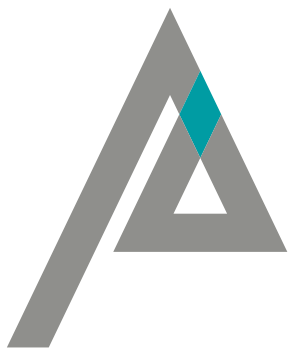


# DANCE ATELIER



**VIVARCH**  
**ENRICHMENT**  
**PROGRAMME GUIDE**



Vivarch Enrichment Group comprises of integrated enterprises specialising in a holistic approach towards enrichment programmes, whilst still keeping in line with the Ministry of Education's directions and visions.

Vivarch's programmes nurture individuals of every level by providing them with holistic exposure and appreciation of the arts; increased productivity and global competitiveness through education and technology, fitness and well-being through sports and personal development and self-realisation through life skills.

#### **BUILDING COMPETENCIES; FOR GROWTH & DEVELOPMENT**

Vivarch strongly believes in both the cognitive and physical development of a child to be highly essential for their future. The constant progression of the quality and effectiveness of a child's education is crucial in meeting the demands of tomorrow's complex and dynamic world.

Keeping in line with MOE's recent implementation to enhance the development of the 21st century competencies in children, Vivarch not only provides quintessential enrichment programmes but also instills values and key social and emotional competencies that will prepare our learners for their journey ahead. Our programmes will constantly inculcate in them values such as respect, responsibility, as well as skills such as critical and inventive thinking, civic literacy and global awareness through key teachable moments during the lessons.

Hence, we take great pride in our extensive range of holistic programmes which focus on the growth and development of a child, so that they will do us proud and become confident and active contributors in the world tomorrow.

#### **AT VIVARCH, WE ENLIVEN, ENRICH AND EMPOWER!**







DANCE  
D'A TELIER



Dance Atelier promotes contemporary dances, having pioneered the first tambourine dance programme in 1998. It has since then become a popular choice of dance in numerous schools.

Through years of continuous innovation and development, Dance Atelier has developed more inspiring programmes in the area of dance and fitness such as Creative Movement, Ethnic Fusion, Percussive Movement and Twirling Flag. These programmes are geared towards the needs of today's education emphasis on aesthetics, fitness and character skills development.

Educators have always advocated the importance of dance education from the onset of a young age. Over and above the aesthetic experience, it also provides exposure to different dance genres and styles. Our pedagogy is not only on the emphasis of dance skills but also on building character and SEL values and developing 21st Century Competencies.

As a dynamic partner in the area of aesthetics, many of these programmes offered have been endorsed by the National Arts Council's Arts Education Programme (NAC-AEP). This has given Dance Atelier a greater dimension to work closer with schools in choreographing, training and preparing participants for dance competitions and performances for school and national events.

Dance Atelier takes a proactive approach in ensuring our programmes are delivered in line with the mission of our clients, establishing and maintaining long term relationships as an active member of the education and dance community.

<b>OUR NAC-AEP PROGRAMMES ARE PENDING APPROVAL FROM</b>
<b>NATIONAL ARTS COUNCIL</b>
<b>FOR THE ACADEMIC YEAR OF 2017/2018</b>

#### **ASSEMBLY PROGRAMMES**

- Cultural Exposé!
- Journey of Dance

#### **EXPLORATIVE AND FUSION SERIES**

- Dance Theatre
- Dance Silhouettes
- Creative Movement (NAC-AEP)
- Creative Movement with Hip Hop (NAC-AEP)
- Dance Imagery (NAC-AEP)
- Percussive Movement (NAC-AEP)

#### **JAZZ, MODERN AND ETHNIC SERIES**

- Malay Dance
- Indian Dance
- Ethnic Fusion
- Ethnic Fusion with Twirling Flag
- Jazz (NAC-AEP)
- Modern Dance
- Tambourine Dance
- Twirling Flag

#### **SOCIAL DANCES SERIES**

- Salsa (NAC-AEP)
- Salsa Shines
- Cha-Cha
- Rock and Roll

#### **FITNESS PROGRAMMES SERIES**

- Pilates
- Yoga
- Dance Aerobics
- Kickboxing
- Zumba Fitness
- Bollywood Jam
- K-Pop Blast
- Step Aerobics

#### **PAL PERFORMING ARTS (DANCE) SERIES**

- Let's Go To The Zoo!
- The Enchanted Forest
- Ethnic Cultures in Singapore
- Superhero Theme

## ASSEMBLY PROGRAMMES



This series aims to bring participants into the world of dance featuring different genres. Incorporating different cultures as well as character and SEL (social and emotional learning) values together with different dance styles, these mini musicals seek to increase the awareness of the participants to dance and the different cultures present around the world

### CULTURAL EXPOSÉ!

Singapore's multi-ethnic society showcases a rich kaleidoscope of cultural dances - Chinese, Indian, Malay - which are vividly captured in this interactive assembly programme. An ethnic-fusion dance is also performed to illustrate the idea and importance of racial integration and social cohesion. In addition to exposure to the various ethnic dance styles, this showcase will create a newfound appreciation for traditional ethnic wear and understanding of each other's culture and heritage.

#### DANCE GENRES

- Chinese Dance
- Malay Dance
- Indian Dance
- Ethnic Fusion Dance

#### HIGHLIGHTS

- Multiple dance genres featured in 1 programme
- In-depth explanation of the various ethnic cultures
- Introduces the history of various ethnic dance styles
- Activities which features audience participation. Attractive prizes to be won

### JOURNEY OF DANCE

The Journey of Dance follows our young protagonist and her friends on a quest to discover the different types of dance in other parts of the world. As she travels to different parts of the world, she meets a myriad of interesting characters and dance styles, which reminds her that dance is truly more than just an art form. Dance, is a HEART form.

#### DANCE GENRES

- African Dance
- Korean Dance
- Japanese Dance
- Irish Dance
- Hip Hop Dance

#### HIGHLIGHTS

- Multiple dance genres featured in one programme
- Fun post-performance quiz with attractive prizes
- In-depth explanation of emotions and expressiveness of dance
- Introduces the history and culture of various dance styles

## EXPLORATIVE AND FUSION SERIES

This series will give participants more than just choreography and techniques. It aims to introduce them to movement, in general, and how to further their dancing by fusing it with other art forms. It is suitable especially for newer dancers as it helps them better understand



their bodies and simple movement concepts such as Space, Size and Levels, while still having fun within the sub-genre or fusion programmes designed.

Some of the key learning points in this series are:

- Basic Techniques and Concepts Unique to the Genre(s) Selected
- Concept of ABC in Music (Accent, Beats, Counts)
- Performance Skills and Etiquette (Fusion Programmes)
- Body and Spatial Awareness (Explorative Programmes)
- Importance of Showmanship in a Performance

### DANCE THEATRE

This programme introduces participants not only to dance, but also helps to develop an understanding of the various aspects of theatre dance performance and production, including stage management, lighting, sound, costumes and props/sets engineering, and how all of it relates to the dance performances.

At the end of this programme, participants would not only learn what are the key activities that go on behind the stage to bring a production together but also to appreciate the people and the effort in putting

together a dance production. Participants will also learn about the importance of teamwork and communication skills, critical and inventive thinking and relationship management to create a successful production.

#### MODULES

- Basic Dance Techniques
- Performance Skills and Show Staging
- Elements of Stage Management
- Elements of Production Management

#### HIGHLIGHTS

- Participants will gain a theoretical understanding of dance theatre production
- Participants will have an insight to how the different elements of sound, lighting, costuming and set design contributes to the success of a dance theatre production
- Participants will have a feel of how it is to perform on a stage Learning Journey to a theatre venue

### DANCE SILHOUETTES

This programme introduces participants to learn about the performance arts in the form of dance and through a multimedia medium (stop motion silhouettes/scenery shots). Participants will learn the basic techniques necessary to perform a dance item and/or the multimedia and conceptualization skills required in producing animated media to complement their dance performance.

At the end of this programme, participants will learn basic conceptualization, choreography and performance skills. They will also learn how to use all of these skills to combine both mediums into a single multi-media performance. Participants will also develop civic literacy, global awareness and cross-cultural skills while conceptualising for their performance.

#### MODULES

- Basic Dance Techniques (Modern or Jazz)
- Elements of Multimedia Techniques
- Performance Staging
- Performance Skills

#### HIGHLIGHTS

- Participants will learn how to create a concept that enables them to combine both art mediums together into one performance
- Participants are able to incorporate ASEAN elements into their performance concepts.

- Participants can use this performance as a aid for any messages they want to send on behalf of their COMMUNITY.
- Participants can go on a Learning Journey to video the required scenery shots for their performance

## CREATIVE MOVEMENT

**NAC-AEP**

This programme introduces participants to movement, through learning contemporary dance. Contemporary dance is an art form that is based on natural movement thus allowing student to discover the inside awareness of the movement, made possible in the kinesthetic sense.

At the end of this programme, participants will develop their sense of total involvement, connection and transformation. They will also enhance their expressiveness, especially non-verbal expressions using the movement of their bodies. Participants will also develop better self-awareness, social awareness and self and relationship management.

### MODULES

- Fundamentals of Creative Movement
- Basic Dance Techniques
- Musicality and Music Interpretation
- Performance Skills

### HIGHLIGHTS

- Participants will discover the potential of their bodies in movements
- Participants will learn techniques that will enable them to easily pick up other forms of dance
- Participants will be exposed to movement concepts in a fun and creative way

## CREATIVE MOVEMENT WITH HIP HOP

**NAC-AEP**

This programme introduces participants to creative movement and how it is used in a popular dance form such as Hip Hop.

At the end of this programme, participants gain an increased awareness of their bodies and how to use their creativity and their bodies to create movement. Furthermore, they will learn how to apply and incorporate the concepts into Hip Hop dance, making the course fun-filled and enjoyable. Participants will also learn the importance of teamwork and communication skills

### MODULES

- Fundamentals of Creative Movement
- Basic Dance Techniques
- Musicality and Music Interpretation
- Performance Skills

### HIGHLIGHTS

- Key movement concepts applicable to many genres of dance
- Instant applied learning by utilising creative movement concepts when learning about Hip Hop
- Emphasis placed on building showmanship and performance quality

## DANCE IMAGERY

**NAC-AEP**

This programme introduces participants to using the mind to visualise movement through imagery and then to translate the images into movement.

At the end of this programme, participants would develop the photographic aspect of the memory and to look at dance in image form. Participants, with the help of instructors, would also be able to stage a creative and artistic performance based on what they have learnt in the course. Participants will also develop critical and inventive thinking skills as well as becoming more creative in their imagination.

### MODULES

- Dance Visualisation Techniques
- Basic Dance Techniques
- Musicality and Music Interpretation
- Performance Skills

### HIGHLIGHTS

- Participants will discover the capabilities of their bodies through movements
- Participants will learn techniques that will enable them to easily pick up other forms of dance
- Participants will be exposed to movement concepts in a fun and creative way

## PERCUSSIVE MOVEMENT

**NAC-AEP**

This programme introduces participants to the rhythmic world of percussions and learn not only how to create it but also to apply it and fuse it with dance. Participants will explore the creation of percussive movements through using their bodies and through the use props



made from recycled materials. They will then learn how to incorporate it into various dance forms such as jazz and hip hop.

At the end of this programme, participants would be able to appreciate and create percussive movements and fuse them into various dance forms to form engaging and fun routines. They will also develop self and relationship management skills through working with each other during this programme.

#### MODULES

- Musical Rhythms and Beats
- Body Percussion Techniques
- Basic Dance Techniques
- Performance Skills

#### HIGHLIGHTS

- Explore and understand the creation of percussive rhythms using their bodies
- Greater understanding of how music and movement tie in together
- Improves awareness and consciousness of different elements of a piece of music

## JAZZ, MODERN AND ETHNIC SERIES

This series will expose participants to Jazz and/or Modern Dance, equipping them with the basic techniques required to venture into a spectrum of unique sub-genres. These sub-genres all build on Jazz and Modern basics, including Positions, Body Alignment and Energy level. Basic concepts such as Extensions and Contractions, important to Jazz and Modern, will be emphasized as well.

Some of the key learning points in this series are:

- Basic Jazz, Modern and Ethnic techniques (e.g. Positions, Body Alignment and Energy) and techniques and terminology unique to the sub-genre selected
- Concept of ABC in music (Accent, Beats, Counts)
- Performance Skills and Etiquette
- Choreography for a mini-showcase
- Formal classical terminology (e.g. Battements, Plie, Releve, Develope, Pas De Bourree)

## MALAY DANCE

This programme introduces participants to the Malay culture and dance. Participants will learn a fusion of the different Malay dance such as Inang, Masli, Zapin, Asli, Ronggeng or Joget.

At the end of this programme, participants would gain a better understanding and appreciation of the Malay culture and the little nuances that represents the essence of Malay dance. They will develop better cross-cultural skills, and social awareness and racial harmony as they go through this programme.

#### MODULES

- Malay Culture Appreciation
- Basic Malay Dance Techniques and Hand Gestures
- Incorporate Kompangs in their Dance
- Performance Skills

#### HIGHLIGHTS

- Participants will be able to incorporate ASEAN elements that is relevant to the Indian Culture
- Participants will learn about the essence of Malay dance and how it relates to their beliefs
- Participants will develop better understanding and



tolerance of the differences between their own culture and the Malay culture.

- Participants will be able to immerse themselves in the Malay culture through putting together their own costumes during their performance showcase

## INDIAN DANCE

**NAC-AEP**

This programme introduces participants to the Indian culture and classical Indian dance. Participants will learn a fusion of the different classical Indian dance styles like Bharatanatyam, and Kathak.

At the end of this programme, participants would gain a better understanding and appreciation of the Indian culture and the little nuances that represents the essence of Indian dance. They will develop better cross-cultural skills, and social awareness and racial harmony as they go through this programme.

### MODULES

- Indian Culture Appreciation
- Basic Indian Dance Techniques
- Basic Indian Dance Hand Gestures
- Performance Skills

### HIGHLIGHTS

- Participants will be able to incorporate ASEAN elements that is relevant to the Indian Culture
- Participants will learn about the essence of Indian dance and how it relates to their beliefs
- Participants will develop better understanding and tolerance of the differences between their own culture and the Indian culture.
- Participants will be able to immerse themselves in the Indian culture through putting together their own costumes during their performance showcase



## ETHNIC FUSION

**NAC-AEP**

This programme introduces participants to traditional, Asian cultural dances (Chinese, Malay, Indian and Eurasian).

At the end of this programme, participants would learn about other cultures and traditions through dance. Through this, participants will learn about tolerance and respect and thus inculcate racial harmony and a sense of pride in being Singaporean.

### MODULES

- History and Traditions of Each Culture
- Basic Dance Techniques of Each Cultural Dance
- Performance Skills

## ETHNIC FUSION WITH TWIRLING FLAG

This programme introduces participants to the art of flag twirling using short flags whilst exposing them to different movements from the various types of ethnic dances, i.e. Malay dance, Chinese dance, Indian dance, Eurasian dance as well as other more contemporary dance forms i.e. modern dance, Jazz dance etc

At the end of this programme, participants would learn about other cultures and traditions through dance. Through this, participants will learn about tolerance and respect and thus inculcate racial harmony and a sense of pride in being Singaporean.

### MODULES

- Basic Flag Twirling Dance Techniques
- Basic Dance Techniques of Each Culture Dance
- Basic Jazz/Modern Dance Techniques
- Performance Skills

## JAZZ

**NAC-AEP**

This programme introduces participants to the fast and precise footwork of Jazz Dance and the emphasis will be on the body alignment, weight transfer and placement, musicality and fluidity, as well as the full and expressive usage of torso, arms, legs, and head within both choreographed and improvisational movements and sequences.

At the end of this programme, participants would learn the basic Jazz dance techniques and be able to put up



a performance showcase. They will also learn about the importance of self management and relationship management through dance.

**MODULES**

- Basic Jazz Dance Techniques
- Musicality and Music Interpretation
- Performance Skills
- Choreography Improvisation

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**MODERN DANCE**

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This programme introduces participants to Modern Dance with its unique emphasis on fostering individual expression through natural movement patterns in the body while keeping the dance technique.

At the end of this programme, participants would learn how to develop their strength, flexibility, tone, coordination, grace, posture and poise. They would also develop a better sense of self and social awareness through this programme.

**MODULES**

- Basic Modern Dance Techniques
- Musicality and Music Interpretation
- Performance Skills
- Choreography Improvisation

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**TAMBOURINE DANCE**

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This programme introduces participants to the tambourine and its dance patterns. They will also learn about music beat, tempo and rhythm patterns.

At the end of this programme, participants would develop better motor skills and hand-eye coordination. They will also learn how to combine dance with an instrument. Thus incorporating values such as responsibility, respect and self-discipline.

**MODULES**

- Basic Jazz Dance Techniques
- Music Beats and Rhythms
- Basic Tambourine Dance Patterns
- Performance Skills

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**TWIRLING FLAG**

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This programme introduces participants to the tambourine and its dance patterns. They will also learn about music beat, tempo and rhythm patterns.

At the end of this programme, participants would be able to put up a performance showcase. They will develop their sense of coordination and their self-confidence. Participants will also develop their communication skills and a strong sense of teamwork.

**MODULES**

- Basic Jazz Dance Techniques
- Music Beats and Rhythms
- Basic Tambourine Dance Patterns
- Performance Skills

# SOCIAL DANCES

## SERIES



This series will introduce participants to popular Social Dance styles, some with rich Street Latin roots. Our programmes are specially designed to include (or exclude) partnerwork depending on the preference or readiness of participants. They can expect to learn basic Street Latin footwork, arm placements and more to our fast-paced, energetic and fiery music.

Some of the key learning points in this series are:

- Concept of ABC in music (Accent, Beats, Counts)
- Performance Skills and Etiquette
- Choreography for a mini-showcase
- Partner Dance Skills (if partnerwork is requested)
- Basic Social Dance techniques (e.g. Footwork, Body Alignment, Arm Placements) and techniques and terminology unique to the sub-genre selected

### SALSA

**NAC-AEP**

This programme introduces participants to the partner dance of Latin and Afro-Caribbean origins

At the end of this programme, participants would learn the history and culture behind the dance as well as basic partner dance techniques. They will also learn how to communicate with each other non-verbally through lead-follow interactions in the dance. Through this programme, they will gain better global awareness and cross-cultural skills.

#### MODULES

- Understanding of Latin Culture, Music and Dance
- Basic Salsa Dance Technique (Partnerwork)
- Musicality and Music Interpretation
- Performance Skills

### SALSA SHINES

This programme introduces participants to the solo aspect of the partner dance of Latin and Afro-Caribbean origins.

At the end of this programme, participants would learn the history and culture behind the dance as well as key basic footwork patterns used in shines. Through this programme, they will gain better global awareness and cross-cultural skills.

#### MODULES

- Understanding of Latin Culture, Music and Dance
- Basic Salsa Dance Technique (Solo)
- Musicality and Music Interpretation
- Performance Skills

### CHA-CHA

This programme introduces participants to the cousin of Salsa, Cha Cha, which is also another partner dance of Latin and Afro-Caribbean origins.

At the end of this programme, participants would learn the history and culture behind the dance as well as key basic footwork patterns used in shines. Through this programme, they will gain better global awareness and cross-cultural skills.

#### MODULES

- Understanding of Latin Culture, Music and Dance
- Basic Cha-Cha Dance Technique
- Musicality and Music Interpretation
- Performance Skills



## ROCK AND ROLL

This programme introduces participants to the fun partner dance of Rock and Roll.

At the end of this programme, participants would learn the history and culture behind the dance as well as basic partner dance techniques. They will also learn how to communicate with each other non-verbally through lead-follow interactions in the dance. They will also learn about physical rhythmic expression and co-ordination with the beats of the music. Through this programme, participants will develop a better understanding on the importance of teamwork and communication skills.

### MODULES

- Basic Rock and Roll Dance Techniques
- Basic Lead and Follow Techniques
- Musicality and Music Interpretation
- Performance Skills

## FITNESS PROGRAMMES SERIES

This series will introduce participants to a new way of staying fit: through dance. Our specially designed fitness programmes fuse different forms of workouts with dance to allow participants to physically challenge themselves while still having fun and grooving to an assortment of songs.

Some of the key learning points in this series are:

- Concept of ABC in music (Accent, Beats, Counts)
- Proper techniques when working out for maximum effectiveness
- Different ways of keeping fit with different styles of dance
- Correct methods of carrying out the activity for safety reasons
- Basic dance techniques and terminology unique to the sub-genre selected



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## PILATES

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This programme introduces participants to Pilates, a popular exercise regimen that uses stretches and core exercises to enhance flexibility and overall strength. This programme will focus on the matwork aspect/exercises of Pilates.

At the end of this programme, participants would understand how Pilates can help them strengthen their core and whole body as well as to increase their body's suppleness and flexibility. They would also understand how the exercises taught would help them achieve these. Participants will develop a better sense of self-awareness through this programme.

### MODULES

- Muscle Strength Conditioning
- Flexibility Conditioning
- Breathing Techniques
- Muscle Control

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## YOGA

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This programme introduces participants to Yoga, an exercise regimen built around postures, breathing exercises and meditation with the aim of making one healthier not only in body but also in the mind

At the end of this programme, participants would learn how Yoga postures and breathing help increase the participant's strength and flexibility. The breathing exercises, coupled with meditation exercises also serve to clear and calm the mind

### MODULES

- Meditation Techniques
- Flexibility Conditioning
- Breathing Techniques
- Balance Control

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## DANCE AEROBICS

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This programme introduces participants to Dance Aerobics, a combination of dance/cardiovascular, toning and sculpting exercises.

At the end of this programme, participants would learn how Aerobic exercises can help with weight loss and improvement in fitness levels

### MODULES

- Cardiovascular Training
- Muscular Endurance Training
- Flexibility Training
- Balance Control

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## KICKBOXING

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This programme introduces participants to an exercise regimen combining the high-intensity kickboxing moves, resulting in an exciting, high energy workout

At the end of this programme, participants would learn basic self-defense techniques as well as basic hip hop moves. Participants

### MODULES

- Basic Kickboxing Techniques
- Cardiovascular Training
- Endurance Training
- Mental Focus





## ZUMBA FITNESS

This programme introduces participants to the fun, Latin dance-inspired workout. Zumba Fitness is a high-energy, high-impact workout program.

At the end of this programme, participants would learn some of the common Zumba Fitness steps and to appreciate the idea that exercising and working out can be fun!

### MODULES

- Basic Latin Dance Techniques
- Cardiovascular Training
- Strength Training
- Co-Ordination Skills
- Musicality

## BOLLYWOOD JAM

**NAC-AEP**

This programme introduces participants to the idea of exercising using the fun dance moves seen in the latest Bollywood movies

At the end of this programme, participants would learn some basic Bollywood steps and have a fun-filled workout at the same time.

### MODULES

- Basic Bollywood Dance Techniques
- Cardiovascular Training
- Musicality
- Balance Control

## KPOP BLAST

This programme introduces participants to the idea of exercising using the dance moves of renowned kpop stars, as seen in the Kpop music videos

At the end of this programme, participants would learn some basic Kpop steps and have a fun-filled workout at the same time.

### MODULES

- Basic Bollywood Dance Techniques
- Cardiovascular Training
- Musicality
- Balance Control



## STEP AEROBICS

**NAC-AEP**

This programme introduces Step Aerobics to the participants. Step Aerobics is a high-cardio fitness workout that utilises an elevated platform, known as “the step” to increase the intensity, challenge and efficacy of an ordinary aerobics workout.

At the end of this programme, participants will learn a unique dance version of Step Aerobics that fuses high-cardio aerobics-based movements together with basic Street Dance elements for an exciting, energetic and fun dance workout transforming what would be an ordinary Step Aerobic workout into an impactful and infectious dance fitness programme.

### MODULES

- Basic Aerobics Movements
- Breathing Techniques
- Street Dance Grooves
- Cardiovascular Training

## PAL PERFORMING ARTS (DANCE) SERIES



Our PAL Performing Arts (Dance) modules are all customised according to the needs of the participants and the school. We have theme-based programmes where through a given storyline, the learning of SEL values is enhanced.

Participants will discover:

- A heightened sense of self and social awareness through our experiential approach
- A sense of ownership in their abilities
- Key life skills traits such as communication, self-confidence, responsibility and working as a team

At the end of every lesson, the participants will finish up with a reflection form that enables them to reflect on what they have done and discuss their learning experiences. This will also help them to link their learning experience to SEL components and character values.

Our team of educators are experienced facilitators, providing participants with tools and skills to assist them in learning new skills. They actively inspire participants to learn and respect other cultures through the different PAL modules and instil discipline in them, forging better communication and teamwork.

We have conducted many PAL programmes in school with great success like in CHIJ OLG, CHIJ Kellock, St. Anthony's Canossian, Gan Eng Seng Primary amongst others. Programmes are customised to each school's requirements to deliver the various techniques, character and SEL skills to the participants.

## LET'S GO TO THE ZOO!

This programme introduces participants to the world of animals. Through learning different creative movement concepts as well as visualising and re-creating the animal movements, participants will be able to explore and develop their level of creativity and expression.

At the end of this programme, participants will develop better spatial and body awareness. They will be better at expressing themselves with a higher level of self-confidence. They will also develop a better understanding of the SEL values through the activities.

### MODULES

- Fundamentals of Creative Movement
- Imagery and visualisation Techniques
- Foster Creativity and Musicality
- Develop Sel Values

## THE ENCHANTED FOREST

This programme introduces participants to the world of creative movement and body percussion using a story of an enchanted forest, enabling them to develop a sense of creativity and rhythm.

At the end of this programme, participants will be able to develop an understanding of their bodies and their movement capabilities. They will also learn the importance of communication and teamwork.

### MODULES

- Develop their confidence level
- Develop SEL values: self-awareness, social awareness, self management skills, relationship management and responsible decision making amongst the participants
- Develop creativity and self-expression
- Better understanding of body movements

## ETHNIC CULTURES IN SINGAPORE

This programme explores the different ethnic cultures found in Singapore. Participants will learn about the history, traditions, music and dances of each culture.

At the end of this programme, participants gain a better understanding and appreciation of each of the ethnic cultures. They will develop a sense of harmony and teamwork as they learn to work together to learn each other's culture and dance.

### MODULES

- Develop into a Generation of Socio-Cultural Sensitive Persons
- Foster Better Social Awareness and relationship Management Skills Within The Participants
- Inculcate the Spirit of Harmony Amongst Each Other
- Appreciate Different Types of Cultural Music And Dance

## SUPERHERO THEME

This programme uses a "Superhero" theme, which allows participants to explore different superhero characteristics, complimenting it with Hip Hop dance. Their creativity will be further expanded through an art and craft session which includes designing their own superhero crest or symbol.

At the end of this programme, participants will be able to develop an understanding of their bodies and movement capabilities. They will also gain a better sense of rhythm, coordination, and working together with other participants through various activities.

### MODULES

- Foster Better Relationship Within the Participants
- Highlight and Emphasize Sel Values Amongst Each Other
- Musicality and Rhythm
- Foster Better Self and Social Awareness within the Participants





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VIVARCH ENRICHMENT GROUP IS REPRESENTED BY

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Artelier  
Dance Atelier  
Dramaestro  
Epitome Media  
Feng Hua Zhan  
Le Vine Connections  
Life Champs  
Musicon  
Outstandor  
Passionista  
Sports First  
Studio Wu

Vivarch Enrichment Group is honored to have partnered with the following institutions in delivering an extensive array of holistic programmes from Dance to Music, Drama, Sports, Life Skills and more.

#### NORTH ZONE

Admiralty Primary School  
Ahmad Ibrahim Primary School  
Anchor Green Primary School  
Anderson Primary School  
Canberra Primary School  
CHIJ St Nicholas Girls' Primary School  
Chongfu School  
Endeavour Primary School  
Evergreen Primary School  
Fuchun Primary School  
Greendale Primary School  
Greenwood Primary School  
Huamin Primary School  
Innova Primary School  
Jiemin Primary School  
Marsiling Primary School  
Mee Toh School  
Montfort Junior School  
Nan Chiau Primary School  
North Spring Primary School  
North View Primary School  
North Vista Primary School  
Northland Primary School  
Palm View Primary School  
Peixin Primary School  
Peiying Primary School  
Qihua Primary School  
Riverside Primary School  
Riverside Primary School  
Rosyth School  
Sembawang Primary School  
Seng Kang Primary School  
Si Ling Primary School  
South View Primary School  
Wellington Primary School  
Woodgrove Primary School  
Woodlands Gardens School  
Woodlands Primary School  
Woodlands Ring Primary School  
Xinmin Primary School  
Xishan Primary School  
Yio Chu Kang Primary School  
Yishun Primary School  
Admiralty Secondary School  
Ahmad Ibrahim Secondary School  
Anderson Secondary School  
Bowen Secondary School  
Canberra Secondary School  
CHIJ St Joseph's Convent  
Christ Church Secondary School  
Chun Cheng High (Yishun)  
Compassvale Secondary School  
Deyi Secondary School  
Evergreen Secondary School  
Fuchun Secondary School  
Greendale Secondary School  
Hougang Secondary School  
Marsiling Secondary School  
Montfort Secondary School  
Nan Chiau High School  
Naval Base Secondary School  
North View Secondary School  
North Vista Secondary School  
Northbrook Secondary School  
Orchid Park Secondary School  
Pei Hwa Secondary School  
Punggol Secondary School  
Presbyterian High School  
Sembawang Secondary School  
Seng Kang Secondary School  
Serangoon Secondary School  
Si Ling Secondary School  
Singapore Sports School  
Spectra Secondary School  
Woodlands Secondary School  
Woodland Ring Secondary School  
Xinmin Secondary School  
Yio Chu Kang Secondary School  
Yishun Secondary School  
Yishun Town Secondary School  
Anderson Junior College  
Innova Junior College

#### SOUTH ZONE

Ai Tong School  
Ang Mo Kio Primary School  
Anglo-Chinese School (Junior)  
Anglo-Chinese School (Independent)  
Anglo-Chinese Primary School  
Balestier Hill Primary School  
Bendemeer Primary School  
Blangah Rise Primary School  
Cantonment Primary School  
Catholic High School (Primary)  
Cedar Primary School  
CHIJ (Kellock)  
CHIJ Our Lady of Good Counsel  
CHIJ Primary (Toa Payoh)  
Da Qiao Primary School  
Fairfield Methodist School (Primary)  
Farrer Park Primary School  
First Toa Payoh Primary School  
Gan Eng Seng Primary School  
Ghim Moh Primary School  
Guangyang Primary School  
Holy Innocents' Primary School  
Hong Wen School  
Jingshan Primary School  
Kheng Cheng School  
Kuo Chuan Presbyterian Primary School  
Marymount Covent School  
Mayflower Primary School  
New Town Primary School  
Parry Primary School  
Pei Chun Public School  
Pei Tong Primary School  
Queenstown Primary School  
Radin Mas Primary School  
Raffles Girls' Primary School  
River Valley Primary School  
Singapore Chinese Girls' School  
Stamford Primary School  
St Andrew's Junior School  
St Anthony's Canossian Primary School  
St Gabriel's Primary School  
St Margaret's Primary School  
Stamford Primary School  
Teck Ghee Primary School  
Townsville Primary School  
Upper Serangoon Secondary School  
Xinghua Primary School  
Yangzheng Primary School  
Zhangde Primary School  
Zhonghua Primary School  
Ang Mo Kio Secondary School  
Anglo-Chinese (Independent)  
Anglo-Chinese School (Barker Road)  
Balestier Hill Secondary School  
Bartley Secondary School  
Beatty Secondary School  
Bendemeer Secondary School  
Bishan Park Secondary School  
Bukit Merah Secondary School  
Catholic High School (Secondary)  
CHIJ Secondary (Toa Payoh)  
CHIJ St Theresa's Convent  
Chong Boon Secondary School  
Crescent Girls' School  
Fairfield Methodist School  
First Toa Payoh Secondary School  
Gan Eng Seng School  
Henderson Secondary School  
Holy Innocents' High School  
Jin Tai Secondary School  
Kent Ridge Secondary School  
Kuo Chuan Presbyterian Secondary School  
Mayflower Secondary School  
Northlight School  
Outram Secondary School  
Pathlight School  
Peicai Secondary School  
Holy Innocents' High School  
Peirce Secondary School  
Queenstown Secondary School  
Queensway Secondary School  
Raffles Girls' School (Secondary)  
Raffles Institution  
Rainbow Centre - Margaret Drive  
Serangoon Garden Secondary School  
St Andrew's Secondary School  
St Joseph's Institution  
St Margaret's Secondary School  
School of the Arts (SOTA)  
Whitley Secondary School  
Yuying Secondary School  
Zhonghua Secondary School  
Nanyang Junior College  
National Junior College

#### EAST ZONE

ASPEN Katong School  
Bedok Green Primary School  
Bedok West Primary School  
Canossa Convent Primary School  
Casuarina Primary School  
Changkat Primary School  
CHIJ (Katong) Primary School  
Chongzheng Primary School  
Coral Primary School  
Damai Primary School  
East Coast Primary School  
East Spring Primary School  
East View Primary School  
Eunos Primary School  
Fengshan Primary School  
Geylang Methodist School (Primary)  
Gongshang Primary School  
Griffiths Primary School  
Haig Girls' School  
Junyuan Primary School  
Kong Hwa School  
Loyang Primary School  
Maha Bodhi School  
Meridian Primary School  
Ngee Ann Primary School  
Opera Estate Primary School  
Park View Primary School  
Pasir Ris Primary School  
Paya Lebar Girls' School (Primary)  
Poi Ching School  
Qiaonan Primary School  
Red Swastika School  
St Anthony's Canossian Primary School  
St Hilda's Primary School  
St Stephen's School  
Tampines North Primary School  
Tampines Primary School  
Tanjong Katong Primary School  
Tao Nan School  
Telok Kurau Primary School  
White Sands Primary School  
Yu Neng Primary School  
Yumin Primary School  
Anglican High School  
Bedok Green Secondary School  
Bedok North Secondary School  
Bedok South Secondary School  
Bedok Town Secondary School  
Bedok View Secondary School  
Broadrick Secondary School  
Cedar Girls' Secondary School  
Chai Chee Secondary School  
Changkat Changi Secondary School  
CHIJ Katong Convent  
Chung Cheng High (Main)  
Coral Secondary School  
Damai Secondary School  
Dunman High School  
Dunman Secondary School  
East Spring Secondary School  
East View Secondary School  
Geylang Methodist School (Secondary)  
Greenview Secondary School  
Hai Sing Catholic School  
Junyuan Secondary School  
Loyang Secondary School  
Macpherson Secondary School  
Manjusri Secondary School  
Ngee Ann Secondary School  
Pasir Ris Crest Secondary School  
Paya Lebar Methodist Girls' School (Secondary)  
Ping Yi Secondary School  
Siglap Secondary School  
Springfield Secondary School  
St Anthony's Canossian School  
St Hilda's Secondary School  
St Patrick's School  
Tampines Secondary School  
Tanjong Katong Secondary School  
Temasek Secondary School  
Victoria School  
ITE Bedok  
ITE Macpherson  
ITE Tampines  
Tampines Junior College  
Temasek Junior College  
Victoria Junior College  
Metta School

#### WEST ZONE

Beacon Primary School  
Boon Lay Garden Primary School  
Bukit Timah Primary School  
Bukit View Primary School  
Chua Chu Kang Primary School  
CHIJ Our Lady Queen of Peace  
Clementi Primary School  
Concord Primary School  
Corporation Primary School  
Dazhong Primary School  
Frontier Primary School  
Fuhua Primary School  
Greenridge Primary School  
Henry Park Primary School  
Jin Tai Primary School  
Jurong Primary School  
Jurong Town Primary School  
Jurong West Primary School  
Juying Primary School  
Kemuning Primary School  
Kranji Primary School  
Lakeside Primary School  
Lianhua Primary School  
Methodist Girls' School (Primary)  
Nan Hua Primary School  
Nanyang Primary School  
Paya Lebar Methodist Girls' School (Primary)  
Pei Hwa Presbyterian Primary School  
Pioneer Primary School  
Princess Elizabeth Primary School  
Qifa Primary School  
Rulang Primary School  
Shuqun Primary School  
South View Primary School  
St Anthony's Primary School  
Teck Whye Primary School  
Unity Primary School  
West Spring Primary School  
West Grove Primary School  
West View Primary School  
Xingnan Primary School  
Yew Tee Primary School  
Yuhua Primary School  
Yung An Primary School  
Zhenghua Primary School  
Assumption Pathway School  
Boon Lay Secondary School  
Bukit Batok Secondary School  
Bukit Panjang Government High  
Bukit View Secondary School  
Chestnut Drive Secondary School  
Chua Chu Kang Secondary School  
Clementi Town Secondary School  
Clementi Woods Secondary School  
Commonwealth Secondary School  
Crest Secondary School  
Dunearn Secondary School  
Fajar Secondary School  
Fuhua Secondary School  
Greenridge Secondary School  
Hillgrove Secondary School  
Hwa Chong Institution  
Jurong West Secondary School  
Jurongville Secondary School  
Juying Secondary School  
Kranji Secondary School  
Methodist Girls' School (Secondary)  
Nan Hua High School  
Nanyang Girls' High School  
New Town Secondary School  
Pioneer Secondary School  
Regent Secondary School  
Shuqun Secondary School  
Swiss Cottage Secondary School  
Teck Whye Secondary School  
Unity Secondary School  
West Spring Secondary School  
Yuan Ching Secondary School  
Yusof Ishak Secondary School  
Zhenghua Secondary School  
River Valley High School  
Anglo-Chinese Junior College  
Grace Orchard School  
ITE West Clementi  
National University of Singapore  
Millenia Institute  
Ngee Ann Polytechnic  
Pioneer Junior College  
Jurong Junior College

#### CORPORATE

National Library Board  
South West CDC  
Health Promotion Board  
Singapore Prison Services  
Girls' Home  
Boys' Home  
Building and Construction Authority  
People's Association  
KPMG

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