

FFL Activities, Module Codes & Venues

| S/N | Sports Activities | Mod. Grp Code | Location | Facility Code | Description |
|-----|-------------------|---------------|---------------------------|---------------|---|
| 1 | Ultimate Frisbee | UF | Hockey Pitch | HP | Ultimate Frisbee is a non-contact team sport played with a flying disc on the field. Points are scored by passing the disc to a teammate in the opposing end zone. The lesson compasses of the different strategy, throws, catch and positioning. |
| 2 | Soccer | SR | Soccer Pitch | T&F | Soccer is a contact team sport played on the field and involves kicking a ball with the foot to score a goal. The objective of the activity is to learn how to dribble, pass, head and shoot. |
| 3 | Badminton | BM | Indoor Sports Hall | G.221 | Badminton is played by either two players (singles) or four players (doubles), which take positions on opposite halves of a rectangular court divided by a net. Players score points by striking a shuttlecock with their racquet so that it passes over the net and lands in their opponents' half of the court. Students will learn on the different strokes such as the overhead forehand or backhand strokes and underarm forehand or backhand strokes. |
| 4 | Basketball | BB | Outdoor Basketball Courts | OCN | Basketball is a contact team sport where the objective is to shoot the ball through the hoop. Players are allowed to dribble the ball with their hands. It is played on a hard court. Students will learn on the proper techniques and fundamentals such as the passing, shooting, dribbling and many more. |

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| 5 | Netball | NB | Multi-purpose Court/ Tennis Court | NN-NW | Netball is a non-contact team sport where the objective is to shoot the ball through the hoop. The objective of the activity is to teach the students on the different positions and the skills such as passing, shooting and defending. |
| 6 | Swimming | SW | Swimming Pool | G.225 | Swimming is held in the swimming pool and students will go through a series of lessons consisting water confidence, beginner strokes, treading water and many more. |
| 7 | Volleyball | VB | Indoor Sports Hall | G.221 | Volleyball is a team sport in which two teams of players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. The ball has to be played over the net in order to score. Students will learn the basic techniques of serving, receiving, passing, setting and spiking. |
| 8 | Table Tennis | TT | Indoor Sports Hall | G.221 | Table tennis is a sport in which two or four players hit a lightweight ball back and forth across a table using a small, round bat. The game takes place on a hard table divided by a net. Students will pick up the skills of the forehand and back hand drive, forehand and backhand push, serve, return of serve and match play. |

| S/N | Wellness Activities | Mod. Grp Code | Location | Facility Code | Description |
|-----|---------------------|---------------|------------------------------------|---------------|--|
| 1 | Dance | DA | Multi-purpose Hall - Blk P1.414 | P1.414 | Hip-hop dance refers to street dance styles primarily performed to hip-hop music. Basic hip hop moves such as popping, locking and breaking will be taught in the lessons. At the end of the module, students will complete a full length song with the acquired moves. |
| 2 | Cardio Kickboxing | KB | E308A | E308A | Cardio kickboxing is a non-contact cardiovascular exercise which combines elements of boxing, martial arts and aerobics to provide overall physical conditioning and toning. Students will learn to pick up movements like knee strikes, kicks and punches. These movements are carried out together with the rhythm of the music. |
| 3 | Aerobics | AB | G307 | G307 | Aerobic exercise (also known as cardio) involves constant physical movement from low to high intensity for a period of time. Students will gain the knowledge of the different exercises that are used for aerobics. |
| 4 | K-Kardio | KK | Multi-purpose Hall - Blk P1.414 | P1.414 | K-Kardio (Kpop Cardio Dance) workout involve a combination of Kpop dance steps and different cardio elements from Hiphop, Aerobics, Kickboxing, Piloxingm HIIT, Jazz and Pilates. |

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| 5 | Yoga | YG | T209, T211 | T209 | Yoga is a series of flow movements encompassing physical, mental, and spiritual practice. Students will learn to increase flexibility, muscle strength, improve respiration and maintain a balanced metabolism through the activity. |
| 6 | Zumba | ZB | T201 | T201 | Zumba is a dance fitness programme that engage participants to perform easy-to-follow steps which are accompanied by Latin beats, such as Reggaeton and Salsa. It provides a total workout combining the various elements of fitness- cardio, muscle conditioning and a healthy dose of adrenaline and sweat. |
| 7* | Indoor Activities* | ZZ | G217 | G217 | International chess is a board game for two players, called White and Black, each controlling an army of chess pieces, with the objective to checkmate the opponent's king. *(Only for students who are medically unfit) |