

# Extra Curricular Activities Term 3 (Secondary)

## **Wednesday ECA Options:**

# **ENGAGE**

#### **CREST Award**

The CREST award is an opportunity to either design your own scientific investigation, construct your own working models and record your data or to carry out a suggested investigation in your own way. You will receive an award for it at the end of the term - it's a great opportunity to do some science that is fun, counts towards both the International Award and the Bromsgrove Award!

## Bangkok Dragons' Den

Bangkok Dragons' Den is a competition where you start a small business and learn about marketing, finance, and enterprise. In June BIST will compete with other schools in Bangkok to determine who has the best business idea. This ECA is only open to students who chose Bangkok Dragons' Den in term two!

#### **Logic Puzzles and Games**

Ever wanted to know how to solve a Rubik's cube? Want to wow people with your logical thinking and problem solving skills? Then come and improve your mental agility and critical reasoning in this new ECA. Each week we will dissect a new and troubling mathematical or logical puzzle and learn the next stage in the process of how to solve a Rubik's cube.

## **Academic Revision (Y11)**

Supervised study for Year 11 students in the lead up to the June exams. (Max 2 sessions per student per week)

## **Academic Revision (Sixth Form)**



Supervised study for Sixth Form students in the lead up to the June exams.(Max 2 sessions per student per week)

# **CREATE**

#### Guitar Building and Model Painting (950 THB per brush set)

Term 3 Guitar building is open to students returning to finish off their mighty axes only or students that wish to modify their own guitar or bring their own DIY guitar or ukulele kit. In addition to this, I will also be teaching model painting to paint Warhammer models that we buy in or 3D print; students will need to bring their own brushes or buy the set from the school and will also need to bring their own models to paint later on in the term once we have gone through the basics of the different types of paints, different techniques and also experimenting with style.

#### **MakerSpace**

Build and keep your own drone! Boost your coding skills, logical and creative thinking. You will learn how to programme and build your own drone that you can fly via your mobile device and code from scratch. Battle against each other and rival schools in the first ever DRONE WARS Cup!

#### **Art Club**

Art Club Y10-13: A fantastic opportunity for IGCSE and A Level Art Students to work on their individual Art projects with personalised, 1 on 1 support and the opportunity to experiment with or further their knowledge of different media, techniques and skills.

#### Cooking (400 THB cost for ingredients)

Learn how to cook a variety of Thai and Western dishes. We will learn a new recipe each week and try both sweet and savoury dishes. Get involved in the preparation of food and enjoy trying the dishes you have cooked afterwards. Each week you will get to take home a new recipe with instructions. You can choose to eat what you have cooked at the end of the ECA each week or take some home to share with others!

#### **TISAC Drama Club**

This Drama club will involve IGCSE Drama Year 10 & a selected 10 students from KS3. We will be devising 2 competition pieces to perform at St Andrews School in June.



# **ACTIVATE**

#### Football (Years 9 and 10)

Coach Smith - otherwise known as the Bromsgrove Guardiola - is back. This ECA will give you the opportunity to develop a wide range of skills in a fun and relaxed setting. You will then apply these skills in games played at the end of the sessions. All you need is a pair of boots and a desire to put in a 100 percent effort! See you there!

### Football (Years 11-13 boys)

This ECA is suitable for students who want to improve their fitness and football skills. We will be covering all aspects of the game, including passing, shooting, first touch and movement off the ball. You must be willing to run around in the sun, and give 100% effort!

#### **Basketball (Years 7-9)**

This basketball ECA is a chance for you to develop and apply basketball skills to game situations. If you think that you would like to be part of the basketball team that competes in the TISAC competitions during Term 1 then this is a great opportunity to train with other students and to learn and practice key skills and movements.

## **Table Tennis (Years 7-9)**

An indoor sport that requires finesse, skill and clever tactics, table tennis is fast paced and fun. You will get the opportunity to develop your skills – whether it is mastering your serve, owning your backhand or making your opponent tremble in fear with your destructive smash. All abilities are welcome; the club will provide you with the opportunity to develop your game. Competitions will take place each week, with prizes being given to the winner.

## **Gym Fitness**

Doing regular exercise has been proven to make you better at academic subjects (school), sleep better and be more positive & psychologically happy (why do you think Mr Barnes is ALWAYS smiling?!). In the Gym ECA you can (i) learn any basics that you are unsure of, (ii) practice and really master things you already do, (iii) learn and practice the king of all physical exercise - Squats.

## Volleyball

The Volleyball ECA is a good chance to learn essential Volleyball skill from the school Top Volleyball coach Mr.Tak. BIST's Volleyball team will also be competing against other schools during team.3 and this is a great opportunity to get involved.

