

## List of 11 Sports Modules for Year 2 & 3 Students

### Adventure & Outdoor



#### 1 Swimming

Swimming is one of the more popular sports internationally, with pool events in butterfly, backstroke, breaststroke, freestyle and individual medley or longer distances in the Open water. The SFL Instructor will teach and guide students on the various stroke and diving techniques as well as some lifesaving skills.



#### 2 Rock Climbing

Rock Climbing is an activity in which participants climb up, down or across natural rock formations or artificial rock walls. The goal is to reach the summit of a formation or the endpoint of a usually pre-defined route without falling. You will learn the various techniques of climbing, belaying and communication as well as getting familiarised with all climbing equipment and safety gears.

### Aesthetics & Martial Arts



#### 3 Yoga

Yoga is a mind and body practice which is widely practised for health and relaxation. You will be taught on breath control and techniques, simple meditation, adoption of specific bodily postures. Three types of Yoga, such as Hatha Yoga, Iyengar Yoga and Vinyasa Yoga, will be introduced and practised during the lessons.



#### 4 Hip Hop

Hip Hop dance refers to street dance styles primarily performed to hip hop music or that have evolved as part of hip hop culture. It includes a wide range of styles primarily breaking, locking and popping which were created in 1970s. You will be taught on dance choreography and the various styles of hip-hop dance such as LA, MTV, street and etc.



#### 5 Zumba

Zumba is a Latin-inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. You will be taught on dancing with the appropriate timing, techniques and styling. In addition, you will learn to coordinate dance steps according to different styles such as Salsa, Merengue, Hip-hop, Reggaeton, Samba and many other fusion styles!

### Fitness



#### 6 Strength and Conditioning

The Strength and Conditioning module encompasses the entire development of an athlete and what is needed to improve your physical performance. Our experienced SFL Instructors will guide you through the sessions with emphasis on speed, agility, endurance and core stability with strength training. The module will also help in injury prevention and proper mechanics within sports performances.

## Invasion, Target, Racket & Net-Barrier



### 7 Ultimate Frisbee

Ultimate Frisbee is a non-contact team sport originally played by players with a flying disc. Points are scored by passing the disc to a teammate in the opposing end zone. Ultimate Frisbee mixes the best features of sports such as Soccer, Basketball, American Football and Netball. You will be taught on the passing techniques, catching techniques, tactical plays and improving your space awareness.



### 8 Bowling

Bowling is an indoor sport, also known as Tenpins, played by rolling a ball down a wood structure or synthetic lane and towards ten pins positioned at the end of the lane. The objective is to score points by knocking down as many pins as possible. During the SFL lessons, you will be taught on the basic posture, footwork, release techniques, the swing and the finishing.



### 9 Tennis

Tennis is a racket sport that can be played individually against a single opponent or between two teams of two players each. Each player uses tennis racket that is strung with cord to strike a hollow rubber ball covered with felt over a net stretched across a court. You will be taught on the swinging techniques & footwork as well as to understand and anticipate the ball trajectory.



## 10 Badminton

Badminton is a racquet sport played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite halves of a rectangular court that is divided by a net. Players score points by striking a shuttlecock with their racquet so that it passes over the net and lands in their opponents' half of the court. You will be taught on the proper footwork, different type of strokes to return the shuttlecock and how to anticipate opponents' movements and counter an attack.



## 11 Canoe Polo

Canoe Polo is a fast contact team sport that combines water polo, basketball and canoeing! Come to the Swimming Pool with t-shirt and shorts to learn basics on canoeing, ball handling skill techniques as well as coordination and teamwork!