

RACL 2009 - 2010 学年课外活动班

| 课程 Classes | 教师 Teachers | 上课时间 Class Hour | 教室 Classroom | 学费 Tuition |
|--|---|---------------------|-------------------------------------|---------------|
| 国际象棋 1 (Chess Beginners, 5-7 岁) 国际象棋 2 (Chess Intermediate, 5-7 岁) 国际象棋 3 (Chess Advance, 8 岁) | Arthur Lewis Rajeev Rajendran Eric Slavin | 11:30 am - 12:20 pm | E151 E153 E362 | \$70 |
| 围棋 GO (7 岁以上) | 张松华 | 11:30 am - 12:20 pm | E361 | \$70 |
| 趣味科学 (Fun Science, Grade 3-4) | 高 苏 | 11:30 am - 12:20 pm | E351 | \$70 |
| 趣味数学 (Fun Math, Grade 3-4) | 陈剑刚 | 11:30 am - 12:20 pm | E363 | \$70 |
| 少年武术-I (Martial Arts-I) 6-7 岁 少年武术-II (Martial Arts-II) 8 岁以上 | Renee Warren 金兆伟 | 11:30 am - 12:20 pm | E300 S-100 | \$70 |
| 美术班 1 (Arts, 5-7 岁) 美术班 2 (Arts, 5-7 岁) 美术班 3 (Arts, 8 岁以上) | 钱 芃 刘 波 Kayee Au | 11:30 am - 12:20 pm | E155 E161 E343 | \$70 |
| English for SAT (Grade 7) | Eireann Dunbar | 11:30 am - 1:00 pm | S301 | \$130 |
| English for SAT (Grade 8) | Cheryl Sacek | 11:30 am - 1:00 pm | S303 | \$130 |
| English for SAT (Grade 9-11) | Meg Stivison | 11:30 am - 1:00 pm | S305 | \$130 |
| Physics for SAT (Grade 9-11) | 周增均 | 11:30 am - 12:20 pm | S306 | \$70 |
| Math Problem Solving (Grade 6-7) | 李 虹 | 11:30 am - 12:20 pm | E364 | \$70 |
| Math for SAT Algebra A (Grade 7) Algebra B (Grade 7) Geometry (Grade 8) | 杨冬梅 张红岩 黄亮亮 | 11:30 am - 12:20 pm | S300 S302 S304 | \$70 |
| 唱歌 (Singing, 5-8 岁) | 刘 翠 | 11:30 am - 12:20 pm | E360 | \$70 |
| 不收新生 (Returned students only) 舞蹈班 1 (Dancing, 5-6 岁) 舞蹈班 2 (Dancing, 6-7 岁) 舞蹈班 3 (Dancing, 7-9 岁) 舞蹈班 4 (Dancing, 9-11 岁) | 孟海珍 林 敏 刘 瑶 麻晓莺 | 11:30 am - 12:20 pm | E150 E160 E350 E300 | \$70 |
| 乒乓球 (Ping-pong, all ages) | Derek Xu | 4:00-6:00pm, Sat. | Middle Creek Community Center | \$70 |

美术班 1 (5—7 岁) / Drawing 1 (5-7 yrs old)

Teacher: 钱 芃 Peng Qian, qianpeng2008@gmail.com

<http://picasaweb.google.com/qianpeng2008/NanWDD?authkey=Gv1sRgCMy61Y2ForPitgE#>

http://picasaweb.google.com/qianpeng2008/LtWsEB?authkey=Gv1sRgCPHhgMGC9_rY0gE#

Classroom: E155

毕加索曾这样说过：“现在不是孩子向我们学画画，而是我们应向孩子学画画！”孩子们的每一张画都是纯洁的，自由的！

第一学期教学重点：线条，形状，颜色。

第一阶段：2 课时，认识线，体会线，画线（一笔画线，各种形态的线，各种感情的线）

第二阶段：3—4 课时，学习线描画

第三阶段：2—3 课时，学习形状的组合

第四阶段：2 课时，认识颜色的神奇变化

第五阶段：2—4 课时，线条，形状，颜色的组合

第二学期教学重点：临摹，写生，想象

第一阶段：3—4 课时，临摹教师作品

第二阶段：2—3 课时，写生

第三阶段：3—4 课时，想象画教学

第四阶段：3—4 课时，尝试使用不同的绘画工具（水彩，彩色铅笔，油画棒……）

第五阶段：在大纸上共同创作完成作品作为学年总结

美术班 2 (5-7 岁) / Drawing 2 (5-7 yrs old)

Teacher: 刘 波 Bo Liu, lbo2@ncsu.edu

Classroom: E161

My drawing class will emphasize on developing kid's drawing skill.

Children are natural artist. Their expressions in Art are usually uninhibited and free, without any conceptual understanding of design, proportion and composition. Their works are often based simply on their basic perception and ever - active imagination.

Training children to develop drawing skills is important. Without proper training and direction, children tend to gradually lose the natural ability and confidence in Art as they mature and reach adulthood.

My drawing class this semester will focus on two things, one is color drawing, and I will show students how to draw objects in color hand by hand, materials include trees, flowers, animals, buildings, sky, beaches, rivers, oceans and human. Kids will learn how to choose colors for their drawings. Another skill I will teach students is sketch, because sketch is very important basic skills for all kinds of drawing, I will show students how to use the single color to draw the objects, how to make it proportional and the drawing look like a real object. Besides, I also will provide simple drawing materials for some little kids in my class to fit their interest, since there are several much young kids in my class last semester.

What you'll need:

- You need a sketch pad in this class.
- It is a good idea to find a container that can accommodate all your sketching material.
- A good range of pencils is important. When you buy pencils, try different degrees of hardness and softness. Hard pencils are good for line work, while the softer pencils can be used for shading. So you can choose the pencils either with 1B, 3B and 5B or 2B, 4B and 6B.
- A set of color ink pens or pencils can be an invaluable tool in this class. These do not have to be expensive.

美术班 3 (7 岁以上) / Drawing 3 (>8 yrs)

Teacher: Kayee Au, kayeeXau@gmail.com

Classroom: 343

This is an arts class for kids ages 8-10 who are interested in learning how to draw and improve their art skills. Students will learn the basic foundations of drawing, which includes shading, line and contour drawing, perspective, color theory, and various types of media. Basic art history will also be taught, and students will be incorporating different techniques used by great artists in order to broaden their creativity and use of media. Apart from learning more traditional art, students will also be involved in arts and crafts, including making flipbooks or other projects which allow them to expand on their ideas. Even though drawing homework will be assigned, it is not mandatory and students will always be rewarded for their extra effort.

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国际象棋 1 (Chess Introduction, >6 岁)

Teacher: Arthur Lewis, jackmoccasin@yahoo.com

Classroom: E151

国际象棋 2 (Chess Intermediate, >6 岁)

Teacher: Rajeev Rajendran, rajeev.rajendran@gmail.com

Classroom: 153

国际象棋 3 (Chess Advance, 8 岁以上)

Teacher: Eric Slavin, ejslavin@gmail.com

Classroom: E362

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围棋 (7 岁以上) / GO (>7 yrs)

Teacher: 张松华 Songhua Zhang, shz_123gousa@yahoo.com

Classroom: 361

Introduction

Go is a game of strategy. Two players compete in acquiring territory by placing markers on a smooth wooden board with a simple grid drawn on it, usually 19 by 19 lines. Each player seeks to enclose territory with his markers, much like partitioning a field with sections of fencing. Further, each player may capture his opponent markers. The object of the game is to enclose the most territory, a simple goal that leads to the elegant and fascinating complexities of go.

Requirement

No specific requirement and open to all students who are interested in GO.

Students will learn from this class

- The Procedures of playing GO
- To know Life and Death
- How to start the game
- How to end the Game
- To know the Rule of Ko
- Proverbs for Beginners
- To know Go's Glossary

Class Plan

- Teaching basic concepts of the GO game
- Games
- Tournament

少年武术 1 (Martial-1, 6-8 岁)

Teacher: Renee Warren, rtwdesigns@embarqmail.com

Classroom: E300

Come learn traditional kung fu at RACL! Students from 5 years old and up will learn basic stances, punches, blocks, and kicks. Renee Warren also teaches linking techniques into combinations. Your child will learn about discipline, respect, weapons, history of the old arts, and more importantly the Code of Ethics called the Wu-De. This is a great class that will help improve your child's focus, strength, coordination and builds good character.

少年武术 2 (Martial-2, 9 岁以上)

Teacher: 金兆伟 Zjaowei Jin, jin_zhaowei@yahoo.com

Classroom: Basement

武术课外活动班的主要对象是九岁以上的学生，将着眼于提高学生的身体素质，包括力量，耐力，柔韧性，协调性和灵敏性。培养学生吃苦耐劳的精神。

教学内容：1) 身体素质训练，占 30%；2) 武术基本功训练，占 30%，包括步形 (弓步，马步，仆步，虚步，歇步)，拳法 (直拳，勾拳，摆拳，等)，腿法 (弹腿，蹬腿，侧踹，边腿，等)，以及动作组合。本课突出武术的实用性。套路训练，占 40%。教授<军体拳第一套，第二套>。

English for SAT-1 (Grade 7)

Teacher: Eireann Dunbar, eireannleigh@hotmail.com

Classroom: S301

Leading the SAT prep class through many of the various approaches towards mastering this test: (~Providing an educational environment conducive to learning, in a way that invites all students to participate in lessons at their own level.) (~Creating a space of respect, engaging fun, curiosity, creativity, integrity, (and on occasion) cooperation while working with others in group settings, & arriving at a place where young adults are encouraged & supported to flourish on their learning edge.)

Expectation . . .

Students take responsibility for their work, their efforts & their wonderful progress along their educational path!

WHY THE SAT

* Inspiring motivations and personal success!

Create personal lists of important reason why we want to do well on the SAT

All the ways it can benefit our lives

* SAT facts and overview

* 10 SAT Prep Tips for Freshmen

* The SAT Basic Principles & Tips

* BEHIND the Essay, Writing & Reading

BASIC STUDY SKILLS

* practice constructing outlines (functions in essay writing)

* Strengthen Ability for Critical Thinking & Reading

* Review & Practice responding efficiently to the way SAT questions are designed

* identifying essential facts in reading passages

ANALOGIES

* Using Context Clues towards Definition

* Review & Mastery of "Spot The Analogy" !

* Building foundation in understanding relationships between words & each of their forms

VOCABULARY

We will continue our beloved Vocab-Toons each week :)!

We will continue to "Think Thesaurus" !

A NOVEL APPROACH TO THE SAT

We will be reading this suspenseful time-travel story. . .

Each semester, we will be reading a novel, which includes hundreds upon hundreds of SAT vocab words~

Reading is the proven success prep for familiarity and retention of improved vocabulary, reading and writing skills. So let's have plenty of fun with this!

(most of these novels conveniently include the definition, pronunciation and example sentence for all the vocab words.)

GRAMMAR

* Reviewing language Basics: Sentence Structure, Spelling, Syntax, etc. . .

Sample Lessons: Sentence Completion: From Sentence shifters:

Shift the flow and meaning of a sentence: To the basic review:

group projects of latin and greek roots for mastering the english language

CRITICAL READING & CRITICAL WRITING

- * Time made for some official Essay composition
- * Occasionally, we will learn hands-on with Classroom Writing Workshops!
(Workshop of some of our own essays from class)
- * Review & Discussion of the wide variety of differently-scored & officially graded essays

TRACKING PROGRESS

First Day of Class, Mid-Term, Last Regular Day of Class:

Those practice test portions will be graphed for a super-individualized progress visual, for each student :).

MOST OF THE BOOKS WE WILL WORK FROM:

* SAT

SAT Prep, SAT Writing,

* SF WRITER

College Freshman English Wonderful, Concise Reference

Punctuation and mechanics, etc

* Test of Time: A Novel Approach to the SAT and ACT

The required reading book, to bring beginning the second week of class :)

English for SAT-2 (Grade 8)

Teacher: Cheryl Sacek, ayak1@aol.com

Classroom: S303

Does telling your own (or someone else's!) story well, appeal to you?

Would you like to speak your own mind, or the completely opposite mind of a person entirely different from yourself, in a smart, stylish, or perhaps really comical way? The way to do that is to master the vast possibilities and variety available to us to use skillfully in English.

By reading some great books, maybe by and about some great people, and practicing all kinds of ways to write – there are a lot! – I think you will find ways to say just what you mean to say.

English for SAT-3 (Grade 9-11)

Teacher: Meg Stivison, meganlouise@gmail.com

Classroom: S305

As we continue to prepare for the verbal portion of the SAT, we'll be learning new college-level vocabulary, building writing skills by working on a variety of writing assignments, reading critically to get the most out of reading assignments and test passages, and having round-table discussions.

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趣味数学(Fun Math, Grade 3-4)

Teacher: 陈剑刚

Classroom: E363

教学目的: 本课程是数学的思维与方法的启蒙教育。教师通过若干有趣的专题对学生进行逻辑思维与形象思维的训练, 培养学生对数学的兴趣, 在思维方法上得到一定的训练。

教学内容:专题有扑克游戏、想想画画算算、看看数数算算、火柴棍游戏、一笔画、格点与面积、拼图游戏、图形分割、对称图形、数独、数字谜等等，共 35 个专题。各专题独立成章，前后无必然联系。我们将根据学生的接受能力，选取若干专题讲解，做到既动脑又动手。

学生: 以 3、4 年级为宜。

趣味科学(Fun Science, Grade 3-4)

Teacher: 高苏, edwardzzhou@yahoo.com

Classroom: E351

通过启蒙式教学培养孩子们对于科学知识的兴趣和爱好。小孩子经常会问为什么? 如果能够从小到大保持这种 **curiosity**, 孩子就会不断地拓展他们的想象力, 增强求知欲, 扩大知识面。这对于孩子的成长必将具有长远的影响。

课堂上教师以中国家长家喻户晓的“十万个为什么”中自然常识类书目为蓝本, 用习以为常的事例启发孩子们对自然现象及景观的思索, 通过讲授, 提问, 互动, 活跃和孩子们语言的交流, 使得孩子们在汉语环境中不但巩固了汉语教学的宗旨, 进一步了解一些有关天文, 地理, 自然现象中的中, 英文对照关系(比如 **thunder** 是闪电, **wind** 是刮风等), 而且增加了对科学知识的兴趣, 使孩子们顺其自然地融入到我们设立的寓教于乐的科学小园地, 使得他们可以获得更多自然科学领域的知识。

第一堂课我首先自我介绍, 并且讲述课程目标, 了解孩子有哪些方面的兴趣。以便今后不断改变教学内容和方式。准备第一节课从万物之源—水开始讲解化学的魅力。留下思考。

Math Problem Solving (Grade 6-7)

Teacher: 李虹 Hong Li, hli@wcpss.net

Classroom: E364

This class is for 6-7th grade students who are currently enrolled in Pre-Algebra. Students will learn the basic skills to compete in AMC8, and Math Count. Topics include problem solving strategies, basic probability, number theory, special triangles.

Math for SAT-Algebra (Grade 7)

Teachers: 杨冬梅 Dongmei Yang, dyang6412@yahoo.com

张红岩 Hongyan Zhang, hhzhang@yahoo.com

Classrooms: S300, S302

This class is for most of 7th grade students who are currently enrolled in Algebra.

Math for SAT-Geometry (Grade 8)

Teachers: 黄亮亮 Liangliang Huang, qduanliangliang@gmail.com

Classrooms: S304

This class is for most of 8th grade students who are currently enrolled in Geometry.

Chap.1 Lines and Angles

1.1 Fundamentals

1.2 Rules and Length

- 1.3 Protractors and Angle Measure
- 1.4 Bisecting Segments and Angles
- 1.5 Complementary and Supplementary Angles
- 1.6 Linear Pairs and Vertical Angles
- 1.7 Perpendicular Lines

Chap. 2 Parallel Lines

- 2.1 Transversals and Angles
- 2.2 Parallel Lines and Angle Relationships
- 2.3 Proving Lines Parallel
- 2.4 The Angles of a Triangle

Chap. 3 Congruent Triangles

- 3.1 Polygons and Congruence
- 3.2 Congruence Shortcuts
- 3.3 Isosceles and Equilateral Triangles
- 3.4 HL Congruence
- 3.5 Two Stage Congruence Proofs

Chap.4 Inequalities

- 4.1 Properties of Inequality
- 4.2 The Exterior Angle Theorem
- 4.3 Inequalities in Triangles
- 4.4 The Triangle Inequality Theorem

Chap.5 Similarity

- 5.1 Ratio and Proportion
- 5.2 Similar Figures
- 5.3 Proving Triangles Similar
- 5.4 Side-Splitting
- 5.5 Perimeters and Areas of Similar Figures

Chap. 6 Right Triangles

- 6.1 Working with Right Triangles
- 6.2 More Splitting
- 6.3 Trigonometry
- 6.4 Special Right Triangles

Chap. 7 Polygons

- 7.1 Polygons
- 7.2 Trapezoids
- 7.3 Parallelograms
- 7.4 Rhombuses, Rectangles, Squares
- 7.5 Interior and Exterior Angles

Chap. 8 Circles

- 8.1 Circles, Radii, Chords, Diameters
- 8.2 Angles in Circles
- 8.3 Segment Relationships

Chap. 9 Area

- 9.1 Quadrilaterals
- 9.2 Triangles

- 9.3 Regular Polygons
- 9.4 Circumference and Area of Circles
- 9.5 Arcs and Sectors

***Chap.10 Deductive Reasoning**

- 10.1 Conditional Statements
- 10.2 Valid Reasoning
- 10.3 Direct Proof and Indirect Proof

***Chap. 11 Introduction to Geometric Solids**

- 11.1 Polyhedra
- 11.2 Prisms
- 11.3 Pyramids
- 11.4 Cylinders and Cones
- 11.5 Sphere

** Optional, will be covered if time permits.*

Suggest Readings:

1. David Alan Herzog, CliffsStudySolver Geometry, Wiley Publishing, Inc.
<http://www.amazon.ca/CliffsStudySolver-Geometry-David-Alan-Herzog/dp/0764558250>
2. Staff of Research & Education Association, Problem Solvers Geometry: Plane, Solid, Analytic, www.rea.com.
<http://www.amazon.com/Geometry-Analytic-Problem-Solver-Solvers/dp/0878915109>

PS: Each chapter requires two classes, one for concept introduction, the other for problem solving practice.

PS2: Lectures will be delivered in English; at the beginning of each class students will have a copy of lecture notes.

PS3: There will be one midterm and one final exam each semester. Normally students of this class can expect few homework problems.

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Physics for SAT (Grade 9-11)

Teachers: 周增均 Edward Zhou, edwardzzhou@yahoo.com
Classrooms: S306

The educational philosophy and methodology between the US and China are different. However, the principles in science are remaining the same.

Most of the time the US schools combine physics and chemistry and other fields of study in the science classes while they are individual classes in China.

US teachers may ask students to do some paper work such as writing thesis after class, while teachers in China may only let student to systematically solve lots of questions and problems according to the definitions or formula taught during the class.

Our class will offer the junior high school students systematically in physics as long as they are engaged in the science classes during their school term. The class will focus on individually part of physics such as Newton's law of motion, Electromagnetism and so on.

We will also try to synchronize the process of the class with the students' current school curriculums, but in some more Chinese way to focus on problem solving.

Students and teacher will summarize the principles and discuss how to use the main principles and formulas to solve problems in physics during the class activities.

Meanwhile, students will refresh the key high school mathematics in conjunction with physics.

I am trying to combine the strong points in teaching science of both countries for our teens.

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Singing (5—8 岁)

Teachers: 刘翠 Cui Liu, cqliucui@126.com

Classrooms: E360

课前准备:

- 1 每堂课上课前，先放一段音乐，让孩子们跟着音乐踏步或者随意舞蹈。让孩子们提前进入状态。
- 2 发声练习，把嗓音打开。

进入正题:

- 1 发新歌歌单的同时，让孩子们听新歌，熟悉歌曲。
- 2 花短时间讲解歌词大意。并逐句听和试唱。纠正不准确部分。（唱歌的同时可加入简单动作）
- 3 当孩子们能独立唱完整首歌曲后，采取合唱或分组唱或轮唱的形式练习。

巩固练习:

- 1 做游戏巩固，让孩子在快乐中学习。
- 2 游戏方式：丢手绢 找朋友（找朋友的形式更适合两人或多人合唱）

教学安排:

- 1 如果歌曲较为简单的，一节课教 2——3 首歌曲。难度较大的歌曲，一节课 1 首。
- 2 如果同一首歌曲（简单的）既有中文版本，又有英文版本的，在同一课时完成。

教学歌曲形式:

- 1 中文歌曲
- 2 英文歌曲

歌曲选定：（暂定）（会根据教学效果改动）

简单曲目:

- 《一闪一闪亮晶晶》中英文版
- 《洋娃娃和小熊跳舞》适当加动作
- 《我是一个粉刷匠》适合加动作
- 《数鸭子》
- 《我有一只小毛驴》
- 《小红帽》

难度歌曲:

- 《种太阳》
- 《七色光》
- 《四季童谣》
- 《让我们荡起双桨》

英文歌曲：（待定）

《铃儿响叮当》……注：中英文歌曲穿插着学习。

如果有时间：写一个音乐剧剧本，排一个音乐剧。让孩子在表演一个故事的同时把美丽的歌声也展现出来。目的让孩子们学习在舞台上是一个什么样的状态。单会唱歌不会表演，单会表演不会唱歌，都不能把歌曲更好地展现。歌唱离不开表演。

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Ping-pong (all levels / all ages)

Teachers: Derek Xu, xu_derek@yahoo.com

Classrooms: Middle Creek Community Center

This class opens to all levels and all ages, and is held at 4-6pm on Saturday.

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Following Dancing classes only accept returning students.

舞蹈班 1 (Dancing, 5-6 岁)

Teacher: 孟海珍 Haizhen Meng, hz_meng@hotmail.com

Classroom: E152

舞蹈班 2 (Dancing, 6-7 岁)

Teacher: 林敏 Min Lin, 27minlin@gmail.com

Classroom: E150

舞蹈班 3 (Dancing, 7-8 岁)

Teacher: 刘瑶 Yao Liu, liuyao7911@hotmail.com

Classroom: E350

舞蹈班 4 (Dancing, 9 岁以上)

Teacher: 麻晓莺 Xiaoying Ma, xyrna1999@yahoo.com

Classroom: E300

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