



Avi-Cenna International School

CO-CURRICULAR ACTIVITY BOOKLET
2017/2018 SESSION

School



Co-Curricular Activities

Introduction

Co-Curricular Activities are an integral part of our pupils' holistic education, therefore all pupils are expected to sign up for at least one activity. We offer a wide range of co-curricular activities. Many significant life skills are taught or may be learnt in these programmes. These include: leadership, decision-making and commitment, learning to take responsibility, learning to work in teams and motivate others, learning to organise and learning to negotiate.

Co-curricular activities also promote friendships among pupils from diverse backgrounds as they learn, play and grow together. Participation in co-curricular activities fosters social integration and deepens pupils' sense of belonging, commitment and sense of responsibility to the school, community and nation. It also enriches the personal learning experience of each pupil, adding depth and variety to their learning, as well as to them as individuals. Each activity is designed to inspire and challenge and also to be great fun.

It is expected that all pupils take an active part in our Co-Curricular Programmes by signing up for an activity that interests them. Additional activities may be chosen and will incur an additional cost. The activities offered in each section of the school (Primary/Secondary) are explained in the following pages of this booklet.

We hope that you find this booklet useful in helping your child decide which activity they should choose to be involved in.

Primary School Co-Curricular Coordinator:

Miss Nwaigwe

Secondary School Co-curricular Coordinator:

Mr Fameso



LIST OF ACTIVITIES

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ARTS & CRAFTS



At a glance...

| Activity: | Primary Details | Secondary Details |
|----------------------|--------------------|-------------------|
| Instructor / Teacher | Mr Famuyiwa | Mr Chukwudi |
| Day/s | Monday & Wednesday | Thursday |
| Time | 2:15 - 3:15 p.m. | 2:45 - 3:45 p.m. |
| Venue | Art Room | Art Room |
| Year Groups | Nursery - Year 6 | Year 7 - Year 11 |
| Cost per term | ₦20,000 | ₦20,000 |
| Competition | AISEN | AISEN |

Activity Description:

The Art Club is a place for pupils to hone their artistic skills, develop their techniques and collaborate with other artists like themselves. They will have opportunities to create bonds with other schools through the arts, and learn how to work together through group projects that will embellish our school with colourful displays. The Arts & Crafts activity explores a wide range of techniques for young artists, future book illustrators, potential puppeteers, and more. Pupils will develop fine art skills, using different media (such as painting, drawing, sculpting, etc.) and expand their knowledge of art materials and their skillful use.

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ARABIC CLUB



At a glance...

| Activity: | Primary Details | Secondary Details |
|----------------------|-------------------|-------------------|
| Instructor / Teacher | Mrs Darwish | Mrs Chebli |
| Day/s | Thursday | Wednesday |
| Time | 2:15 - 3:15 p.m. | 2:45 - 3:45 p.m. |
| Venue | Arabic Room | Classroom |
| Year Groups | Reception -Year 6 | Year 7-Year 11 |
| Cost per term | ₹20,000 | ₹20,000 |
| Competition | N/A | N/A |

Activity Description:

This club offers insights into the culture and civilisation of countries and communities where Arabic is spoken. Entertainment is the happiest and the most creative part of our programme, tailored to the age and ability of every pupil. Learning a new language is enjoyable through a variety of fun learning activities including songs, phonics games, memory games and role play. The club will provide pupils of Arabic an outlet for exposure to the language and further enrichment through group activities aimed at developing a deeper understanding of the culture and language already studied in the academic context.

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BALLET



At a glance...

| | |
|-----------------------------|-------------------------------------|
| Activity: | Primary Details |
| Instructor / Teacher | Ms Nneka Mrs Ajayi / Mrs Sokefun |
| Day/s | Tuesday & Thursday |
| Time | 2:15 - 3:15 p.m. |
| Venue | Activity Room |
| Year Groups | Nursery - Year 4 |
| Cost per term | ₦20,000 |
| Ballet Kit | Ballet shoes & Costume |
| Competition | N/A |

Activity Description:

The Ballet Club aims to create dancers with beautiful technique, a lovely sense of expression and confidence that will carry them forward in life. Our experienced ballet instructor uses games, stories and songs to teach balance, rhythm, movement and coordination. In a supportive and caring environment, children start their ballet learning using creative movement to discover ballet techniques and style, leading to the development of their poise, posture, coordination and rhythm.

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BASKETBALL



At a glance...

| Activity: | Primary Details | Secondary Details |
|----------------------|--------------------------|---|
| Instructor / Teacher | Mr Dele Mrs Omikorede | Mr Dele / Mr Enahoro / Mrs Ihimekpen |
| Day/s | Thursday / Saturday | Monday/Wednesday/ Saturday |
| Time | 2:15 - 3:15 p.m. | 2:45 - 3:45 p.m. |
| Venue | Basketball Court | Basketball Court |
| Year Groups | Year 4 - Year 6 | Year 7 - Year 11 |
| Cost per term | ₦20,000 | ₦20,000 |
| Competition | AISEN | AISEN |

Activity Description:

The Basketball Club is one of the most popular sports clubs. This programme will cover basketball fundamentals, focusing on each of the basic skills: passing, defense, ball-handling and shooting. Emphasis will be placed on learning how to perform the skills correctly and implementing them in game-like situations.

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BROWNIES & GIRL GUIDES



At a glance...

| Activity: | Primary Details | Secondary Details |
|----------------------|--|--|
| Instructor / Teacher | Mrs Owabs / Miss Otorbor Miss Ogbewele | Mrs Uzoukwu |
| Day/s | Tuesdays | Wednesdays |
| Time | 2:15 - 3:15 p.m. | 2:45 - 3:45 p.m. |
| Venue | Year 6 Owabs / Year 3 Ogbewele | S11 |
| Year Groups | Year 2 - Year 4 Year 4 - Year 6 | Year 7 - Year 9 |
| Cost per term | ₦20,000 | ₦20,000 |
| Uniform | Uniform is compulsory for these activities. The fee for the uniform is not included in the cost of the activity. | Uniform is compulsory for these activities. The fee for the uniform is not included in the cost of the activity. |
| Camp | Term 3 | Term 3 |

Activity Description:

Girls in Brownies and Girl Guides have incredible experiences together, make brilliant friends, try new things that teach them about themselves and discover the world around them. Each time they meet, they learn new skills and take on challenges as they work out what they want to be and what they want to do in the future.

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CHESS CLUB



At a glance...

| Activity: | Primary Details | Secondary Details |
|----------------------|------------------|-------------------|
| Instructor / Teacher | Mrs Richards | Mr Owolabi |
| Day/s | Monday | Thursday |
| Time | 2:15 - 3:15 p.m. | 2:45 - 3:45 p.m. |
| Venue | Year 2 Richards | Dining Hall |
| Year Groups | Year 3-Year 6 | Year 7-Year 11 |
| Cost per term | ₦20,000 | ₦20,000 |
| Competition | AISEN | AISEN |

Activity Description:

The game of chess helps pupils learn to concentrate, think logically, overcome obstacles, spot patterns and categorise information. It helps with the development of problem-solving skills, planning, patience, focus of thought and self-discipline. Although chess is a competitive activity, good sportsmanship and fair play are taught as essential elements of the game.

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CUB SCOUTS / BOY SCOUTS



At a glance...

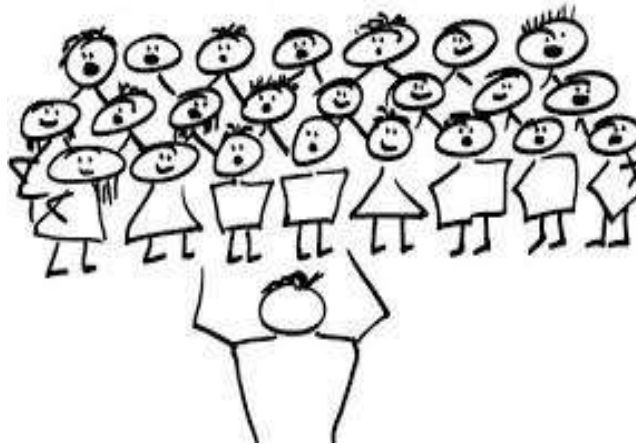
| Activity: | Primary Details | Secondary Details |
|----------------------|---|---|
| Instructor / Teacher | Mr Obi / Miss Daniel | Mr Obi / Mr Aiyebo |
| Day/s | Monday | Friday |
| Time | 2:15 - 3:15 p.m. | 2:45 - 3:45 p.m. |
| Venue | Playground / Classroom | Playground / Classroom |
| Year Groups | Reception - Year 6 | Year 7 - Year 9 |
| Cost per term | ₦20,000 | ₦20,000 |
| Uniform kit | Uniform is compulsory for this activity. The fee for the uniform is not included in the cost of the activity. | Uniform is compulsory for this activity. The fee for the uniform is not included in the cost of the activity. |
| Camps | Term 3 | Term 3 |

Activity Description:

The aims of Scouting are character development, citizenship training, and personal fitness. Boy Scouting is designed to take place outdoors, where Scouts share responsibilities and learn to live with one another. It is here that the skills and activities practised at troop meetings come alive with purpose. This is why Scouting is said to be "fun with a purpose". Scouting fosters a sense of personal achievement by developing new interests and skills, gaining self-confidence and developing strong friendships.

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SCHOOL CHOIR



At a glance...

| Activity: | Primary Details | Secondary Details |
|----------------------|--------------------|--------------------|
| Instructor / Teacher | Mr Anibaba | Mr Ogunyemi |
| Day/s | Wednesday & Friday | Wednesday & Friday |
| Time | 2:15 - 3:15 p.m. | 2:45 - 3:45 p.m. |
| Venue | Music Room | Music Room |
| Year Groups | Year 2 - Year 6 | Year 7 -Year 10 |
| Cost per term | No charge | No charge |

Activity Description:

Learning to work together in a group or choir can give pupils a sense of collectiveness. Joining a choir offers the opportunity for you to meet new people and make new friends, and singing can actually improve your physical health. In fact, singing in a choir can make you happier! Another benefit is that a choir works towards something - a concert or school production - giving you a goal-orientated mindset, which can enable you to focus on achieving that goal. The skills acquired through music reading and practising can enhance your concentration and study skills. Joining a choir can really improve your confidence, both in singing and in your everyday life, and will help you to communicate more effectively.

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DANCE CLUB



At a glance...

| Activity: | Primary Details | Secondary Details |
|----------------------|-----------------------|-----------------------|
| Instructor / Teacher | Mr Niyi / Mrs Wilhelm | Mr Niyi / Mrs Adewolu |
| Day/s | Wednesday | Tuesday |
| Time | 2:15 - 3:15 p.m. | 2:45 - 3:45 p.m. |
| Venue | Activity Room | Activity Room |
| Year Groups | Reception - Year 6 | Year 7- Year 11 |
| Cost per term | ₦20,000 | ₦20,000 |
| Competition | N/A | N/A |

Activity Description:

Dance club is a place where pupils of all ages can grow and share what they love best... DANCE! Through the Dance Club programme, participants learn self-discipline, respect and team work. They develop a greater range of movement whilst developing the ability to work within different spaces. They learn to interpret the effect their movement has on the world around them, while dance and movement patterns also develop kinaesthetic memory. Dancing develops strength and endurance from an early age and creates a solid platform for children's physical development and level of fitness.

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FOOTBALL CLUB



At a glance...

| Activity: | Primary Details | Secondary Details |
|----------------------|----------------------------|---|
| Instructor / Teacher | Coach Ikhalo Mr Mustafa | Coach Ikhalo / Mr Mafe / Mr Adenekan |
| Day/s | Monday / Saturday | Tuesday / Thursday / Saturday |
| Time | 2:15 - 3:15 p.m. | 2:45 - 3:45 p.m. |
| Venue | Football field | Football field |
| Year Groups | Year 3-Year 6 | Year 7 - Year 11 |
| Cost per term | ₦20,000 | ₦20,000 |
| Competition | AISEN | AISEN |

Activity Description:

Soccer develops agility, speed and stamina, and also teaches pupils the importance of teamwork. It encourages teamwork and communication, which allows them to identify personally with team success, rather than feel a need to outperform teammates to gain recognition.

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KARATE CLUB



At a glance...

| | |
|-----------------------------|--|
| Activity: | Primary Details |
| Instructor / Teacher | Mr Collins / Mr Soetan |
| Day/s | Monday & Tuesday |
| Time | 2:15 - 3:15 p.m. |
| Venue | Activity Room |
| Year Groups | Nursery - Year 6 |
| Cost per term | £20,000 |
| Grading | Grading is done once every term |
| Kit Requirement | Karate Kit should be purchased |

Activity Description:

Karate training builds confidence, personal discipline and inner strength. It's more than just being active and having fun; children (boys and girls) develop listening skills, communication skills, follow instructions, learn to share and develop teamwork skills. Learning the fundamental skills increases the child's physical co-ordination, flexibility, balance and confidence. Like many traditional martial arts programmes, Karate also teaches philosophy, character and behaviour, emphasising humility and respect for all people. Progress is marked by the belt system, which takes the beginner from a white belt through a variety of colours reflecting an increasing level of proficiency to the black belt.

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LEGO ROBOTICS



At a glance...

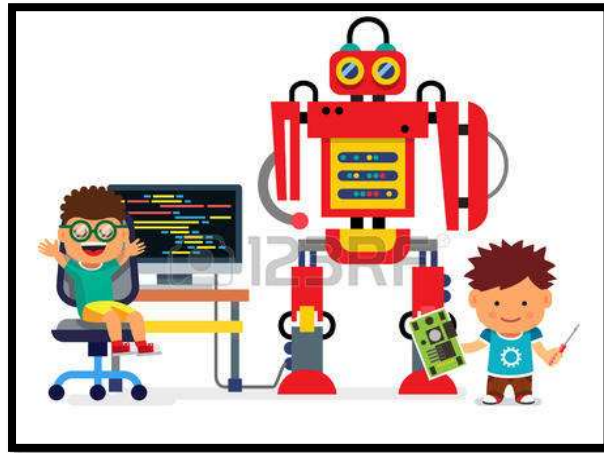
| | |
|-----------------------------|-------------------------------|
| Activity: | Primary Details |
| Instructor / Teacher | Mr Taiwo / Mrs Ndubisi |
| Day/s | Tuesday |
| Time | 2:15 - 3:15 p.m. |
| Venue | Year 3 Akerele |
| Year Groups | Nursery - Year 6 |
| Cost per term | ₦20,000 |
| Competition | N/A |

Activity Description:

In this club, Numeracy skills are being developed. For instance, children will have to do a little Maths to figure out how many smaller pieces they need to cover a larger one. Science concepts are also being tested, such as: How high can I build this structure before it collapses? Literacy skills are being developed. Through a variety of activities, children develop narrative skills, vocabulary and creative thinking. Cooperation and other social skills are strengthened. They must communicate their thoughts to their peers and come to an understanding about what they want to accomplish.

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SCIENCE, TECHNOLOGY & ROBOTICS



At a glance...

| | |
|-----------------------------|--------------------------|
| Activity: | Secondary Details |
| Instructor / Teacher | Mr Oluwalope |
| Day | Wednesday |
| Time | 2:45pm - 3:45pm |
| Venue | Science Lab |
| Year Groups | Year 7-Year 11 |
| Cost per term | ₦20,000 |
| Competition | N/A |

Activity Description:

This Club gives pupils hands-on experience working with the scientific method, planning experiments, and observing the world in which we live. Experts in the field of robotics help pupils learn more about artificial intelligence and what the future holds for humans and machines. The Robotics programme is designed to get pupils excited about science and technology, and teach them valuable employment and life skills. Participants will design and create robotic devices to solve technological problems.

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LITERACY SUPPORT



At a glance...

| | |
|-----------------------------|---|
| Activity: | Primary Details |
| Instructor / Teacher | KS1: Mrs Oduchukwu KS2: Mrs Ladi-Philips |
| Day/s | KS1: Monday KS2: Wednesday |
| Time | 2:15 - 3:15 p.m. |
| Venue | Year 1 Oduchukwu Year 5 Ladi-Philips |
| Year Groups | Reception - Year 6 |
| Cost per term | ₦20,000 |
| Competition | N/A |

Activity Description:

This club aims at helping children develop important literacy skills. Simply by reading books, they will develop fluency or the ability to read smoothly and with expression. In addition, they will expand their vocabulary and be exposed to new ideas and concepts. Through group discussion that takes place at Literacy Support club, pupils will develop a deeper understanding of literacy skills.

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MUSIC CLUB



At a glance...

| Activity: | Primary Details | Secondary Details |
|----------------------|--------------------|-------------------|
| Instructor / Teacher | Mr Yinka | Mr Ogunyemi |
| Day/s | Tuesday & Thursday | Monday & Thursday |
| Time | 2:15- 3:15 p.m. | 2:45 - 3:45 p.m. |
| Venue | Music Room | Music Room |
| Year Groups | Nursery - Year 6 | Year 7 - Year 11 |
| Cost per term | ₦20,000 | ₦20,000 |
| Competition | N/A | N/A |

Activity Description:

This is a great activity for pupils of all ages to keep them active and enjoying and appreciating music. Children learn songs, nursery rhymes, play fun instruments, dance around, play games and much more. Music helps pupils improve and develop language skills. Through a variety of singing and instrumental activities, they develop listening, reading and writing skills, improve fluency of speech, and communication. Singing songs, helps children learn new words in a fun way and of course learn how to pronounce them. Playing and making music in groups using simple instruments and other percussion instruments, they also develop coordination skills. All of these experiences help young children in school readiness.

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NUMERACY CLUB



At a glance...

| | |
|-----------------------------|--------------------------------------|
| Activity: | Primary Details |
| Instructor / Teacher | KS1 - Mrs Hassan KS2- Mrs Ifeanyi |
| Day/s | KS1 -Wednesday KS2 - Thursday |
| Time | 2:15 - 3:15 p.m. |
| Venue | Year 2 Hassan Year 4 Ifeanyi |
| Year Groups | Reception - Year 2 Year 3- Year 6 |
| Cost per term | ₦20,000 |
| Competition | N/A |

Activity Description:

The aim of Numeracy Club is to increase and develop pupils' level of Mathematical skills and knowledge. This will be accomplished by using a variety of fun games and activities. Numeracy Club will support classroom learning and enrich children's skills with higher order thinking.

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JUNIOR & SENIOR MATHS SUPPORT



At a glance...

| | |
|-----------------------------|--------------------------------|
| Activity: | Secondary Details |
| Instructor / Teacher | Mr Momoh / Miss Nafisat |
| Day/s | Tuesday & Thursday |
| Time | 2:45 - 3:45p.m. |
| Venue | Classroom |
| Year Groups | Year 7- Year 11 |
| Cost per term | ₦20,000 |
| Competition | N/A |

Activity Description:

This club aims to help pupils deepen their understanding of mathematical concepts and rules through a variety of enjoyable activities. Junior & Senior Maths Support gives pupils the opportunity to experience Maths outside the normal classroom environment, and should make Maths engaging and enjoyable. Pupils will be supported and encouraged to improve their subject knowledge, improve their attitudes to Maths and increase self-confidence.

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S.T.E.A.M



At a glance...

| | |
|-----------------------------|---|
| Activity: | Primary Details |
| Instructor / Teacher | Mrs Akerele / Miss Ekechukwu / Mrs Itinu |
| Day/s | KS1 - Wednesday KS2 - Thursday |
| Time | 2:15 - 3:15 p.m. |
| Venue | Science Lab |
| Year Groups | Reception - Year 6 |
| Cost per term | ₦20,000 |
| Competition | N/A |

Activity Description:

This club encompasses Science, Technology, Engineering, Arts and Maths (STEAM) and aims to engage pupils in a fun and challenging way. Our teachers will inspire children to build on their natural curiosity by teaching engineering concepts through hands-on learning. The STEAM club creates the ideal environment for children to explore possibilities and continue to develop their potential.

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SWIMMING



At a glance...

| Activity: | Primary Details | Secondary Details |
|----------------------|--|----------------------------------|
| Instructor / Teacher | Mrs Israel / Mrs Duru | Mrs Israel / Mr Bakare / Mr Doja |
| Day/s | KS1 - Monday KS2 - Wednesday | Tuesday & Thursday |
| Time | Monday (1:00 - 2:00 p.m.) Wednesday(2:15 - 3:15 p.m.) | 2:45 - 3:45 p.m. |
| Venue | Pool Area | Pool Area |
| Year levels | Nursery - Year 6 | Year 7 - Year 11 |
| Cost per term | ₦20,000 | ₦20,000 |
| Competition | AISEN | AISEN |

Activity Description:

Swimming is an important life skill that all children should learn. It also encourages independent movement and develops the water confidence and core aquatic skills of pupils.

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FRENCH CLUB



At a glance...

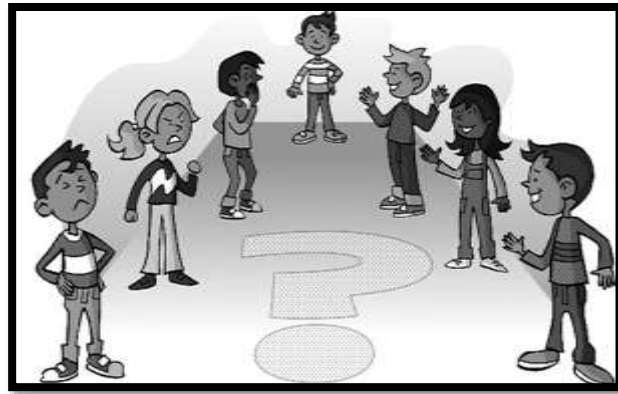
| | |
|-----------------------------|----------------------------------|
| Activity: | Secondary Details |
| Instructor / Teacher | Mrs Oluwashina / Mr Njoku |
| Day/s | Monday |
| Time | 2:45pm - 3:45pm |
| Venue | Classroom |
| Year Groups | Year 7 - Year 11 |
| Cost per term | ₦20,000 |
| Competition | N/A |

Activity Description:

The French Club provides pupils with the opportunity to practise their French language skills and experience the culture in a fun and relaxed setting. Activities may include games, films, projects, crafts, and cultural celebrations.

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DEBATING CLUB



At a glance...

| | |
|-----------------------------|--------------------------|
| Activity: | Secondary Details |
| Instructor / Teacher | Miss Okoye |
| Day/s | Wednesday |
| Time | 2:45 - 3:45p.m. |
| Venue | Classroom |
| Year Groups | Year 7 - Year 11 |
| Cost per term | ₦20,000 |
| Competition | AISEN |

Activity Description:

Pupils reap many benefits from participating in debate. Further than helping to extend and hone speaking and listening skills, debating encourages values such as tolerance, sensitivity and respect. As an activity, it is both fun and educational. Moreover, the skills taught through debate are important to successful careers and leadership in virtually every field imaginable.

Through participation in debates, pupils will:

1. Increase levels of self-confidence in public speaking situations
2. Cultivate greater respect for and patience with peers
3. Develop critical thinking skills
4. Improve their knowledge about the world
5. Extend research skills beyond the curriculum
6. Enhance the value of their learning experience.

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DUKE OF EDINBURGH



At a glance...

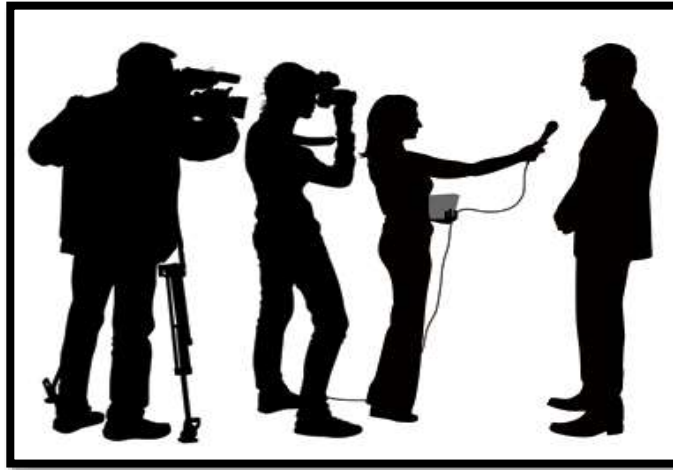
| Activity: | Secondary Details |
|-----------------------------|--|
| Instructor / Teacher | Mr Enahoro |
| Day/s | Saturday |
| Time | 8:00 - 10:00 a.m. |
| Venue | School Area |
| Year Groups | Year 10 - Year 11 |
| Cost per term | ₦20,000 |
| Trips / Camp | Camps and Trips are held periodically. Additional costs are incurred. |

Activity Description:

The Duke of Edinburgh's Award was founded by His Royal Highness Prince Philip, Duke of Edinburgh, to encourage personal development and community involvement for young people. This club offers pupils a balanced, non-competitive programme of voluntary activities which encourages personal discovery and growth, self-reliance, perseverance, responsibility to themselves and service to their community.

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MEDIA CLUB



At a glance...

| | |
|-----------------------------|---|
| Activity: | Secondary Details |
| Instructor / Teacher | Mr Awunor / Mr Godwin / Mrs Oluwatoyinbo |
| Day | Monday & Thursday |
| Time | 2:45 - 3:45 p.m. |
| Venue | ICT Room |
| Year levels | Year 7 - Year 11 |
| Cost per term | ₦20,000 |
| Competition | N/A |

Activity Description:

Participants in the Media club are trained to engage with the media actively. Our teachers help pupils to perform the activities which will help them increase their understanding of mass media. Mass media includes a variety of vehicles such as: TV, Radio, Newspapers, Magazines & new media which are used to communicate with the masses. These are, in fact, the mode of delivery of messages and are used for effective communication.

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TAG RUGBY CLUB



At a glance...

| Activity: | Primary Details | Secondary Details |
|----------------------|------------------|-------------------|
| Instructor / Teacher | Mr Seyi Owonibi | Mr Enahoro |
| Day/s | Friday | Wednesday |
| Time | 2:15 - 3:15 p.m. | 2:45 - 3:45 p.m. |
| Venue | School Field | School Field |
| Year Groups | Year 4 - Year 6 | Year 7 - Year 11 |
| Cost per term | ₦20,000 | ₦20,000 |
| Competition | AISEN | AISEN |

Activity Description:

Tag Rugby is a non-contact, fast-moving game that is suitable for pupils (both boys and girls) to play together. It is a safe non-contact sport which combines fun and team spirit whilst developing character and self-discipline. Tag Rugby is now the Rugby Football Union's official version of the game for under-7s and under-16s. The use of either a tag belt or tag shorts replicates a tackle and is clearly seen when an effective tag has been made.

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VOLLEYBALL CLUB



At a glance...

| | |
|-----------------------------|---------------------------|
| Activity: | Secondary Details |
| Instructor / Teacher | Mrs Ihimekpen |
| Day/s | Tuesday |
| Time | 2:45pm - 3:45 p.m. |
| Venue | Volleyball Court |
| Year Groups | Year7-Year 11 |
| Cost per term | ₦20,000 |
| Competition | AISEN |

Activity Description:

The Volleyball Club is open to all boys and girls in Year 7 through to Year 11. The emphasis of this programme will be on skill development and game play. This is a great programme to either get a first exposure to the sport or to get better and improve on skills.

Not only is playing volleyball a great way to get into shape and stay active, it's a great way to make friends and develop the social skills that will serve young athletes well in everyday life. Volleyball is a team sport, which means that participants will learn how to work well with others to reach a common goal. This is a valuable opportunity to interact with peers on a social level, which will also help them feel happier and more valued overall.

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WEB DESIGN CLUB



At a glance...

| Activity: | Secondary Details |
|----------------------|----------------------|
| Instructor / Teacher | Mr Osewa / Mr Aiyebo |
| Day/s | Monday |
| Time | 2:45pm - 3:45 p.m. |
| Venue | P1 (ICT Lab) |
| Year Groups | Year7-Year 11 |
| Cost per term | ₦20,000 |
| Competition | N/A |

Activity Description:

The Website Design Club is for pupils who are passionate about the Web and who would like to expand their knowledge in web programming. Our goal is to ensure that participants leave the school year with more familiarity in web programming.

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