

Extracurricular Activities

ASC

Qingpu 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)

ART STUDIO BY MALI 🇳🇮 ●

Encourages creativity and fine motor skills through various art projects.

ART STUDIO IN FRENCH 🇫🇷 ●

Creative art project led by our French speaking kindergarten teacher.

ACTIVITIES FOR OUR MS -GS (K2-K3)

MINI GYMNASTICS 🇬🇧 ●

Introduces young children to basic gymnastics, promoting physical development and coordination.

NEW

MATALAB CODING 🇬🇧 ●

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



ART STUDIO 🇫🇷 🇬🇧 ●

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



MINI SPORTS GAMES ●

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





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.

LEATHERCRAFT 🇮🇹 🇨🇦 🇬🇧

Discover the craft of leatherwork, creating unique leather accessories and learning essential techniques in leather crafting.

EMBROIDERY 🇮🇹 🇨🇦 🇬🇧

Learn the art of embroidery, mastering basic stitches and creating intricate designs on fabric.

ITALIAN 🇮🇹

A program designed to help learners acquire practical communication skills in Italian.

NEW

DIGITAL ANIMATION 🇮🇹 🇨🇦 🇬🇧

Digital Animation on iPad introduces students to animation creation and editing, developing creativity, storytelling and digital technical skills.

BALLET 🇬🇧 🇨🇦 *ASC SHOW!*

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

NEW

Coding Academy: Little Engineer 🇬🇧

Introduces students to robotics and mechanics through the playful construction of models, developing creativity, logic, problem solving and team spirit.

ART OF COOKING 🇮🇹 🇨🇦 🇬🇧

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

JEWELRY ART 🇮🇹 🇨🇦 🇬🇧

Design and create your own jewelry, exploring various materials and techniques to craft personalized pieces.

NEW

CODING ACADEMY: ROBOT PROGRAMMING 🇬🇧

Engage with robotics and coding by building robots to understand programming concepts and create interactive projects.

CODING ACADEMY: SCRATCH BY MIT 🇫🇷 ●

Learn to code using Scratch, a visual programming language developed by MIT, to create games, animations, and interactive stories.

CODING ACADEMY: MINECRAFT IMMERSIVE ENGINEERING 🇫🇷 🇮🇹 ●

Explore engineering principles through Minecraft, using Redstone to build complex circuits and mechanisms within the game.

CHORAL 🇮🇹

ASC SHOW!

Participate in a choral, developing vocal skills, musicality, and teamwork through group singing and performances.

COSTUME CREATION 🇫🇷 ●

Design and create costumes, learning sewing techniques, fabric selection, and design principles.

CREATIVE PAINTING 🇫🇷 ●

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

KPOP DANCE 🇫🇷 ●

ASC SHOW!

Learn hip-hop dance moves and routines, focusing on rhythm, coordination, and self-expression.

CHESS-BEGINNERS 🇫🇷

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

COSMETICS 🇫🇷 🇮🇹 ●

Create homemade cosmetics, understanding the ingredients and processes involved in making natural beauty products.

ROLE-PLAYING GAME: BECOME A GAME MASTER 🇫🇷 ●

Engage in role-playing games, developing storytelling, creativity, and leadership skills as a game master.

LEGO ACADEMY: LEGO EDUCATION WEDO 2.0 JUNIOR 🇫🇷 ●

Introduce young learners to STEM concepts through LEGO WeDo 2.0 projects, encouraging creativity and problem-solving.

LEGO ACADEMY: LEGO EDUCATION WEDO 2.0 SENIOR 🇫🇷 ●

Advanced LEGO WeDo 2.0 projects for older students, focusing on complex builds and programming challenges.

LITTLE ARCHITECTS 🌟

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

ART OF MAGIC 🌟

Learn magic tricks and illusions, enhancing dexterity, performance skills, and confidence.

ASC SHOW!

MOSAIQUE 🌟

Create mosaic art pieces, exploring patterns, color combinations, and artistic expression.

PIANO INTRO 🌟

Introduction to piano playing, covering basic techniques, music reading, and simple pieces.

CHINESE PAINTING 🌟

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

NEW

DRAWING & COMICS 🌟

Children learn to create characters, build stories, and draw their own comic strips.



SCRAPBOOKING 🌟

Create personalized scrapbooks, learning design, layout, and decorative techniques to preserve memories.

THEATRE 🌟

Engage in theatre arts, developing acting skills, stage presence, and teamwork through performances and improvisation.

MUSICAL PLAY "Mathilda" 🌟

Students participate in the preparation and performance of the musical comedy, Mathilda, developing artistic expression, singing, and teamwork.

STRING ARTS 🌟

Explore the art of string crafts, creating intricate designs and patterns using string and other materials.

GARDENING 🌟

Introduction to gardening, including exploring plants, learning basic techniques, and maintaining a small vegetable garden.

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, focusing on techniques, strategies, and friendly matches.

BASKETBALL Introduction 🇬🇧

Introduction to basketball, teaching basic skills, rules, and fostering teamwork.

NEW

WATER HOCKEY 🇬🇧 ●

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

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 🇬🇧

Emphasis on fun, teamwork, and basic skill development.

GOLF ● ●

An introduction to golf, covering basic techniques and rules, and fostering a love of the game.

GYMNASTICS 🇬🇧 ●

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

KUNG FU 🇬🇧 ● ASC SHOW!

Learn Kung Fu, focusing on martial arts techniques, discipline, and physical fitness.



SPORTS ASC FOR PRIMARY STUDENTS

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

SWIMMING ACADEMY: SWIMMING PRIMARY SCHOOL 🇫🇷🇬🇧

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

SWIMMING ACADEMY: DISCOVERY SWIMMING 🇫🇷🇬🇧

Introduction to new swimmers, focusing on basic skills, water safety, and fostering a love for the sport.

INTRODUCTION TENNIS 🇫🇷🇬🇧

Introduction to tennis, covering basic techniques, rules, and fostering an appreciation for the game.

ARCHERY 🇬🇧🇨🇦

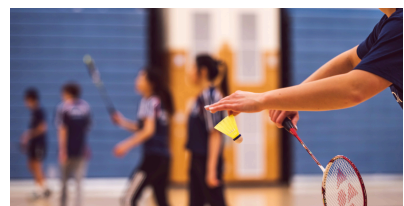
Learn archery, focusing on techniques, precision, and safety in the sport.

YOGA FOR KIDS 🇫🇷

Yoga sessions for children, focusing on flexibility, mindfulness, and relaxation techniques.

ZUMBA 🇫🇷🇬🇧🇨🇦 *ASC SHOW!*

Fun and energetic dance-fitness classes, combining dance moves with fitness exercises for overall well-being.





LFS Compétition 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 COMPÉTITION-CHESS 🇫🇷

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

LFS COMPÉTITION-BASKETBALL 🇫🇷 🇬🇧 🇮🇹

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

LFS COMPÉTITION-SWIMMING STARTER 🇫🇷 🇬🇧 🇮🇹

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

LFS COMPÉTITION-FOOTBALL WITH FD ACADEMY 🇫🇷 🇬🇧

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

LFS COMPÉTITION-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 COMPÉTITION - FOOTBALL

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

LFS COMPÉTITION-SWIMMING STARTER

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

LFS COMPÉTITION-SWIMMING ELITE

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

LFS COMPÉTITION-BASKETBALL

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

LFS COMPÉTITION-GIRL'S FOOTBALL

Focused training for female football players, developing skills, strategies, and physical fitness to compete in tournaments and high-level matches.

LFS COMPÉTITION-BADMINTON

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

LFS COMPÉTITION-VOLLEYBALL

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

LFS COMPETITION-TABLE TENNIS

Students develop their playing techniques and strategies to progress and prepare confidently for local competitions.

NEW



ASC Leisure for Secondary School Students

Our leisure activities for secondary students offer a range of options to relax, have fun, and explore new interests.

THEATRE

ASC SHOW!

Engage in theater arts, developing acting skills, stage presence, and teamwork through rehearsals and performances. Suitable for all skill levels.

K-POP DANCE

ASC SHOW!

Learn hip-hop dance moves and routines, emphasizing rhythm, coordination, and self-expression. Suitable for dancers of all skill levels.

ROLE-PLAYING GAME

Participate in role-playing games, developing creativity, storytelling, and strategic thinking skills. Ideal for those who enjoy imaginative play.

SWIMMING MIDDLE SCHOOL

Swimming classes for middle school students, focusing on improving techniques, building endurance, and promoting overall fitness in a supportive environment.

YOGA

Practice yoga to enhance flexibility, mindfulness, and relaxation. Suitable for all levels, this class promotes physical and mental well-being.

GYMNASTICS

Students learn and perform a variety of floor movements, jumps, and balances, developing strength, flexibility, and coordination to progress through structured routines.

BALLET – INITIATION/DÉVELOPPEMENT

Les élèves découvrent ou renforcent les bases du ballet contemporain par des exercices de posture, de coordination et de grâce, adaptés à leur progression. Opportunité de participer à l'ASC Show.



NEW

ASC SHOW!

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^e, 4^e 3^e (Boys/Girls)



2 FOOTBALL (CAPF)

- Location: Vientiane
- Date: 19-23 January 2026
- Category: Cycle 3 (CM1-CM2 Boys/Girls)



3 VOLLEYBALL (CAPVBEACH)

- Location : Bali
- Date : 14 – 18 March 2026
- Category : Lycées (Boys/Girls)



4 BASKETBALL (3v3CAPB)

- Location : Bangkok
- Date : 12-16 March 2026
- Category: 5^e, 4^e 3^e (Boys/Girls)



5 SWIMMING (CAPN)

- Location : Singapour
- Date : 23 – 28 March 2026
- Category : CM1-CM2/ Secondary (Boys/Girls)



6 BADMINTON (CAPB)

- Location : Shanghai
- Date : 23-28 March 2026
- Catégorie : Lycée(Boys/Girls)

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 Lake Saint-Clément, kayaking on the Allier River, day at the "Le PAL" amusement and wildlife park.
- In Paris: discover 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 Palace of Versailles.



- 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 Information

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

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