvement in a range of physical and sporting experiences that is fun and inclusive Understanding of principles of training and safe practices



Strong Foundation

Acquisition of fundamental motor skills and movement concepts Emphasis on learning and enjoyment through developmentally appropriate movement experiences Anchored on core values (respect, responsibility, resilience, integrity, care and harmony)

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



Age-Appropriate Development based on Individual Readiness

Primary 4-6

Primary 3

ACSplore

ACSplore

ACScite



For more information...



- 1. School website www.acsj.moe.edu.sg
- 2. Sports CCA MTP21 Jan 4.30pm
- 3. Registration will be at start of your son's Pri. 3 year.