

# Extracurricular Activities

## ASC

## Yangpu Campus Catalogue



# KINDERGARTEN ACTIVITIES

Our Kindergarten activities are designed to foster creativity, physical development, and social skills. These activities are tailored to the unique needs and interests of our youngest learners.

## ACTIVITIES FOR OUR PS (K1)

### ASC PS 🇬🇧 🇫🇷

Simple, fun and varied activities to awaken the curiosity of little ones.

### ART STUDIO in English 🇬🇧

Encourages creativity and fine motor skills through various art projects led by our kindergarten English teacher.

## ACTIVITIES FOR OUR MS (K2)

NEW

### MATALAB CODING 🇬🇧 🇫🇷

Introduces students to screenless coding using tangible blocks, developing logic, algorithmic thinking, creativity, and collaboration through fun activities.



### MINI SPORTS GAMES 🇬🇧 🇫🇷

MiniSports Games ASC introduces young children to basic sports, promoting physical activity and teamwork.

### MINI CRAFT 🇬🇧 🇫🇷

This ASC enhances fine motor skills, creativity, and self-expression in a supportive and playful environment.

### MINI DANSES 🇬🇧 🇫🇷

Discover dance while having fun! Children explore their bodies, rhythm, and space while developing their motor skills and imagination.





# KINDERGARTEN ACTIVITIES

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## ACTIVITIES FOR OUR MS (K2)

### **NEW** STORYTELLING 🇫🇷🇬🇧

Magic tales come to life!  
Children dive into stories,  
then bring them back with  
puppets and playful  
activities that spark  
imagination and language.



### **NEW** LITTLE CHEFS 🇫🇷🇬🇧

Cooking made fun! With Yannie  
CP teacher, children discover  
the magic of the kitchen  
through hands-on, tasty  
adventures.



### ULTRALIGHT POTTERY 🇫🇷🇬🇧

Clay made easy! Kids discover  
the magic of pottery with  
light, soft materials—perfect  
for fun, creative, and  
memorable creations.



# KINDERGARTEN ACTIVITIES GS



## MINI DANSES 🇫🇷

Let's dance and play! Kids move, groove, and explore rhythm and space while boosting their coordination, creativity, and joy of movement.

NEW

## MATALAB CODING 🇫🇷

Introduces students to screenless coding using tangible blocks, developing logic, algorithmic thinking, creativity, and collaboration through fun activities.

## MINI CRAFT 🇫🇷

Little hands, big ideas! Kids dive into fun art projects that spark creativity and strengthen fine motor skills.

NEW

## LITTLE CHEFS 🇫🇷

Cooking made fun! With Yannie CP teacher, children discover the magic of the kitchen through hands-on, tasty adventures.

## MINI SPORTS GAMES 🇫🇷

Run, jump, and play! Kids enjoy fun, dynamic games that build energy, teamwork, and motor skills

NEW

## MINI SOCCER 🇫🇷

Kick, pass, and score! A playful introduction to football that develops coordination, team spirit, and love for the game.





# Cultural ASC for Primary Students

Our cultural activities for primary students are designed to broaden their horizons and enhance their appreciation of arts, culture, and languages.

## FLORAL ART ● 🌸

Learn the art of flower arrangement, enhancing creativity and aesthetic sense while crafting beautiful floral displays.

## CHINESE CRAFTS ● 🇨🇳

Captivating workshops that introduce ancient traditions and techniques while nurturing children's creativity.

NEW

## LEATHERWORK ● 🌐 WORKSHOP

Hands-on discovery of leathercraft: from history and tools to preparing materials and learning basic hand-stitching.

## POP-UP WORKSHOP 🇮🇹

Dynamic workshops where children create original pop-up books/cards, combining artistic techniques and imagination, guided by a FLESCO instructor.

## BD/MANGA ● 🌐

Explore comics and the world of manga. Create exciting stories and draw dynamic characters while stimulating your imagination!

NEW

## CODING ACADEMY ● 🌐 LITTLE ENGINEER

Build, explore, and solve! Kids experiment with engineering challenges while learning the basics of coding and hands-on creation.

## CODING ACADEMY ● 🌐 SCRATCH BY MIT

Create your own games, animations, and interactive stories using Scratch, the fun visual programming language from MIT.

NEW

## CODING ACADEMY ● 🌐 ROBOTIC ENGINEERING

STEM in action! Children build and program with LEGO WeDo 2.0, boosting creativity, problem-solving, and teamwork.





NEW

## COSPLAY

ASC SHOW!

Step into character!  
From design to costume-making, kids transform into their favorite heroes (manga, TV, books or movies, ...) for fun and showtime at the ASC Show!

## CREATIVE PAINTING

Express your creativity through painting by experimenting with different styles, techniques, and mediums.

## ART OF COOKING

Gain hands-on experience in cooking, exploring different cuisines, and understanding basic culinary techniques.

## CHESS

Introduction to chess, covering basic rules, strategies, and enhancing critical thinking skills.

## COSMETICS

### WORKSHOP

Create homemade cosmetics by understanding the ingredients and processes involved in crafting natural beauty products.

## FASHION DESIGN

Design unique small-scale clothing by theme, express your creativity, and explore the world of fashion design while having fun!

## GLOBAL ART

Paint, sculpt, collage, and more! A colorful workshop where children explore many art forms and unleash their creativity.

## ITALIAN

Ciao ragazzi! Whether beginner or curious, kids learn Italian in a simple, fun, and engaging way.

NEW

## DETECTIVE CLUB

Who's bluffing? Kids become detectives—searching clues, guessing, and solving mysteries through playful challenges.

NEW

## STRATEGY GAMES

Think, plan, win! Children sharpen their tactical minds with exciting strategy games full of twists and surprises.

## LITTLE ARCHITECTS

Explore the principles of architecture and design through hands-on projects, fostering creativity and spatial awareness



## MUSIQUE

ASC SHOW!

Discover the joy of music and sound! Kids explore instruments and playful musical activities that inspire creativity

## CHINESE PAINTING

Explore traditional Chinese painting techniques, focusing on brushwork, ink, and cultural themes.

NEW

## BODY PERCUSSION

Discover music with your own body! Learn to create sounds by clapping your hands and feet with catchy rhythms. Perfect for releasing energy, having fun, and connecting with others without an instrument!

NEW

## PERCUSSIONS

ASC SHOW!

Feel the beat! Children dive into rhythms with Chinese percussion instruments for a vibrant, shared music experience.

## CLAY

Get started with pottery, shape your creations, develop your artistic skills, and enjoy group activities in modeling and decorating.

## SCRAPBOOKING

Create personalized albums by learning design, layout, and decorative techniques to preserve your memories.



## THEATRE EN FRENCH

ASC SHOW!

Participate in the performing arts, developing acting skills, stage presence, and teamwork through performances and improvisations... In French !

## SPEECH AND DEBATE

Develop public speaking skills with a focus on confidence, articulation, and effective communication.

## STRING ARTS

Explore the art of string work by creating intricate patterns and designs using stretched thread and other materials.

NEW

## MAGIE

Abracadabra! Children learn fun and simple tricks that boost confidence, imagination, and stage presence.



## SPORTS ASC FOR PRIMARY STUDENTS

» Our sports activities aim to promote physical fitness, and teamwork among primary students.

### TRACK & FIELD 🇫🇷 🇨🇦

Develop athletic skills through various track and field events, focusing on fitness, technique, and sportsmanship.

### BADMINTON 🇨🇦 🇨🇦

Learn and practice badminton, concentrating on techniques, strategies, and friendly matches.

NEW

### BALLET 🇨🇦 🇨🇦

Introduction to ballet, focusing on fundamental techniques, posture, and rhythm through structured dance routines.

### BASKETBALL INTRODUCTION 🇨🇦

Lets you learn or improve your basketball skills, without competition. Perfect for working out, improving your coordination, and sharing a good time in a friendly atmosphere.

### DANCES by Lucie 🇨🇦 🇨🇦

ASC SHOW!

Explore various dance styles, focusing on different techniques, rhythms, and creative expressions in a fun and dynamic environment.

### K-POP DANCE 🇨🇦 🇨🇦

ASC SHOW!

An energetic activity that develops coordination, memory and self-confidence, in the dynamic world of Korean K-Pop.

### CLIMBING 🇫🇷 🇨🇦

A well-rounded sport that integrates strength, agility, and personal growth. Enjoyable lessons for climbing safely and with fun.



## SPORTS ASC FOR PRIMARY STUDENTS

» Our sports activities aim to promote physical fitness, and teamwork among primary students.

NEW

### INTRODUCTION TO FENCING ●🇫🇷

Students discover the basics of fencing through games, movements, and supervised duels, developing coordination, concentration, and respect for the rules.

### FOOTBALL INITIATION 🇫🇷

Focus on fun, teamwork, and developing fundamental skills.

### GYMNASTIQUE 🇫🇷

Develop gymnastic skills, focusing on flexibility, strength, and coordination through various exercises and routines.

### KIDS BALL GAMES 🇫🇷

Focus on fun, teamwork, and developing fundamental skill

### KUNG-FU ●🇫🇷

ASC SHOW!

Learn Kung Fu with a focus on martial arts techniques, discipline, and physical fitness.

### Swimming Academy - PRIMARY SWIMMING ●🇫🇷

Swimming classes for primary students, covering basic techniques, water safety, and building confidence in the water.

NEW

### PICKLEBALL 🇫🇷

A fun introduction to this sport that combines tennis, badminton, and ping-pong! Specially designed for children.



## SPORTS ASC FOR PRIMARY STUDENTS

» Our sports activities aim to promote physical fitness, and teamwork among primary students.

### TABLE TENNIS ●🇫🇷

Introduction to table tennis, including fundamental techniques, game rules, and fostering a passion for this fast-paced sport.

### TENNIS INITIATION ●🇫🇷

Serve, rally, and have fun! Kids discover tennis through playful activities that build coordination, focus, and a love for the game.

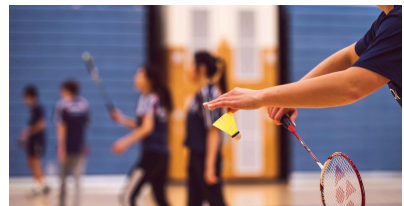
### ARCHERY ●🇫🇷

Learn archery with a focus on techniques, precision, and safety.

NEW

### UNDERWATER HOCKEY ●🇫🇷

Introduction to water hockey, focusing on mastering freediving, underwater coordination, and the basic rules of team play







## LFS Competition Primary Students

We encourage our primary students to participate in various competitions to foster a spirit of sportsmanship and excellence. All students will have the opportunity to compete in various tournaments throughout the year.

### LFS COMPETITION-CHESS 🇫🇷🇬🇧

Advanced chess sessions for competitive play, focusing on strategy, tactics, and tournament preparation.

### LFS COMPETITION-BASKETBALL 🇫🇷🇬🇧🇨🇦

Competitive basketball training, focusing on advanced skills, team play, and tournament preparation.

### LFS COMPETITION-SWIMMING PRE ELITE 🇫🇷🇬🇧🇨🇦

This program prepares young swimmers for the ELITE team by developing basic techniques, enhancing endurance, and understanding competitive rules.

### LFS COMPETITION-FOOTBALL WITH FD ACADEMY 🇫🇷🇬🇧

Advanced football sessions focused on advanced techniques, strategies, and tournament preparation.

### LFS COMPETITION-SWIMMING ELITE 🇫🇷🇬🇧🇨🇦

Advanced swimming training for competitive swimmers, focusing on advanced techniques, speed, and endurance.



## Competition for Secondary Students

Secondary students have the opportunity to participate in a range of competitive events and ProZap activities, which are designed to challenge and inspire. All students will have the opportunity to compete in various tournaments throughout the year.



### LFS COMPETITION - FOOTBALL 🇫🇷 🇬🇧

Advanced football training with FD Academy, enhancing skills, strategies, and physical fitness to compete at high levels.

### LFS COMPETITION-SWIMMING ELITE 🇫🇷 🇬🇧 🇨🇦

Intensive training for elite swimmers, focusing on advanced techniques, speed, endurance, and competitive readiness for high-level events.

### LFS COMPETITION-VOLLEYBALL 🇫🇷 🇬🇧 🇨🇦

Competitive volleyball training, enhancing skills, teamwork, and strategies, preparing players for high-level tournaments.

### LFS COMPETITION-SWIMMING PRE ELITE 🇫🇷 🇬🇧 🇨🇦

Prepares young swimmers for the ELITE team by developing techniques, endurance, and competitive rules understanding, building a foundation for advanced levels.

### LFS COMPeTITION-BASKETBALL 🇫🇷 🇬🇧 🇨🇦

Entraînement de basketball compétitif, visant à améliorer les compétences, les stratégies et le travail en équipe, préparant les joueurs aux tournois et aux compétitions de haut niveau.

### LFS COMPETITION-BADMINTON 🇫🇷

Advanced badminton training, focusing on techniques, strategies, and match play to prepare players for competitive events.





## ASC Loisirs for Secondary Students

### ART OF COOKING 🇫🇷

Gain hands-on experience in cooking, exploring different cuisines, and understanding basic culinary techniques in a fun and interactive setting.

### DANCES 🇫🇷

Learn various dance styles, improve your technique, and express your creativity through diverse and dynamic choreographies.

ASC SHOW!

NEW

### MULTISPORTS + ESCALADE 🇫🇷

Challenge your limits with this dynamic program combining team sports and climbing!





## PROZAP 2025/2026

The Projet Zone Asie-Pacifique (PROZAP) offers an excellent opportunity for all AEFE schools in Asia to regularly compete in various sports. Following a highly successful year in 2023/2024, Lycée Français de Shanghai will participate in a wide array of international competitions in the upcoming year. All events are still to be confirmed.




### 1 FOOTBALL (CAPF)

- Location: Bangkok
- Date : 10-14 December 2025
- Category : 5<sup>e</sup>, 4<sup>e</sup> 3<sup>e</sup> (Boys/Girls)



### 2 FOOTBALL (CAPF)

- Location: Vientiane
- Date: 26-30 January 2026
- Category: Cycle 3 (CM1-CM2 Boys/Girls)



### 3 Volleyball (CAPVBEACH)

- Lieu : Bali
- Date : 14 – 18 March 2026
- Catégorie : Lycées (Garçons/Filles)



### 4 Basketball (3v3CAPB)

- Lieu : Bangkok
- Date : 19-22 March 2025
- Catégorie : Cycle 4 filles/garçons  
Lycée filles/garçons



### 5 NATATION (CAPN)

- Lieu : Singapour
- Date : 23 – 28 March 2025
- Catégorie : CM1-CM2/ Collège/Lycée  
(Garçons/Filles)



### 6 BADMINTON (CAPB)

- Lieu : Shanghai
- Date : 23-28 Mars 2026
- Catégorie : Lycée (Garçons/Filles)

## Linguistic and Cultural Stay in France

From April 26 to May 6 (spring break)

A unique experience to improve your French while discovering the cultural richness of France.

Students will spend several days in Vichy, a spa town listed as a UNESCO World Heritage Site, before continuing their adventure in Paris, the world capital of culture and history.

### Highlights

- Customized French courses (FLSco), with an emphasis on oral expression
- Cultural, sports, and social activities every afternoon
- Immersion with a host family in Vichy: two students per family, single room, meals and laundry included
- Accommodation in a youth hostel or resort hotel in Paris
- Full support throughout the stay
- **CAViLAM certificate awarded at the end of the program**



### Program Overview

- In Vichy: guided tours, cooking workshop with a chef, hiking at Puy de Dôme, treetop adventure course at Saint-Clément Lake, kayaking on the Allier River, day at the "Le PAL" amusement and wildlife park.
- In Paris: the Eiffel Tower, Notre Dame, the Montmartre district, and the Arc de Triomphe, stroll along the Champs-Élysées, cruise on the Seine, full day at the Versailles Palace.



- A comprehensive stay to experience the French language on a daily basis, discover the country's heritage, and share unforgettable moments with your classmates.
- Supervised on-site by qualified staff from the Lycée Français de Shanghai



## Important Informations

**Wednesday, August 27th:**

Forum des ASC (Open day)

**Friday, August 29th:**

ASC activities online on EDUKA

**Saturday, August 30th:**

LFS Compétition Trials for Natation ELITE & Starter, FD Academy, Basketball, and Volleyball

**Sunday, August 31st:** All LFS Compétition annual sign-ups open

**Monday, September 1st to Saturday, September 6th:**

Sports week, free trials for all competitive sports

**Sunday, September 7th:** ASC Primary students sign-ups open on EDUKA

**Monday, September 8th:** All ASC registrations are closed

**Monday, September 15th:** ASCs and LFS Compétition start

**Mid-January and mid-June:** ASC SHOW

## Contacts:

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