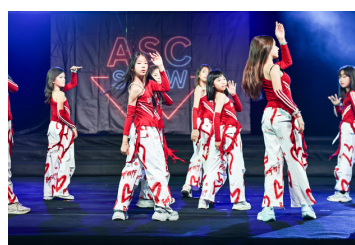


# Sports and Cultural Activities (ASC) Qingpu Catalogue



## ACTIVITIES

Our kindergarten activities are designed to encourage creativity, physical development and social skills. They are tailored to the unique needs and interests of our youngest students.

### ACTIVITIES FOR OUR PS

#### ART WORKSHOP BY MAKEART 🇬🇧 🇮🇹

Children create artworks through drawing, painting or 3D work, exploring a wide range of colours, shapes and materials.

#### ART WORKSHOP in French 🇫🇷

Project-based creative art led by our French-speaking kindergarten teacher.

### ACTIVITIES FOR OUR MS-GS

#### MINI GYMNASTICS A 🇬🇧 🇮🇹

playful introduction to gymnastics for children, focusing on motor skills, balance and coordination.

#### NEW JUNIOR ENGINEERS 🇬🇧 🇮🇹

Students use their imagination, age-appropriate tools and simple materials such as cardboard to build, test and improve their own creations.



#### ART WORKSHOP 🇬🇧 🇮🇹

Learn different techniques such as drawing, painting and collage to create personal artworks and develop an artistic eye.



#### MINI BASKETBALL 🇬🇧

Introduces children to basketball with balls and hoops scaled to their size, working on dribbling, coordination and the fun of playing together.





# Cultural ASCs for Primary Students

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

## FLORAL ART 🇫🇷 🇬🇧 🇨🇳

Arrange beautiful floral displays while developing creativity and an eye for aesthetics.

## IPAD ANIMATION 🇫🇷 🇬🇧 🇨🇳

A digital animation course on iPad introducing students to creating and editing animations, building creativity, storytelling and digital technical skills.

## COOKING WORKSHOP 🇫🇷 🇬🇧 🇨🇳

Acquire hands-on kitchen experience, explore different cuisines and learn basic culinary techniques.

## LEATHERCRAFT WORKSHOP 🇫🇷 🇬🇧 🇨🇳

Discover leathercraft, create unique leather accessories and learn the essential techniques of leatherworking.

## BALLET 🇫🇷 🇬🇧 🇨🇳 *ASC SHOW!*

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

## JEWELLERY 🇫🇷 🇬🇧 🇨🇳

Create and design your own costume jewellery, exploring a range of materials and techniques to make personalised pieces.

**NEW**

## WRITING WORKSHOP 🇫🇷

A writing workshop for inventing and writing your own texts. Develops imagination and written expression.

## COSTUME MAKING 🇫🇷 🇬🇧

Create and design costumes, learning sewing techniques, fabric selection and design principle

## K-POP DANCE 🇫🇷 🇬🇧 🇨🇳 *ASC SHOW!*

Learn choreography inspired by today's Korean groups, working on rhythm, coordination and stage presence.



# Cultural ASCs

## **DRAWING & COMICS** 🇫🇷🇮🇹

Learn to create characters, build stories and draw your own comic strips.

## **ITALIAN** 🇮🇹

Learn Italian through hands-on, interactive activities that build communication skills and confidence in speaking.

## **COSMETICS MAKING** 🇫🇷🇬🇧

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

NEW

## **PRESSED FLOWERS** 🇫🇷🇬🇧

Students create pictures from dried and pressed flowers, developing precision and an eye for aesthetics.

## **CREATIVE PAINTING** 🇫🇷

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

NEW

## **PERFUME CREATION** 🇫🇷🇬🇧

Discover perfume making: students compose their own fragrances and awaken their senses.

## **ROLE PLAYING GAMES** 🇫🇷🇬🇧

Learn through immersive role-playing games, developing imagination, creativity and storytelling skills.

## **CHESS - BEGINNERS** 🇫🇷🇬🇧

Introduction to chess, teaching the basic rules and strategies while building critical thinking skills.

## **STRING ART** 🇫🇷

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

## **MOSAIC** 🇫🇷

Create mosaic artworks, exploring patterns, colour combinations and artistic expression.

## **CLAY MODELLING** 🇫🇷

Students discover clay modelling by creating three-dimensional objects, developing precision and an artistic eye.

## **LITTLE ARCHITECTS** 🇫🇷

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

## **CHINESE PAINTING** 🇫🇷🇬🇧

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

## **SCRAPBOOKING** 🇫🇷

Create personalised albums, learning design, layout and decorative techniques to preserve memories.

### LEGO ACADEMY: LEGO EDUCATION WEDO 2.0 JUNIOR 🇬🇧 🇨🇳

Introduces students to STEM concepts through LEGO WeDo 2.0 projects, fostering creativity and problem-solving.

### LEGO ACADEMY: LEGO EDUCATION WEDO 2.0 SENIOR 🇬🇧 🇨🇳

Learn through more advanced LEGO WeDo 2.0 projects, combining building, programming and problem-solving to develop logic, creativity and an engineering mindset.

### MAGIC 🇬🇧

Learn simple, visual tricks that build dexterity, confidence in speaking to an audience and imagination.

### BEGINNER PIANO 🇬🇧 🇨🇳

Introduction to the piano, covering basic technique, reading music and simple pieces.



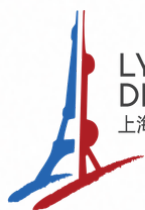
ASC SHOW!

### DRAMA 🇫🇷

Learn acting through performance, improvisation and staging exercises, while building confidence and teamwork.



# ASC Coding & Engineering



LYCÉE FRANÇAIS  
DE SHANGHAI  
上海法国外籍人员子女学校

## **CODING ACADEMY: LITTLE ENGINEERS** 🇬🇧 🇨🇳

Learn the basics of engineering through hands-on builds and projects, developing logic, creativity and problem-solving skills.

## **CODING ACADEMY: ROBOT PROGRAMMING** 🇬🇧 🇨🇳

Learn robotics and programming by designing and coding interactive robots, developing logic, creativity and problem-solving.

NEW

## **CODING ACADEMY: VIBE CODING** 🇬🇧 🇨🇳

An introduction to vibe coding: discover how to create programs and apps using artificial intelligence, from the initial idea through to a simple, working project.

## **CODING ACADEMY: ROBLOX GAME DESIGN** 🇬🇧 🇨🇳

Students imagine and build their own games with Roblox Studio. They learn the basics of game design and programming while developing logic, creativity and problem-solving skills.

NEW

## **CODING ACADEMY: VEX GO ROBOTICS** 🇬🇧 🇨🇳

Students build and program small robots with VEX GO. Working in teams, they develop logic, creativity and problem-solving skills.

## **CODING ACADEMY: SCRATCH BY MIT** 🇬🇧 🇨🇳

A coding course using Scratch, the visual programming language developed by MIT, to create games, animations and interactive stories.

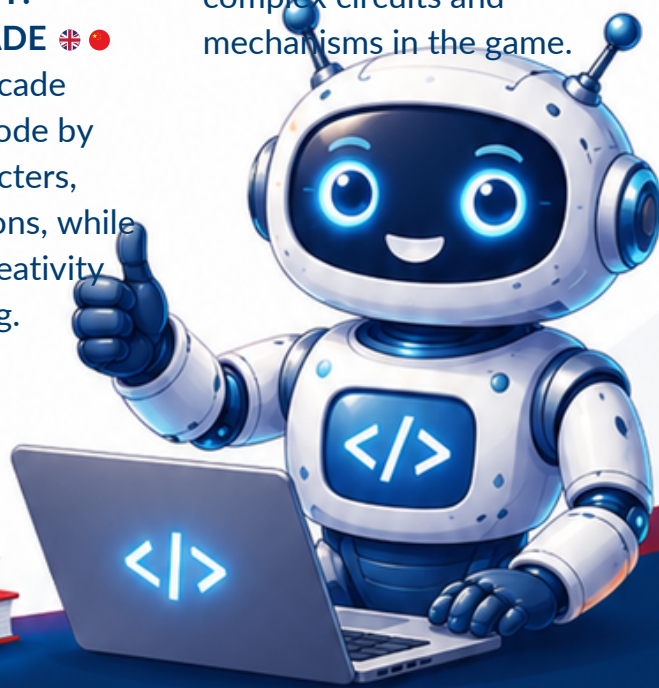
NEW

## **CODING ACADEMY: MAKECODE ARCADE** 🇬🇧 🇨🇳

Create your own arcade games with MakeCode by programming characters, levels and interactions, while developing logic, creativity and problem-solving.

## **CODING ACADEMY: MINECRAFT** 🇬🇧 🇨🇳

Explore engineering principles through Minecraft, building complex circuits and mechanisms in the game.



## SPORTS ASCS FOR PRIMARY STUDENTS

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

### CROSS-COUNTRY

Develop endurance, running technique and pacing through training adapted to cross-country.

### BADMINTON

A badminton course focusing on technique, strategy and friendly matches.

### BASKETBALL INTRODUCTION

Discover the fundamentals of basketball, the rules and team play.

### UNDERWATER HOCKEY

Discover underwater hockey, focusing on breath control, coordination under water and the basic rules of team play.

NEW

### FENCING INTRODUCTION

Students learn the basics of fencing through games, footwork and supervised bouts, developing coordination, focus and respect for the rules.

### RECREATIONAL FOOTBALL

Football focused on fun, teamwork and building the fundamentals.

### GOLF

Introduction to golf through basic technique, the rules and age-appropriate game situations.

### GYMNASTICS

Develop gymnastics skills, with an emphasis on flexibility, strength and coordination through a range of exercises and routines.

### KUNG-FU ASC SHOW!

A Kung-Fu course with an emphasis on martial arts technique, discipline and physical fitness.



# SPORTS ASCS FOR PRIMARY STUDENTS

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

## SWIMMING ACADEMY: ADVANCED SWIMMING 🇫🇷 🇬🇧

Classes for primary students covering stroke technique, water safety and building confidence in the water.

## SWIMMING ACADEMY: BEGINNER SWIMMING 🇫🇷 🇬🇧

Introduction for new swimmers, focusing on core skills, water safety and building a love of the sport.

## TENNIS INTRODUCTION 🇫🇷 🇬🇧

Introduction to tennis, covering basic technique, the rules and building an appreciation of the game.

## PADEL INTRODUCTION 🇫🇷 🇬🇧

Discover padel: students learn the serve, rallies off the glass and doubles play in a fun format.

## VOLLEYBALL INTRODUCTION 🇬🇧 🇮🇹

Discover volleyball through setting, digging, serving and simple game situations, while developing coordination and team spirit.

## FUN YOGA 🇫🇷

Sessions of yoga for children, focusing on flexibility, suppleness, breathing, balance and relaxation.

ASC SHOW!

## ZUMBA 🇫🇷 🇬🇧 🇮🇹

Cheerful, high-energy dance-fitness classes combining dance moves with fitness exercises for overall wellbeing.



## Competition for Primary Students

We encourage our primary students to take part in a range of competitions to foster sportsmanship and a drive for excellence. All students will have the chance 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-FOOTBALL 🇫🇷

Advanced football sessions focusing on higher-level technique, tactics and tournament preparation.

### LFS COMPETITION-BASKETBALL 🇫🇷 🇬🇧 🇮🇹

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

### LFS COMPETITION-ELITE SWIMMING 🇫🇷 🇬🇧 🇮🇹

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

### LFS COMPETITION-PRE-ELITE SWIMMING 🇫🇷 🇬🇧 🇮🇹

This programme prepares young swimmers for the ELITE squad by building core technique, improving endurance and learning the rules of competition.



## Competition for Secondary Students

Secondary students have the opportunity to take part in a range of competitive events and ProZap activities designed to challenge and inspire them. All students will have the chance to compete in various tournaments throughout the year.



### LFS COMPETITION-CROSS-COUNTRY 🇫🇷

Endurance-focused cross-country training for middle and high school students, covering race strategy and preparation for SISAC and SSSA competitions.

### LFS COMPETITION - FOOTBALL 🇫🇷 🇬🇧

Enhanced football training with FD Academy, improving skills, tactics and fitness to compete at a high level.

### LFS COMPETITION-PRE-ELITE SWIMMING 🇫🇷 🇬🇧 ●

Prepares young swimmers for the ELITE squad by developing technique, endurance and an understanding of competition rules, building a foundation for advanced levels.

### LFS COMPETITION-ELITE SWIMMING 🇫🇷 🇬🇧 ●

Elite-level training focusing on advanced technique, speed, endurance and preparation for high-level events.

### LFS COMPETITION-BASKETBALL 🇫🇷 🇬🇧 ●

Enhancing skills, tactics and teamwork through competitive basketball training, preparing players for local and international tournaments.

### LFS COMPETITION-GIRLS' FOOTBALL

Enhanced training for female footballers, developing skills, tactics and fitness to compete in high-level tournaments and matches. 🇫🇷

### LFS COMPETITION-BADMINTON 🇫🇷 ●

Enhanced badminton training focusing on technique, tactics and match play to prepare players for competitive events.

### LFS COMPETITION-VOLLEYBALL 🇫🇷 🇬🇧 ●

Enhancing skills, teamwork and tactics through competitive volleyball training, preparing players for inter-school tournaments.

### LFS COMPETITION-TABLE TENNIS ●

Learn technique and match strategy to progress and prepare confidently for local competitions.



## Recreational ASCs for Secondary Students

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

### DRAMA

ASC SHOW!

Engage with the theatrical arts, developing acting skills, stage presence and teamwork. Suitable for all ability levels.

### RECREATIONAL SWIMMING

ASC SHOW!

Classes for secondary students, focusing on improving technique, building endurance and promoting overall fitness in a supportive environment.

### K-POP DANCE

ASC SHOW!

A course in K-Pop dance moves and routines, with an emphasis on rhythm, coordination and personal expression. Suitable for dancers of all levels.

### E-SPORTS WORKSHOP

ASC SHOW!

Learners train as a team on competitive games, working on communication, strategy and sportsmanship in a supervised setting.

### ROLE PLAY

ASC SHOW!

Play immersive role-playing games, developing creativity, storytelling, cooperation and decision-making. Ideal for anyone who enjoys imaginative play.

### GYMNASTICS

ASC SHOW!

Learn and perform a range of floor movements, jumps and balances, developing strength, flexibility and coordination to progress to structured routines.



## PROZAP 2026/2027

The Asia-Pacific Zone Project (PROZAP) brings together schools in the AEFE network across Asia-Pacific for sporting meets and competitions held throughout the year.

### 1 FOOTBALL (CAPF)

- Location: Bangkok
- Date: 21–25 January 2027
- Category: Middle/High School (Boys/Girls)

### 2 VOLLEYBALL (CAPV)

- Location: Ho Chi Minh City
- DATE: 25–30 JANUARY 2027
- Category: High School (Boys/Girls)

### 3 BADMINTON (CAPB)

- Location: Vientiane
- Date: 26–30 January 2027
- Category: Middle/High School (Boys/Girls)

### 4 BASKETBALL (CAPB)

- Location: Shanghai
- Date: 16–20 March 2027
- Category: Middle/High School (Boys/Girls)

### 5 SWIMMING (CAPN)

- Location: Singapore
- DATE: 05–10 APRIL 2027
- Category: Years 5–6/Middle/High School (Boys/Girls)

### 6 FOOTBALL (CAPF)

- Location: Vientiane
- Date: 17–21 May 2027
- Category: Years 5–6 / Middle School (Boys/Girls)



## Important Information

**Thursday 20 August: ASC programme available online on EDUKA**

**Wednesday 26 August:**

ASC Forum – discover the activities and meet the instructors

**Saturday 29 August:**

- Trials for LFS Competition ELITE and pre-ELITE Swimming, FD Academy Football, Basketball and Volleyball
- Registration opens for all annual LFS Competition ASCs (**primary and secondary**)

**Sunday 6 September 10AM:**

Registration opens for Primary Recreational ASCs on EDUKA

**Monday 7 September 8PM:**

Registration closes for all ASCs

**Monday 14 September:**

ASCs and LFS Competition begin

**Mid-January & Mid-June:**

The ASC Shows

## Contacts:

[asc.qingpu@lyceeshanghai.com](mailto:asc.qingpu@lyceeshanghai.com)

Tel: 3976 0555, ext. 526