Updated: Feb 2026

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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S/N	Sports Activities	Mod. Grp Code	Location	Facility Code	Description
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.

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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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S/N	Wellness Activities	Mod. Grp Code	Location	Facility Code	Description
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)