



**INTERNATIONAL SCHOOL OF BEIJING
CO-CURRICULAR PROGRAM
2018-19**

ISB Activities Program

Dear ISB Families,

At ISB we believe that a strong co-curricular program, offering competitive and non-competitive sports, after-school activities, performing arts and service opportunities can, as part of the school's overall curriculum, help prepare students to both enjoy and be successful in life. ISB activities stress hard work, leadership, camaraderie, sportsmanship and fair play, while promoting and fostering a desire to learn about, and learn from, the various co-curricular areas.

The success of our program is dependent upon the expertise and dedication of our coaches, directors, and sponsors, and the spirit and network of cooperation that links our sponsors with the ISB administration, parent community, and the fine ISB students themselves.

We believe that co-curricular activities are an integral part of the overall curricular program. Every student should have the opportunity to become involved to some extent. Sponsors and students should, at all levels, develop and exhibit accepted attitudes of cooperation, citizenship, good sportsmanship, and dedication.

If you have questions about any of our co-curricular activities, please contact the Student Activities Office.

Warm regards,



Simon Parker
Director of Student Activities

At ISB, we have 5 distinct areas that make up the co-curricular program and are administered through the Activities Office:

1. Dragon Sports
2. Performing Arts
3. The ASA Program
4. MS/HS Clubs
5. Service Groups

ISB Activities Program

Athletic Program

We believe that a strong after-school sports program can, as part of the school's overall curriculum, help prepare students to be successful in life. ISB teams stress hard work, leadership, camaraderie, sportsmanship and fair play, while promoting and fostering a desire to learn about, and learn from, sports.

- Our after-school sports program serves students at all grade levels, with elementary school, middle school and high school teams taking part in most events within ISAC, our Beijing/Tianjin international school league.
- Additionally, our high school teams compete in the ACAMIS, China Cup, JPAC and APAC organizations, with travel opportunities for various competitions within Asia.
- Elementary school students have many exciting intramural sports events, sports related ASA's as well as the now famous Jedi Juggler and Dribbling Dragons programs. These are complemented by additional opportunities for competition in invitational tournaments within the ISAC organization.



The following sports are featured within the after-school program:

- Rugby
- Swimming
- Soccer
- Table Tennis
- Basketball
- Tennis
- Baseball (Boys)
- Track & Field
- Softball (Girls)
- Volleyball
- Cross Country

ISB Activities Program

Elementary Athletics

There are a wide range of sports that Elementary School students can get involved in, from cross-country running, track and field to badminton, soccer, handball and table tennis. The different sports run through different terms and practices are during lunch as part of the Dragon Olympics program. We also run ASAs for the Jedi Jugglers and the Grade 2 Circus.

ISAC Activities	Date	Venue	Sponsor	Season/Day
ISAC X-Country (Grades 2-5)	October 13	ISB	Great Wall Runners (Activities Office)	Season 1
ISAC Soccer (Grade 3-5)	October 27	DCB	ESPE Office	Season 1
ISAC U11 Swim Meet (11 and under)	November 10	ISB	Swim Office	Season 2
ISAC Table Tennis (Grades 3-5)	December 1	WAB	ESPE Office	Season 2
ISAC 11 and over Swim Meet	December 8	BCIS	Swim Office	Season 2
ISAC ES U-10 Handball	January 26	DSP	ESPE Office	Season 2
ISAC ES U-11 Handball	March 9	DSP	ES PE Office	Season 3
ISAC Badminton	March 23	BIBA	ESPE Office	Season 3
ISAC G3-5 Track & Field	April 26	WAB	ESPE Office	Season 3

ISB Activities Program

Yearly Sports Seasons

ISB swim information can be found on the Aquatics page on Dragons' Gate.

MIDDLE SCHOOL SPORTS (Grade 6, 7, 8) Season 1	HIGH SCHOOL SPORTS (Varsity and JV) Season 1
Season Dates: August 21 - October 20	Season Dates: August 15 - October 21
Boys & Girls Soccer Boys Baseball Boys & Girls Badminton	Boys Baseball Boys & Girls Cross Country Boys & Girls Rugby Boys & Girls Tennis Boys & Girls Volleyball
Season 2	Season 2
Season Dates: October 25 - January 26	Season Dates: October 24 - January 27
Boys & Girls Volleyball	Boys & Girls Basketball Boys & Girls Table Tennis Boys & Girls Swimming
Season 3	Season 3
Season Dates: February 12 - April 20	Season Dates: February 12 - April 20
Boys & Girls Basketball Boys & Girls Tennis Boys & Girls Rugby Boys & Girls Track & Field Boys & Girls Swimming	Boys & Girls Badminton Boys & Girls Soccer Girls Softball Boys & Girls Track & Field
Season 4	
Girls Softball Boys Rugby (Touch & Contact)	

ISB Activities Program

Middle School Athletics: Key Dates

ISAC Tournament	Date	Venue	Season
ISAC Soccer Exchange Weekend	September 8	Various	Season 1
Soccer ISAC Tournament	October 20	Various	Season 1
ISAC Badminton Tournament	October 13	Keystone/ WAB	Season 1
ISAC Baseball Tournament	October 25/27	ISB	Season 1
ISAC Volleyball Exchange Weekend	December 1	Various	Season 2
ISAC Volleyball Tournament	January 19/26	Various	Season 2
ISAC Basketball Exchange Weekend	March 9	Various	Season 3
ISAC Basketball Tournament	April 20	Various	Season 3
Rugby Dulwich Invitational	May 31 - Jun 1	DCB	Season 4
Softball Spring Invitational	May 25	ISB	Season 4

ISB Activities Program

High School Key Tournament/Festival Dates

1. China Cup Season 1
September 14-16 2018
Baseball/Tennis @ ISB
Rugby @ HKIS
Volleyball @ SASPX
ISB Bangkok X-Country Invitational
2. APAC Season 1 Sports
October 17-21 2018
Baseball @ ISB
Rugby @ SASPX
Tennis @ CISS
Volleyball @ TCIS
X-Country @ HKIS
JPAC Volleyball @ SASPD
3. APAC Season 1 Performing Arts
November 14 - 18 2018
Choir @ TCIS
Dance @ CISS
Orchestra @ ISB
4. The Time Callahan Great Wall Shootout
November 21-25 2018 @ ISB
5. China Cup Season 2
January 11-13 2019
Basketball @ ISB
Forensics @ HKIS
Swimming/Table Tennis @ SASPX
6. APAC Season 2 Sports
January 23 - 27 2019
Basketball @ HKIS/CISS
Forensics @ SASPX
Swimming @ ISB
Table Tennis @ WAB
7. APAC Season 2 Performing Arts
February 20-24 2019
Band @ AISG
Theater @ BRENT
8. AMIS HS Honor Choirs Festival @ ISB
February 27 - March 3 2019
9. Varsity/JV Softball Invitational @ WAB
March 15-16 2019
10. China Cup Season 3
March 22-24 2019
Badminton @ HKIS
Soccer @ ISB
Softball @ SASPX
11. APAC Season 3
April 10-14 2019
Badminton @ WAB
Boys Soccer @ AISG
Girls Soccer @ TCIS
Softball @ SASPD
Track @ ISB
JPAC Soccer @ CISS

ISB Activities Program

Performing Arts

The Performing Arts Department believes that co-curricular performing groups complement our performing arts curriculum by offering technical skill development, the opportunity to perform in groups and the exploration of styles and genres not covered in curricular classes.

The co-curricular activities include:

- Choirs
- Dance
- Jazz Bands
- String Ensembles
- Theatrical Productions - Musicals, Dramas and One-Act Plays



ISB Activities Program

ES Performing Arts Groups and Activities

4th, 5th & 6th Grade Band

Students can choose to play flute, oboe, clarinet, trumpet, trombone or baritone in the 4th, 5th & 6th grade band. Students come to one class a week depending on the choice of their instrument. There are assemblies and concerts for student to perform in during the year. This is a year-long activity for beginners on band instruments and the best results are achieved when students commit to the whole year and practice regularly.

Mozart String Ensemble

Students who have played violin, viola, cello or bass for three or more years join this ensemble by audition. Challenging music of an appropriate level is studied over the year and there are regular performances throughout the year. This group meet to practice once a week.

Vivaldi String Ensemble

Students who have played a string instrument for two years or more can join this ensemble by audition. The orchestra meets regularly and students are expected to attend at least one session during the week. They play appropriate level string music from different genres and perform together on a regular basis throughout the academic year.

Beginner 2 String Ensemble

Students who have played violin, viola, cello or bass for a year or more can join this ensemble. The ensemble meets regularly and students are expected to attend twice a week, dependant on the ASA schedule. Students can play appropriate level string music from different genres and have the opportunity to take part in regular performances during the year.

Beginner 1 Strings

If students want to try a string instrument, they can join Beginner Strings. There are classes every day after school to learn violin, viola, cello or double bass and to play in a string ensemble. This is a year-long activity and students will have the opportunity to take part in performances in the second semester.

ISB Activities Program

Treblemakers

The 5th Grade Choir meets once a week to sing songs from many different countries and that represent many different genres of music. If students join the choir, they will have the opportunity to perform regularly, both in and outside school.

Junior Choir

The Junior Choir is for students in grades 3 and 4 who love to sing! No experience is necessary. Students meet once a week to sing songs from different countries and different genres of music. There are regular performances throughout the year in school and out in the community for students to take part in.



ISB Activities Program

MS/HS Performing Arts Groups and Activities

Choirs

MS Girls Honor Choir is a year-long auditioned choir for girls in grades 6 to 8. Auditions are held in August and the group meets on a weekly basis. The choir perform at concerts and assemblies throughout the year, and also perform in the community.

Impromptu is an auditioned choir (SATB) for students in grades 9 to 12. Auditions are held in August. This group takes part in various events through the school year, including concerts in school and in the community, the Great Works concert and the APAC Choir festival.

Dance

There are two aspects to the high school dance program. The APAC dance team tryouts are in August and that team of 10 selected students will represent ISB at the APAC dance festival in November.

The ISB high school dance team practice on Tuesdays and Thursdays - This a mixed dance group who explore different genres of dance including modern, jazz and hip hop. There are various performance opportunities throughout the year including International Day, Spring Fair, and the Dance Showcase in April.

Jazz Bands

MS Jazz & Rock Band is a non-auditioned group for MS students who are interested in learning about jazz styles. The band meet weekly on Mondays and perform at concerts and assemblies.

ISB Jazz Band is an auditioned, year-long group for High School students with some experience of jazz playing. Auditions are held in August and rehearsals are weekly. There are performance opportunities in school and in the community throughout the year.

Jazz Combo is focused on improvisation, working in a small combo, and reading lead sheets. All members of the Jazz Band are eligible for this activity as are other students who have the necessary skill level. There will be workshops featuring local musicians and opportunities to perform in the community.

Theatrical Presentations

HS Drama auditions are in August and regular rehearsals begin in August until the performance date. There are also opportunities for backstage crews in costumes, lighting and scenery.

ISB Activities Program

MS Production auditions take place in August and all participants are welcome. Rehearsals are held on a bi-weekly basis with some extra rehearsals near the performance dates. There are also opportunities for backstage crews in costumes, lighting and scenery.

One Act Festival takes place in November to give Middle School and High School students the opportunity to present a variety of plays and presentations. Some auditions may be necessary and rehearsals are arranged to fit each individual cast.

HS Musical auditions are held in January and regular rehearsals are scheduled from January until the performance dates. There are also opportunities for backstage crews in costumes, lighting and scenery.



ISB Activities Program

Performing Arts Key Dates

Activity	Dates
HS One Act auditions	August 13, 15 and 17
Dance Team auditions	August 14 and 16
Impromptue auditions	August 14
HS Jazz Band auditions	August 14
Instrumental Sales Day	September 1
HS Thespians	Thursdays
ES Strings Ensemble starts Beginner 2, Vivaldi, Mozart	Week of August 27-31
MS Production auditions	August 27/31
4/5/6 Grade Beginner Band starts	Week of September 3-7
Treblemakers and Junior Choir starts	Week of August 27-31
HS Curricular Showcase Concert	September 27
MS Curricular Showcase Concert	October 17
Roundabout 10 year Gala Dinner	October 19
One Act Festival	November 12 - 14
Middle School Production	November 8-10
APAC Choir/Dance/(Orchestra @ ISB)	November 14-18
HS Winter Concert	December 4
MS Winter Concert	December 5
ES Instrumental Concert	December 6
AMIS MS Orchestra Festival	January 16 - 20
ISCMS Music Festival	February 20-23
AMIS HS Choir Festival	February 27- March 3
MS ISTA Festival	March 14 - 17
Simply Concerts (band, singing, strings)	March 7/20.28
HS Production	April 9, 12 and 13
Showtime Gala	April 20
CASTA	April 30
HS End of Year Concert	May 14
ES Production	May 23/24
ES Instrumental Concert	June 4
MS End of Semester Concert	June 5

ISB Activities Program

The After School Activities (ASA) Program

ISB conducts a wide variety of activities for its students once the curricular day has come to an end. ASA's are offered primarily to students in the Elementary and Middle School and a typical ASA will meet for one hour once a week. During the school year there are three ASA sessions, each nine weeks in length. This program is especially popular at the Elementary School level and all sign up is done online through powerschool during registration week.

ASA Sessions	Registration Opens	Registration Closes	ASA Start Date	ASA End Date
Session 1 (Grades 1-8)	August 27	September 3	September 10	November 14
Session 2 (Grades K-8)	November 5	November 12	November 26	February 22
Session 3 (Grades K-8)	February 11	February 18	March 4	May 10

These activities provide exposure to a variety of areas, and fall into one of 5 carefully considered categories:

- 1) Performing Arts
- 2) Arts & Crafts
- 3) Movement & Games
- 4) Life Skills & Service
- 5) Extension of Class

The goal is to provide a balance of activities within these categories across the grade levels. Here is a small sample of the wonderful variety of activities on offer in the previous academic year.



ISB Activities Program

The ISAC sports ASA offerings and various intra-mural/performance activities are also supported by several outside organizations who work alongside the ISB faculty and administration to increase opportunities for our students here to be involved in sports. Please take the time to look at the websites listed below and find out where you can sign up your son/daughter and get them involved.

Event	Location	Date	Sponsor	Day
ISB Soccer Academy ES Soccer Courses (Age 4 + up)	Fields/ Gym 4	Fall/ Winter Spring courses	Club Football China www.clubfootball.com.cn	Tue/ Wed/ Thu/ Fri & Weekends Registration 3 times per year at ISB Check the Dragons' Gate for details.
Sports Beijing ES Sports Courses (Age 4 + up)	Various	Fall/ Winter Spring courses	Sports Beijing www.sportsbj.org	Weekdays & Weekends Registration 3 times per year at ISB Check the Dragons' Gate for details.



ISB Activities Program

The MS/HS Clubs Program

There are a wide range of clubs for Middle and High School students to get involved in; from photography, design, and magazine clubs to World Scholars club and the Model United Nations. A full list of all the activities can be found on our community information portal, Dragons' Gate. Activities for Middle and High School students run on the days of the week designated by the sponsor and continue for a whole semester or last the academic year.

Students will only be required to sign up once for these clubs at the beginning of the school year. This will then qualify the student for participation for the full year or semester.

Students joining the group later in the year, or indeed taking leave to pursue other activities, will need to report this information to the Activities Office for records to be maintained.



ISB Activities Program

MS/HS Service Groups

We encourage students to strive for balance in their lives; along with rigorous academic work, they undertake creative pursuits, physical activities, and service projects.

A great service experience should be both challenging and enjoyable, a journey of self-discovery which, at times, takes students out of their comfort zones. The spirit of service is important to us at ISB and for that reason we fully support a good number of service groups and actively encourage all students to get involved.

What is key for us is 'active engagement'. Service is not just about raising money. Though fund raising has its place, we are keen to see students actively involve themselves in some service and work alongside their peers at school to improve conditions for those less fortunate than themselves. We have many students at ISB who through their involvement in one or more of their service groups, recognize the merits of accepting personal challenge, of working collaboratively as well as individually for the benefit of someone else.

We have a very dedicated team of faculty advisors offering students an abundance of opportunities to get 'actively involved'. The service groups students can join are based around different projects, some one off events and others, semester or year long initiatives. Please contact the Activities Office for a comprehensive list of all the service groups students can join.



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Please contact the Activities Office with any questions or queries.

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A comprehensive list of student activities can be found on our community information portal, Dragons' Gate.