

# Extra Curriculum Activity Handbook

ECA Projects  
2018-2019





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## What Is IB ?

The International Baccalaureate Organization (known as the IB) offers four high-quality and challenging educational programmes for a worldwide community of schools, aiming to create a better, more peaceful world.

## IB Mission Statement

The International Baccalaureate aims to develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect.

## The Nature Of CAS

CAS is organized around the three strands of **creativity**, **activity** and **service** defined as follows.

**Creativity**—exploring and extending ideas leading to an original or interpretive product or performance

**Activity**—physical exertion contributing to a healthy lifestyle

**Service**—collaborative and reciprocal engagement with the community in response to an authentic need

## CAS - Aim

The CAS programme aims to develop students who:

- enjoy and find significance in a range of CAS experiences
- purposefully reflect upon their experiences
- identify goals, develop strategies and determine further actions for personal growth
- explore new possibilities, embrace new challenges and adapt to new roles
- actively participate in planned, sustained, and collaborative CAS projects
- understand they are members of local and global communities with responsibilities towards each other and the environment.



## CBS - ECA 课程要求

### CBS - ECA Course Requirements

1. ECA 课程以老师为课程负责中心。  
Teachers will be in charge of the ECA courses.
2. 学生每学期必选 2-3 个 ECA 课程。  
Students need to choose 3-4 ECA courses for each term.
3. ECA 课程每学期更换一次。开学第一周和最后一周不开展 ECA 课程。（各学部开始和结束时间可按实际情况再定）  
ECA course will change every term. Frist week and last week of each term have no ECA course. (Each department can make their own decision for the beginning and ending of ECA course.)
4. 原则上，除学科竞赛类 ECA 活动（学科老师单独要求除外），其他 ECA 可以初高中跨学部报名上课。幼儿园和小学单独（可跨年级）开展 ECA 课程。  
Basically, except the ECA course for subject competition (if it's required), all the other ECA courses can be taken by both Middle year and High school students. Foundation and Primary have their own department ECA course.
5. 每学期要求 ECA 课程老师给各 ECA 班级学生综合评价，包括课堂表现，作业情况以及总评。  
All the ECA course teachers will give an overall evaluation for each student for their class each term, including class behaviors, homework and overall evaluation.
6. 学生一旦选择好 ECA 课程，除特殊原因外（学部负责人同意）不可随意更改。  
Once student choose the ECA course, it won't be changed anymore except particular reasons (with the permission of the head of the department).
7. 学生必须认真对待 ECA 课程，如发现任何严重违反课堂要求和老师要求的情况，学校将按照校规处罚。  
Students must take the ECA course seriously, and school will punish students according to school rules if anyone caught by teachers gravely violating classroom rules and teachers requirements.



**2018-2019 ECA Selection Sheet For Foundation Big**

		ECA		Class Size	Options
Monday	运动学院 Sport Clubs	1	溜旱冰 Roller Blading	/	Option:
		2	功夫 Kong Fu	/	
Tuesday	运动学院 Sport Clubs	1	瑜伽 Yoga	/	Option:
	非运动学院 Non-Sport Clubs	2	艺术 Art	/	
Wednesday	运动学院 Sport Clubs	1	球类游戏 Ball Games	/	Option :
	非运动学院 Non-Sport Clubs	2	桌游 Board Games	/	
		3	构建课 Construction	/	
Tuesday	运动学院 Sport Clubs	1	功夫 Kong Fu	/	Option :
	非运动学院 Non-Sport Clubs	2	桌游 Board Games	/	
		3	故事 Stories	/	
<b>Student Name:</b>		<b>Class:</b>			


**2018-2019 ECA Selection Sheet For Foundation Little**

		ECA		Class Size	Options
Monday	运动学院 Sport Clubs	1	溜旱冰 Roller Blading	/	Option:
	非运动学院 Non-Sport Clubs	2	艺术 Art	/	
Tuesday	运动学院 Sport Clubs	1	球类游戏 Ball Games	/	Option:
	非运动学院 Non-Sport Clubs	2	瑜伽 Yoga	/	
Wednesday	运动学院 Sport Clubs	1	球类游戏 Ball Games	/	Option :
	非运动学院 Non-Sport Clubs	2	桌游 Board Games	/	
	非运动学院 Non-Sport Clubs	3	构建课 Construction	/	
Tuesday	运动学院 Sport Clubs	1	功夫 Kong Fu	/	Option :
	非运动学院 Non-Sport Clubs	2	桌游 Board Games	/	
	非运动学院 Non-Sport Clubs	3	故事 Stories	/	
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Student Name:		Class:			



## 一、选表注意事项/ Sheet Selection Notes:

1. 周一至周四每天有 2-3 项 ECA 供选择，每天可以有一项选择。大家按照兴趣程度排名，选择你最喜欢的一项。

You can have 1 candidate classes from Monday to Thursday through 2-3 ECA courses. Rank and choose your favorite options according to your preference.

2. 建议选择一个运动类，一个非运动类。

It is suggested that you combine one sporty club and one non-sporty club in the end.

## 二、选课流程/Process

Time	Time	Steps
第一周	2018.8.20 周二下午	确定好要上的课程
Week 1	20/08/2018 Tuesday afternoon	Make decision about which classes to take and complete the "course selection form"
第一周	2018.8.21 周三上午	选课单交给班主任
Week 1	21/08/2018 Wednesday morning	Hand over the "course selection form" for the home teacher
第二周	2018.8.27 周一	按时参加每周一-周四下午的活动课
Week 2	27/08/2018	Take the classes you chosen on time!