Learning Modules Information Pack

TLT Junior & Senior School
2016-2017
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1. **TAEKWONDO (BEGINNERS & ADVANCED)**

*Module Conductor:*
This module is organized and run by **Mr. Najeebullah** (beginners) and **Mr. Saifullah** (advanced). Students are taught by professional coaches in a group-basis. The groups for ‘Beginners’ and ‘Advanced’ are formed by the coaches, based on the student’s prior experience and ability.

*Location:*
The lessons will take place *on the school premises* every **Monday** during school hours.

*Duration:*
**12 lessons**

*Required clothing/uniform:*
**Taekwondo Uniform,** specified by the instructor
**Sports shoes**

*AVAILABILITY:*
Available for Students from Grades I-IX.
2. **EXPRESSION AND MOVEMENT:**

*Module Conductor:*
This module is organized and facilitated by **Mr. Faizan Masood.**

*Course Description* (by the course conductor, Mr. Faizan Masood):
Through this course, students will be making a holistic connection (mind, body and spirit) with self and others.

The Movement and Expression module is a carefully designed therapeutic social program for children, which incorporates art modalities to foster creativity, compassion and confidence. The program offers learning in areas such as interpersonal skills, creative and spontaneous thinking skills, music playing and singing, team building skills, gross and fine motor skills, and self-awareness.

Movement and expressive art entails activities such as mindfulness yoga, thematic story based movement and dance, music making and singing, visual arts and expressing the art work verbally and non verbally. All activities will be done giving each child their own space to grow as an individual and as a group with more autonomy, spontaneity and confidence. My vision is to see all children learn and grow in various areas of personality as every individual is unique and needs space to explore their path towards wellness and life.

Movement art utilizes the kinesthetic sense; body, mind, gestures in motion to aid in the communication of ideas, feelings and thoughts.

Expressive art refers to the combination of various arts such as music, dance, visual art, and art in nature grouped together to help in the development of expressive and receptive communication skills.

“*Children learn best when they are treated with compassion and play in a non-judgmental environment; where they are accepted as they are, and not what they are expected to be*” – Faizan Masood

*Location:* The lessons will take place **on the school premises** every **Monday** during school hours.

*Duration:* **12 lessons**

*Required clothing/uniform:*
**TLT Sports Uniform** - House colour shirt with navy blue track pants
(Available at Ghani Sons)

**Sports shoes**

*AVAILABILITY:* Open to Grades I-V
3. **ROLLER-SKATING**

*Module Conductor*:  
This module is organized and run by **Mr. Fareed**.

*Course Description*:  
Mr. Fareed will be teaching our students skating techniques and working towards developing their balance, coordination and movement.

*Location*:  
The lessons will take place *on the school premises* every **Monday** during school hours.

*Duration*:  
**12 lessons**

*Required equipment*:  
Skates and protective gear will be sold by Mr. Fareed to all the participants after the initial class.

*Required clothing/uniform*:  
**TLT Sports Uniform** - House colour shirt with navy blue track pants  
(Available at Ghani Sons)  
**Sports shoes**

**AVAILABILITY**:  
**Open to Grades I-V**
4. ZUMBA

Module Conductor:
Fehmida Maskatiya, a certified instructor of Zumba, will be conducting the module.

Course Description:
The goal of Zumbatomic is to develop a healthy lifestyle and to incorporate fitness as a natural part of children’s lives. Zumbatomic also considers other facets of the child's development like leadership, confidence, coordination, discipline, memory and creativity.

Location:
The lessons will take place on the school premises every Monday during school hours.

Duration:
12 lessons

Required clothing/uniform:
TLT Sports Uniform - House colour shirt with navy blue track pants (Available at Ghani Sons)
Sports shoes

AVAILABILITY:
Open to Grades I-IX
5. TENNIS

Module Conductor & Additional information:
This module is organized and run by, Mr. Reza Ali Mirza, of SuperKids.

Mr. Reza’s team offers amateur to professional coaching to children of all levels. The team uses 2 full-sized courts, and 3 mini-courts for the lessons. They provide individual attention and use tailor-made tennis nets and special tennis balls which allow young children learn quickly.

Course Description:
Skilled students will practice tennis drills and play competitive games and sets. All students will learn the scoring system, play matches, and learn all the tennis etiquettes by the end of the module.

Location:
The lessons will take place off the school premises (at Creek Club, D.H.A.) every Monday during school hours.

Duration:
12 lessons

Required clothing/uniform and other accessories:
TLT Sports Uniform  -  House colour shirt with navy blue track pants
(Available at Ghani Sons)
Tennis shoes
Tennis racquets  –  advice on where to purchase the racquets will be provided, if needed.
Water bottles

AVAILABILITY:
Open to Grades IV-IX ONLY
6. SPORTS PROGRAM

Module Conductors:
This module is organized and run by Coach Ghulam for Basketball and Coach Asif for Volleyball.

Course Description:
This module introduces the basics of both basketball and volleyball and improves the students’ fitness and stamina. Each student is expected to participate in both sports.

Location:
The lessons will take place off the school premises (at Neighbourhood Park) every Monday during school hours.

Duration:
12 lessons

Required clothing/uniform:
TLT Sports Uniform - House colour shirt with navy blue track pants
(Available at Ghani Sons)
Sports shoes

AVAILABILITY:
Open to Grades V-IX ONLY
7. **ROBOTICS:**

*Module Conductor:*
This module is organized and conducted by trained professionals at the **Robotics Lab.**

*Course Description:*
The aim is to ignite in our young students a passion for science, math and technology through Robotics. These workshops has been specially designed for school students to learn about simple machines and mechanical structures using the Lego Education Wedo Robotics from the age 5 - 8 and Lego Mind storms NXT 2.0 technology from the age 9 and above. During the workshop children build their Robotic structures by following building instructions and then program them using a visual, block-based software that is interesting and yet challenging. Students improve their familiarity with motors, many sensors and gears. It nurtures creative and logical thinking, problem solving and teamwork skills.

*Location:*
The lessons will take place **off the school premises** (at the Robotics Lab) every **Monday** during school hours.

*Duration:*
12 lessons

*Required clothing/uniform:*
Regular school uniform

*AVAILABILITY:*
Open to Grades I-IX
8. **ROWING**

*Module Conductor and additional information:*  
This module is organized by the **Karachi Boat Club**, and training is conducted by professional coaches. Karachi Boat Club’s school rowing programme was introduced seven years back with a couple of schools and a handful of rowers. The number of rowers has increased sharply, and today over 400 hundred students from over twenty schools are enrolled in rowing. KBC hosts regular national and international rowing events, with special focus on inter-school regattas. KBC student rowers take part in international competitions and have returned successfully. This development has helped students acquire sports scholarships and admissions in international colleges and universities.

*Course Description:*  
Rowing is one of the most popular and physically demanding team sports in the world. As a high-endurance sports, rowing requires regular training to maintain one’s fitness and strength. Rowing, also part of the Olympics, is gaining rapid popularity in Pakistan.

*Location:*  
The lessons will take place **off the school premises** (at Karachi Boat Club) every **Monday** during school hours.

*Duration:*  
**12 lessons**

*Required clothing/uniform:*  
**TLT Sports Uniform** - House colour shirt with navy blue track pants  
(Available at Ghani Sons)  
**Sports shoes**

*AVAILABILITY:*  
**Open to Grades V-IX ONLY**
9. **PHOTOGRAPHY**

*Module Conductor:*
This module is organized and conducted by a trained professional, named Ms. Kanwal Jawed.

*Course Description:*
Photography and Film-making go side by side, so if you are interested in creating still images (photography) or moving images (film), you will have to learn a mix of creative and technical skills. Photography requires composition of images and Film making requires direction, sound and lighting. The students will be taught the history and the art of creating still images and film. Towards the end of the module, the students will be divided into groups and will be asked to make a short film as their final project.

*Location:*
The lessons will take place on the school premises every Monday during school hours.

*Duration:*
12 lessons

*Required clothing/uniform:*
Regular school uniform

*Equipment:*
Any digital camera, DSLR camera or a phone camera.

*AVAILABILITY:*
Open to Grades VII-IX
10. FLORAL ARTS

Module Conductor:
This module is organized and conducted by Qurrat-ul-Ain at ‘Floral Affairs’.

Course Description:
Begin your journey of learning the art of floral design in this introductory course for all age groups. The floral design programme not only teaches student how to create stunning floral arrangements for different occasions, it provides them with lifelong skills they can use for personal and professional endeavours.

Flower arranging is fun and creative and brightens our mind, heart and soul. Using a variety of beautiful spring blooms find out how to cut, condition, arrange and display flowers through insightful demonstration and hands-on-learning.

Location:
The lessons will take place on the school premises every Monday during school hours.

Duration:
12 lessons

Required clothing/uniform:
Regular school uniform

Equipment:
Flowers and foliage will be provided.

AVAILABILITY:
Open to Grades I-IX
11. DEVELOPMENT THROUGH DRAMA

Module Conductor:
This module is organized and conducted by Helen O’ Grady Drama Academy, a global company operating in 30 countries worldwide since over 38 years, with 50 branches in UK alone.

Course Description (as given by the Academy):
If you want your child to join the most popular drama academy in the world, to perform, learn to speak well, and have great fun, then act now!
Lesson plans are specifically written by experts in self-development.
The following skills are taught through drama and role-play:
- Speak & move confidently
- Answer in full sentences
- Work in group situations
- Act in plays
- Feel good in themselves
- Meet new friends
- Improve confidence & enthusiasm
- Discuss issues
- Improve listening skills
- Increase self esteem
- Develop English language

Location:
The lessons will take place on the school premises every Monday during school hours.

Duration:
12 lessons

Required clothing/uniform:
Regular school uniform

AVAILABILITY:
Open to Grades I-IX
12. CONFIDENCE BUILDING & PUBLIC SPEAKING PROGRAM

Module Conductor:
This module is organized and conducted by Tanya Akhund.

Course Description:
The Confidence Building and Public Speaking module provides students with a unique opportunity to explore and develop skills which would enable them to become confident individuals.
The programme consists of a series of workshops with a core curriculum focusing on positive thinking, self-belief, building confidence and effective communication.

Location:
The lessons will take place on the school premises every Monday during school hours.

Duration:
12 lessons

Required clothing/uniform:
Regular school uniform

AVAILABILITY:
Open to Grades IV-VI
Module conductor:
*Kausar Ahmed* is an educationist, international culinary coach, and food and prop stylist.

Course description:
Kausar Z. Ahmed, who electrifies the classroom develops within the children a love for cooking and encourages them to eat a variety of food.

Location:
The lessons will take place *on the school premises* every Monday during school hours.

Duration:
12 lessons

Required Clothing:
Regular school uniform to be worn, an apron brought for each session to protect the clothing.

Availability:
*Grades I - V*
14. HORSE RIDING

Module conductor:

The module is organized and run by Mr. Abdul Haseeb Mehta at the Karachi Riding School. Haseeb is an experienced rider and polo player and has been working with children for several years now.

Course description:
Students are taught by professional coaches under the supervision of Haseeb Mehta. The students are taught to handle horses and riding.

Location:
Karachi Riding School, Clifton beach

Duration:
12 lessons

Required clothing:
Regular school t-shirt and either proper riding pants or track bottoms.

Riding boots if available or sports shoes.

Availability:
Grades I to IX
Module Conductor:
Aamir Saleem is a well known singer and musician.

Course description:
The guitar and vocal skills module is a comprehensive course, in which the following skills and knowledge will be taught:

- Brief history of guitar
- Different chords and scales
- Playing basic guitar
- Tuning a guitar
- Vocal lessons to sing and improve voice
- Singing along to the guitar with simple chords

Location:
The lessons will take place on the school premises every Monday during school hours.

Duration:
12 lessons

Required Clothing:
Regular school uniform

Equipment:
A guitar
Aamir Saleem would help in purchasing the appropriate guitar if required, but this should be organized before the start of the module.
Contact: 0300-8287373

Availability:
Grades IV - IX