



UNITED SCIENCE
INTERNATIONAL
SCHOOL

STUDENTS CLUB HANDBOOK

2021-2022

www.usis.online



Benefits of running a club

Clubs can be a powerful and enjoyable way to engage young people with learning, and deliver a wide range of benefits. They can give a deeper understanding, offer real-world experiences and suggest different ways to learn.

Any student involved in a club has the potential to improve their confidence, learning and understanding. Through their enjoyment and enthusiasm in taking part in club activities students can challenge their abilities and learn more about their skills and the influence they can have on their life and the world around them. Participation in a club helps students to increase their confidence and overall employability skills.



Club Categories

ART
MUSIC

STEM

SPORTS



ART

BENEFITS:

1. Art stimulates the imagination.
2. Art makes you more observant.
3. Art enhances problem-solving skills.
4. Art boosts self-esteem and provides a sense of accomplishment.
5. Art reduces stress.

GOALS:

1. Students will learn how to create art.
2. To enable children to record from first-hand experience and from imagination, and to select their own ideas to use in their work.
3. To develop creativity and imagination through a range of complex activities.
4. To improve the children's ability to control materials, tools and techniques.

MATERIALS:

1. Materials will be provided by students.





PIANO

BENEFITS:

1. Make music a natural part of your child's life.
2. Piano lessons help children perfect their natural learning processes.
3. Piano lessons help children learn how to stay focused and achieve goals.
4. Piano lessons help children develop courage.
5. Piano lessons teach children to persevere. A key part of accomplishing anything difficult is not to give up easily. As children grow, piano lessons teach kids to try and then try again if they don't initially succeed.

GOALS:

1. Students can play piano as beginner level.
2. Reinforcing your practical and theoretical basics.
3. Deepen your understanding of certain techniques or skills.

MATERIALS:

1. Materials (piano) will be provided by USIS.





VIOLIN

BENEFITS:

Violin offers the following positive aspects,

1. Improved memory and attention span
2. Sensory cognitive development
3. Excellent social skills and inclusion
4. Improved mental function and health

GOALS:

1. Students can play violin intermediate level.
2. Total rhythmic control of both bows and left hand.
3. The ability to learn rapidly and thoroughly
4. Clarity, brilliance, purity, and virtuosity in fast passages.

MATERIALS:

1. Materials (violin) will be provided by students.





GUITAR

BENEFITS:

1. Playing guitar enhances your concentration.
2. Playing guitar improves your memory.
3. Playing guitar builds your confidence.
4. Playing guitar reduces stress.
5. Playing guitar improves your motor skills.

GOALS:

1. To be able to play some easy songs.
2. Deepen your understanding of certain techniques or skills.

MATERIALS:

Materials (guitar) will be provided by students.

SCIENCE



BENEFITS:

1. Encouraging discussion: Talking about what you see, feel, taste, hear, smell and discover.

1. Predicting: Encouraging children to discuss the possibilities of what will happen in the experiment.
2. Experimenting with the sequencing of steps to carry out the experiment.
3. Exploring the natural environment.
4. Problem solving: For example, how will we melt the ice? Will we leave it in the room, cook it in a pan or leave it in the sun?
5. Developing an inquisitive mind.

GOALS:

1. Students can learn to use equipment safely and correctly.
2. Students can analyze results and discoveries.

MATERIALS:

1. Materials will be provided by USIS.
2. Also, Science A-Z online resources will provide by USIS.

<https://www.sciencea-z.com>





SHORT MOVIE

BENEFITS:

- 1.If you make a short film, you have the chance to be very creative in a small burst. This ability gives you an opportunity to look at what you have been planning and illustrate it in one small and quick idea.
- 2.Another great benefit is that you can make a risky film that you would otherwise forget about. Being able to test out risky material allows you to experiment with new ideas for a bigger, bolder project.
- 3.The benefits of using filmmaking are huge, particularly when developing young people's creativity, as well as soft skills such as communication and teamwork.
- 4.The different roles on a film set are great at targeting specific skills, so directing is brilliant for leadership and decision making while operating the camera is great for developing listening skills.

GOALS:

- 1.Mental arithmetic refers to the practice of doing calculations in the head without using any calculator, device, or tools. After grasping math concepts and visualizing numbers, children are able to make correct calculations in their minds without writing down numbers.

MATERIALS:

- 1.Materials (Camera) will be provided by USIS.





FOLK DANCE

BENEFITS:

1. Improved condition of your heart and lungs.
2. Increased muscular strength, endurance and motor fitness.
3. Increased aerobic fitness.
4. Improved muscle tone and strength.
5. Stronger bones and reduced risk of osteoporosis.
6. Better coordination, agility and flexibility.

GOALS:

1. Performing with a specific group.
2. Complete a significant level of training.
3. Nailing a one-footed spin without losing your balance.

MATERIALS:

1. Materials (dance clothes) will be provided by students.





GYMNASTICS

BENEFITS:

1. Improved condition of your heart and lungs.
2. Reduce your risk of a heart attack
3. Manage your weight better
4. Lower the risk of type 2 diabetes and some cancers
5. Have lower blood pressure
6. Have stronger bones, muscles and joints and lower risk of developing osteoporosis
7. Feel better – with more energy, a better mood, feel more relaxed and sleep better.

GOALS:

1. Students will have knowledge about gymnastics, and they will learn how to practice gymnastics in their life.

MATERIALS:

1. Materials will be provided by USIS.





TAEKWONDO

BENEFITS:

1. Leadership and role model for others.
2. Build confidence and self-esteem.
3. Focus and concentration.
4. Respect for self and others.
5. Successfully overcome challenges.

GOALS:

1. Students will have knowledge about taekwondo, and they will learn how to practice the knowledge.
2. Being able to define right from wrong. To have a conscience and be humble.
3. Having the right attitude and maintaining inner strength regardless of winning or losing.
4. To persist in an endeavor or undertaking despite counter influences, opposition, or discouragement.

MATERIALS:

Materials will be provided by USIS.





FOOTBALL

BENEFITS:

1. Improving heart health and blood pressure
2. Increasing muscle mass and bone strength in inactive individuals
3. Reducing body fat
4. Building strength, stamina, and speed
5. Training your brain, improving concentration and coordination
6. Promoting teamwork, being social and boosting your confidence

GOALS:

1. Improve ball control skills.
2. Improve dribbling skills.
3. Learning to pass.
4. Learning to be a team in football.

MATERIALS:

1. Materials will be provided by USIS.





COOKING

BENEFITS:

1. It will provide to students with an introduction to healthy meal
2. Basic cooking skills required to prepare inexpensive, nutritious food
3. Food safety information
4. An experience working as a team and an opportunity to build students confidence in cooking
5. Basic concepts of nutrition and healthy eating

GOALS:

1. Providing healthy food chooses
2. Teaching valuable cooking skills
3. Promoting positive attitudes about food
4. Develop of food and kitchen safety information

MATERIALS:

Ingredients will be provided by USIS. Students might be asked in order to bring some ingredients and materials if needed.





ENVIROMENT

BENEFITS:

1. Promote environmental awareness.
2. Take environmental action.

GOALS:

1. Becoming more environment friendly individuals, practicing critical thinking and leadership skills.

MATERIALS:

1. N/A



FITNESS

BENEFITS:

1. Improved condition of your heart and lungs.
2. Reduce your risk of a heart attack
3. Manage your weight better
4. Lower the risk of type 2 diabetes and some cancers
5. Have lower blood pressure
6. Have stronger bones, muscles and joints and lower risk of developing osteoporosis
7. Feel better – with more energy, a better mood, feel more relaxed and sleep better.

GOALS:

1. Students will have knowledge about fitness, and they will learn how to practice fitness in daily life.

MATERIALS:

1. Materials will be provided by students.



ROBOTICS



BENEFITS:

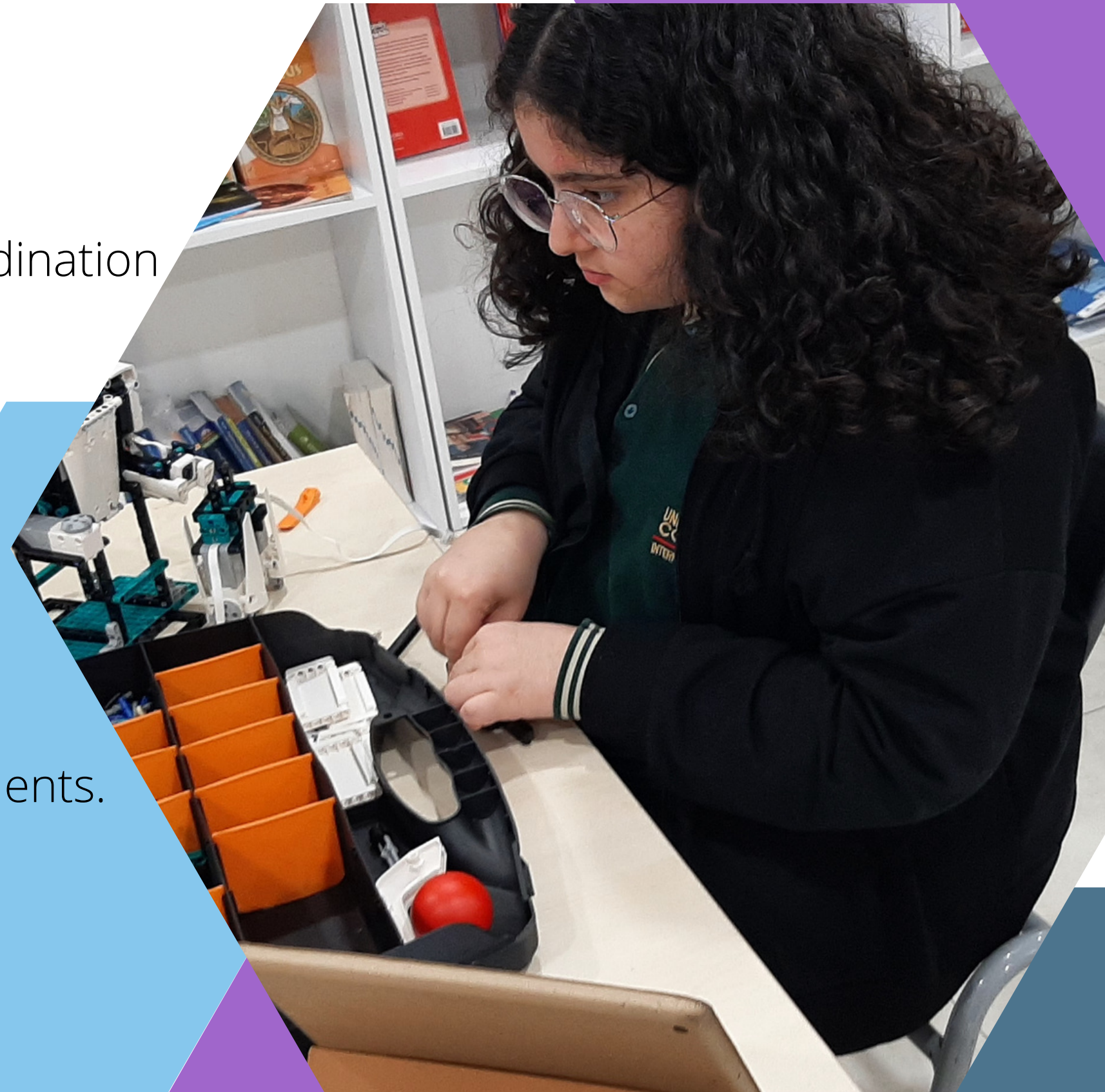
1. Learning gear system
2. Improving coding ideas
3. Assembling robots
4. Training your brain, improving concentration and coordination
5. Promoting teamwork.

GOALS:

1. Improve basic gear system knowledge.
2. learning assembling robot by instructions.
3. Learning to code.
4. Learning to be a team in activities.

MATERIALS:

Material (Lego Mindstorms 51515) will be provided by students.





CLUB RULES

Students must follow the rules are stated.

- ◆ Students must participate on the time.
- ◆ Students must participate the club regularly.
- ◆ Students must follow teacher's command.
- ◆ If students will have any discipline problems, he/she will be disqualified.



CLUBS DETAILS

Clubs	Quota	Duration(Hours)	Fee(\$)
ART	10	24	50
PIANO	10	24	90
VIOLIN	10	24	75
GUITAR	10	24	75
SCIENCE	12	20	50
SHORT MOVIE	10	24	50
FOLK DANCE	12	24	50
GYMNASTICS	12	24	50
TAEKWONDO	15	24	75



CLUB PREFERENCE FORM

Student's,

Name:.....

Class:.....

Club Preferences;

1.
2.
3.
4.

I have read clubs policies and I agree all details about policies.

Signature:.....

Parent's,

Name:.....

Signature:.....

Notes:

1. If any club is less than 6, it will be cancelled.
2. This form must submit back to school.



