

Physical Sports (PS)

PS	CCA	Day	Time	Venue	Remarks
PS1	Badminton	Mon & Thurs	2.00pm - 4.00pm 4.00 pm – 5.00 pm (sch team)	MPH	Mon : Non School Team Thurs : School Team Only
PS2	Basketball	Mon & Thurs	2.00pm - 4.00pm	Covered & Outdoor Basketball court	Mon : All members Thurs : School Team Only
PS3	Football	Mon & Thurs	3.00pm - 5.00pm (HIHS) 2.00 - 4.00 (HIPS)	School Field	Mon : P6 and School team training Thurs : P3 – P5
PS4	Rope Skipping	Thurs	2.00pm – 4.00pm	ISH	
PS5	Outdoor Adventure	Thurs	2.00pm - 4.00pm	School Compound	
PS6	Wushu	Mon & Thurs	2.00pm - 4.00pm	ISH	Mon : School Team only Thurs : All Members

Clubs and Societies (CS)

CS	CCA	Day	Time	Venue	Remarks
CS1	Chinese Culture and Language (Kuaibanshu)	Mon	2.00pm - 4.00pm	Ethnic Music Rm	
CS2	Infocomm Technology (Media Production)	Thurs	2.00pm – 4.00pm	Computer Lab 1 & 2	
CS3	Media Resource Library	Mon, Tues & Thurs	2.00pm – 4.00pm	Library	Students to choose 1 day of their choice
CS4	Robotics	Mon	2.00pm - 4.00pm	Com Lab 2 & 3; classrooms	
CS5	Environmental Science	Thurs	2.00pm - 4.00pm	Science Rooms	
CS6	Chinese Weiqi	Mon	2.00pm - 4.00pm	Classrooms	

Visual & Performing Arts (VPA)

VPA	CCA	Day	Time	Venue	Remarks
VPA1	Art and Crafts	Mon	2.00pm - 4.00pm	Foundation Art Studio	

VPA2	Chinese Dance	Thurs	2.00pm - 4.00pm	PAL Rooms & Dance Studio	
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VPA3	Choir	Mon	2.00pm - 4.00pm	Music Room	
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VPA4	Chinese Orchestra	Thurs	2.00pm - 4.00pm	Band Room, Classrooms (5th & 6th Flrs)	
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VPA5	Guzheng Ensemble	Mon & Thurs	2.00pm - 4.00pm	Ethnic Music Studio and Band Rm	
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Uniformed Groups

UG	CCA	Day	Time	Venue	Remarks
UG1	Girl Guides (Brownies)	Thurs	2.00pm - 4.00pm	Classrooms	

UG2	Red Cross Youth	Thurs	2.00pm - 4.00pm	Classrooms	
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