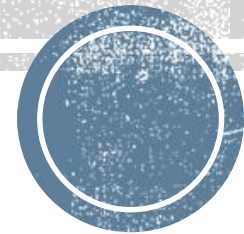


# ACSpl<sub>o</sub>re

Modular Sports CCA 2020



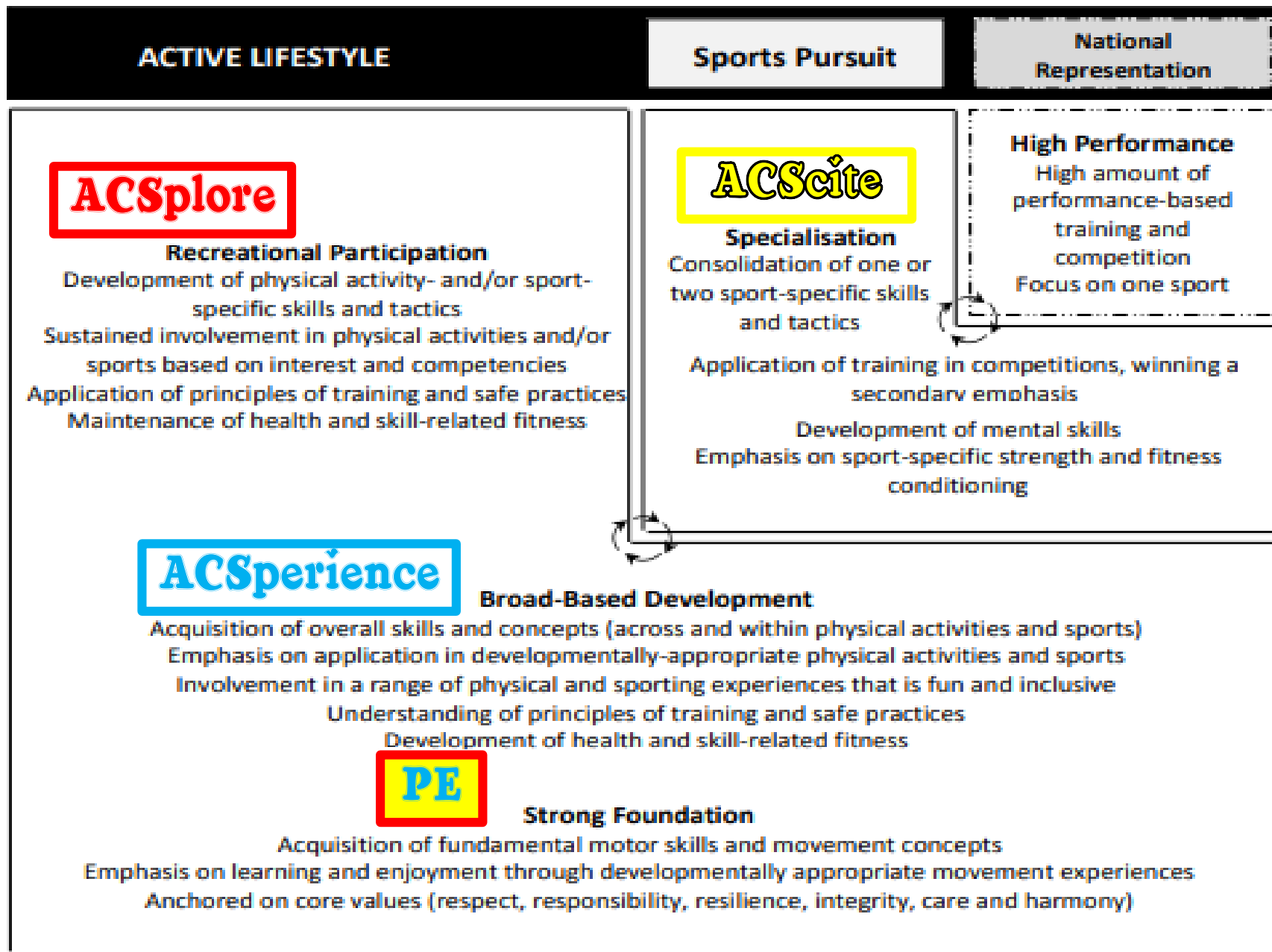
# Rationale

ACSplore is aligned with the national direction of:

- Preventing early specialization and burn-out in youth sports
- Developing a strong foundation for broad-based development,
- Reducing the stakes of competition

Instead of the usual Sports CCAs, ACS(J) will offer modular sports CCA programme to all Primary 3 pupils - ACSplore





# ACSJ LLP 2020 – Sports for All, All for Sports

	P1	P2	P3	P4	P5	P6	
<b>Sports for All</b> Everybody to benefit from sports participation			Athletics				<b>Focussed Learning Outcomes</b>
			Dance				
			Games				
			Gymnastics				
			Outdoor Education				
			Physical Health & Fitness				
			Swimming				
		Rugby for All					
			Tennis for All				
<b>All for Sports</b> Using sports as a tool to develop character and to bring people together through shared experiences	Games Day		ACSian Race		Camp Junior Olympics		<b>Nurturing Character</b>
	Swimming Championship						
	Track & Field Championship						
	PAL (Sports)		ACSplore	ACSplore or ACScite (Badminton, Football, Rugby, Sailing, Swimming, Table Tennis, Tennis, Tenpin Bowling)			

# Age-Appropriate Development based on Individual Readiness

Primary 4- 6

Primary 3

ACSplore

ACSplore

or

ACScite



# Implementation Timeline



# What sports will my son learn during ACSplore?

- Each pupil will choose a Category A sport and a Category B sport
- Each sport to span over 12 to 15 weeks (one semester).
- Example : Semester 1 - Badminton, Semester 2 - Hockey

Category A	Category B
Badminton	Football
Table Tennis	Rugby
Tennis	Basketball
Tenpin Bowling	Hockey



# What about Swimming and Sailing?

All Primary 3 pupils will participate in the SwimSafer programme during PE lessons. Hence, recreational swimming will only be offered as part of ACSplore Category A from Primary 4 onwards. For competitive swimmers who train competitively with an external club/coach, please submit a letter from the club/coach in Jan 2020.

Sailing is a high-risk water sport. For entry-level pupils, the sailing module lasts more than 1 year. Therefore, it is not included in the ACSplore programme. If your son wishes to pursue Sailing as a CCA in P4, please contact Ms Chen Xinhong at [chen\\_xinhong@moe.edu.sg](mailto:chen_xinhong@moe.edu.sg) .





# What will my son learn during ACSplore?

- Develop health-enhancing fitness e.g. aerobic fitness, strength, flexibility
- Introduction to sports specific fitness e.g. speed, agility, power
- Pick up transferrable sports principles and skills e.g. court coverage, footwork, change of running direction, striking with implement, passing.
- For Category A, the focus is on individual pursuit of excellence with a resilient mindset.
- For Category B, the focus is on being a responsible team member that contributes towards the team goal through communication and action.



**How does ACSplore  
programme benefit my  
son?**



# Scenario A

Tarmizi enjoys doing sports but he lacks the exposure to sports programmes. His favourite subject is PE and he picks up the skills well after some practice. He does not have much sports experience and he is unsure of what he would like to specialize in. He is eager to learn anything related to sports. He would like to represent the ACS(J) in the National School Games in future.

*Tarmizi may wish to select ACSplore sports that are also offered under ACScite. These sports are Badminton, Football, Rugby, Table Tennis, Tennis and Tenpin Bowling. After he goes through the P3 ACSplore programme, he may be recommended to go for an ACScite sport. If the coaches and teachers feel he is not ready, he may wish to continue with ACSplore in P4 and P5. All boys in the ACSplore programme from P3 to P5 have a chance to be recommended to join an ACScite programme in the subsequent year.*



# Scenario B

Roderick loves sports but he does not have the opportunity to develop his foundation. He is not particularly athletic and he needs some help with his hand-eye coordination. He lacks confidence at times but he enjoys the participation process.

*Roderick would benefit from the variety of sports offered in ACSplore. The range of sports offered would help him to develop broad-based skills that are transferrable and critical for his future sports pursuits.*

*As he progresses through the various ACSplore sports from P3 to P5, he has a chance to join ACScite sport if he develops the necessary foundation.*



# Scenario C

Jeremy has been participating in various sports since young. He plays Tennis on weekday afternoons. He also swims competitively for his club. He has a good foundation of general fitness and sports-specific skills. With his strong foundation, he picks up any sport very quickly and is able to transfer his sports experience into new sports. He aspires to represent the school in Tennis as soon as he can.

*Jeremy may wish to select Tennis for Category A and a team sport in Category B as he has already developed a strong physical foundation. This would ensure his development is balanced and holistic. During the ACSplore programme, coaches and teachers will be observing the boys closely. If he is ready for specialization, they will do the necessary recommendation to the parents by the end of the year. He will then join the ACScite programme from Primary 4 onwards.*



# FAQ

## 1) Will my son be doing the same two sports in the subsequent years?

As the Modular Sports programme aims to provide exposure, we do not encourage boys to repeat the same sport module.

## 2) Will my son have the opportunity to move to ACScite in the subsequent years?

Ongoing observation will be done by teachers and coaches during the ACSplore programme. If your son is observed to be ready, recommendation will be made for him to specialize in a specific ACScite sport. P3 to P5 boys may be recommended to move from ACSplore to ACScite if the coaches and teachers see that they are ready.

## 3) My son is currently training externally in a NSG sport that is not offered in school as a CCA e.g. Taekwondo. Is he still required to participate in a school CCA?

At this point, no, since CCAs are not compulsory for Primary 3 pupils. However, from Primary 4 onwards, it is compulsory for all pupils to participate in a school CCA. If he is training competitively and rigorously outside school and is unable to cope with a school CCA, his pursue of the NSG sport can be considered his external CCA. In this case, he is required to submit a letter from his club/association to indicate his training frequency.



# FAQ (cont'd)

4) My son took part in Tennis and Rugby in Primary 3 and he is encouraged to do other sports in Primary 4. If he chooses Table Tennis and Hockey in Primary 4, does he still have a chance to represent the school in Tennis and Rugby?

Yes. Recommendations made by ACSplore coaches and teachers and are multi-faceted. Many of the skills taught in ACSplore are transferrable across sports. If coaches and teachers observe that he has the potential to cope with the training intensity and skill level at any of the ACScite sport, he may still be recommended for an ACScite Sport CCA.

5) Will my son get to choose his sports for ACSplore?

Your son may list two choices for each category e.g. 1<sup>st</sup> choice Cat A Table Tennis, 2<sup>nd</sup> choice Cat A Badminton, 1<sup>st</sup> choice Cat B Hockey, 2<sup>nd</sup> choice Cat B Rugby.

We will do our best to allocate your son one of his two choices.

6) Can my son skip the ACSplore phase and go straight into ACScite?

No. All boys must have gone through ACSplore for at least a year before the coaches/teachers recommend them to go into ACScite. This is to align with the national direction of having a broad base for the boys and to avoid early specialization.



# FAQ (cont'd)

7) When will the ACSplore sessions be held?

These sessions will last 1.5 hour and will be held on Mon, Wed, Thu or Fri any time between 2 to 6pm.

8) Can I choose the timing of the sessions?

Due to logistics constraints, we will not be able to accommodate requests for specific timings.

9) My son has tuition and enrichment programmes outside of school. How do I work his schedule around ACSplore?

We aim to inform you of your son's ACSplore schedule by end November. You may then wish to work out his 2020 schedule.

10) My son is keen to join a performing arts CCA but he is not sure if he will pass the auditions held at the start of 2020. If he can't enter a performing arts CCA, he would like to join ACSplore. Should he sign up for ACSplore now?

Yes. Please sign up for ACSplore now as we will be confirming logistics arrangements with coaches by November. Boys who do not sign up for ACSplore this year will not be able to get a spot next year.





# FAQ (cont'd)

11) My son would like to participate in 2 CCAs. How should I go about with the registration process?

All boys who wish to participate in ACSplore must register for it **this year** as a 1<sup>st</sup> CCA.

In 2020, CCA registration for Primary 3 is only for Performing Arts (audition required), Clubs & Societies and Uniformed Groups.

There will be 2 phases of CCA registration.

Phase 1 is for those who do not have a 1<sup>st</sup> CCA yet. Boys who have been allocated a spot for ACSplore will not be eligible for this phase.

The number of vacancies left in each CCA will then be announced for boys who wish to register for a 2<sup>nd</sup> CCA.

ACSplore boys who wish to register for another CCA can register for Phase 2.

12) I have more questions. Who should I look for?

For questions pertaining ACSplore or External CCAs, please contact our Subject Head (CCA) Mr Alwyn Tan at [tan\\_chin\\_keat\\_alwyn@moe.edu.sg](mailto:tan_chin_keat_alwyn@moe.edu.sg)

For questions on Performing Arts CCAs, please contact our Subject Head (Aesthetics) Mrs Gloria Chia at [loh\\_lin\\_li@moe.edu.sg](mailto:loh_lin_li@moe.edu.sg)

For other questions regarding school policies and processes, please contact Head of Department (PE/CCA) Ms Chen Xinhong at [chen\\_xinhong@moe.edu.sg](mailto:chen_xinhong@moe.edu.sg)



If you are keen for your son to ACSplore, please register via this form by 10<sup>th</sup> October 2019.

Thank you and have a blessed Term 4 ahead.

