

RACL 2011 - Fall 秋季课外活动班

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 yrs)	Arthur Lewis	11:30 am - 12:20 pm	E364	\$70
国际象棋 2 (Chess Intermediate, 5-7 yrs)	TBD		E362	
国际象棋 3 (Chess Advance, 8 yrs)	Bill Hargrove		E363	
围棋 (GO, >7 yrs)	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)	周增均	11:30 am - 12:20 pm	E353	\$70
趣味商学 (Fun Business, Grade 4-6)	Ruby Au	11:30 am - 12:20 pm	E346	\$70
少年武术-I (Martial Arts-I, 5-7 yrs)	Renee Warren	11:30 am - 12:20 pm	E308	\$70
少年武术-II (Martial Arts-II, >8 yrs)	Ginny Lam		S100	
美术班 1 (Arts, 5-7 yrs)	罗 晓	11:30 am - 12:20 pm	E151	\$70
美术班 2 (Arts, 5-7 yrs)	刘 波		E153	
美术班 3 (Arts, >8 yrs)	杨春晖		E162	
中国画 (Chinese Painting: >8 yrs)	钱 芑		E345	
English for SAT_1 (Grade 7-8)	Matt Klinestiver	11:30 am - 1:00 pm	S301	\$130
English for SAT_2 (Grade 9-10)	Calli Parnell	11:30 am - 1:00 pm	S303	\$130
Math Problem Solving (Grade 5-7)	Calvin Deng	11:30 am - 12:20 pm	E342	\$70
Math for SAT: Algebra 1 (Grade 7) Geometry (Grade 8) Algebra 2 (Grade 9)	郭新华 谭碧凯 张红岩	11:30 am - 12:20 pm	S300 S304 S306	\$70
唱歌 (Singing, 5-7 yrs)	励 琪	11:30 am - 12:20 pm	E343	\$70
不收新生 (Returned students only)		11:30 am - 12:20 pm		\$70
舞蹈班 1 (Dancing 1, 5-6 yrs)	唐 灿		E150	
舞蹈班 2 (Dancing 2, 6-7 yrs)	林 娟		E160	
舞蹈班 3 (Dancing 3, 7-9 yrs)	余 清		E360	
舞蹈班 4 (Dancing 4, 9-11 yrs)	刘俏俏		E350	
乒乓球 (Ping-pong, all ages)	Brian Luong	3:00-5:00 pm, Sat.	Middle Creek Community Center	\$70
成人太极拳 (Tai Chi for Adults)	吴晓琴	10:00 am-11:00 am	E250	\$70

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

Teacher: 罗 晓, luoxiao123@gmail.com

Classroom: E151

Curriculum Characteristic:

In this class the children will experience a period of transition that from the enlightenment independent creating. This course includes the painting, material testing, three-dimensional shape and crafts in different forms. Children can be under the guidance of art teacher, to each experience the full three-dimensional shapes and rich colors of teaching charm. Children can try a wide range of materials and techniques to a variety of art forms, which includes modeling teaching, colors teaching and handmade teaching. Each class is different and fresh, in which case can help children increase their interest on painting.

Curriculum Target:

Let the children attempt to know and understand different kinds of painting, which can rich the imagination of art. And to improve their ability of integrated creativity, which can build a good foundation of the future learning in painting.

Curriculum Plan:

Crayon, drawing, handmade collage, etc.

Tools need:

- Color pens, crayon and pencils (2B is fine).
- Sketch book (Medium size, like A4).
- Color plasticene.

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

Teacher: 刘 波 Bo Liu, lbo2@ncsu.edu

Classroom: E153

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 (8 岁以上) / Drawing 3 (>8 yrs)

Teacher: Chunhui Yang, yichunhui@us.ibm.com

Classroom: E162

Art class is designed for kids with some previous drawing experiences (7+ years old). This class mainly focuses on sketches and acrylics painting, as well as developing students' creativity by incorporating different techniques used by great artists. Topics include:

- 10 steps techniques for basic sketch drawing which includes line and contour drawing, perspective, coloring, shapes and proportion, tone, texture, pattern, and composition.
- 10 steps techniques for still life sketch drawings which includes developing form, applying shading, applying highlighting, and using perspective. This helps the students to learn how to give a three dimensional look to a two dimensional drawing.
- 10 steps techniques for acrylics painting focusing on color techniques, glazing, impasto, painting-knife, texture pastes and composition.

Tools needed:
Various pencils (from 6H to 6B)/eraser/color pens/drawing paper/painting board or Easel/acrylics painting brushes/painting Palette.

美术班 4 (10 岁以上) / Drawing 4 (>10 yrs)

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

Classroom: E345

中国画简称国画，它是中华民族文化的重要组成部分，具有悠久历史和优良传统的中国民族绘画。中国画在世界美术史上，卓然别致，占有很重要的地位。它内容丰富、风格独特，强调用线来描绘对象。中国画作画不受固定透视的约束，也不受时间、空间限制，以独特的"散点透视"表现物体与对象，依托自然，心神与实景相融汇的艺术旨趣，以及遗貌取神的表现方法，在世界美术领域中自成独特体系。

中国画强调："外师造化，中得心源"，要求"意存笔先，画尽意在"，做到以形写神，形神兼备。中国画与书法两者有着紧密相连，在达意抒情上都运用线条来表现，故有"书画同源"之说。

中国画从表现形式上可分为工笔画和写意画两种，从表现内容上可分为人物画、山水画、花鸟画三大类。花鸟画又可分为花卉、蔬果、禽鸟、虫鱼、走兽等种类。花鸟画作为入门题材是比较适宜的，深受孩子们的喜爱。

本学期我们的国画教程分为二大块，花卉和蔬果。

教学目标：

1. 认知：学习基本的用笔用墨方法（掌握运笔的走向，注意墨色的浓淡变化），恰到好处的调出所需颜色。
2. 操作：学会常见水果的基本画法。
3. 情感：通过国画教学，激发学生对中华民族传统画种的热爱，陶冶艺术情操。

教学重点：侧锋、中锋的用笔方法；三次调色法。

孩子们需要的绘画材料和工具：毛笔、墨汁、中国画颜料、宣纸、笔帘、一块能吸水的毯子、一只塑料水桶、两个白盘子、一个小碟子、一条旧毛巾。以上材料需要除学费外大约\$25 的费用。

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国际象棋 1 (Chess Introduction, >6 岁)

Teacher: Arthur Lewis, jackmoccasin@yahoo.com

Classroom: E364

Chess 1 is designed for students identified as having little or no prior experience. The primary objective is to establish a foundation of basic skills. This process will involve lectures informed by references to published materials. By the end of year, students are expected to be able to play and fully record a legal game of chess.

国际象棋 2 (Chess Intermediate, >6 岁)

Teacher: TBD

Classroom: E362

国际象棋 3 (Chess Advance, 8 岁以上)

Teacher: Bill Hargrove, omnitutor35@yahoo.com

Classroom: E363

As a “prerequisite” for this class I would like the student to know two things: First to be comfortable and conversant with algebraic notation, i.e. to know how to take down the moves in a chess game. Second I would like the student to have been playing chess for “a while” (like maybe a year) and to thus know a little more than just the moves.

Course Summary:

The first period will be a quick review of some exercises I taught last spring in the intermediate class, checkmating a long king with various pieces and a timed knight tour.

There will be at least one, perhaps two lessons devoted to the opening. I will avoid memorization here, concentrating instead on general principles, and instilling a set of “do’s” and “don’ts” instead.

There will be one lesson devoted to a lecture on a famous or classic game for inspiration and entertainment.

There will be one lesson on “how to think” during a chess game.

There will be a number of lessons where the students divide up into teams of two – or as a class and play “beat the teacher”. The teams record their moves and I critique them in a subsequent lesson. Incidentally: This “learn by doing” technique has generally proven to be the most fun for everyone.

This description comprises about a third of the course. As for more specifics as to lesson plan(s) or where the course will go I have no idea: So much depends on the students.

Most importantly: I try not to take my teaching in these classes too seriously or to be unduly rigid in my approach, which is to say that my goal is get the children to enjoy playing chess first as opposed to teaching specific methods. I can't do very much on specific methods in one hour a week, but if I can make that hour an enjoyable experience for them and communicate the beauty and excitement of the game, then their natural curiosity and desire will take them much farther than I ever could.

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围棋 (7 岁以上) / GO (>7 yrs)

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

Classroom: E361

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

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少年武术 1 (Martial-1, 5-7 岁)

Teacher: Renee Warren, rtwdesigns@embarqmail.com

Classroom: E308

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, 8 岁以上)

Teacher: Ginny Lam and Mike Zhu, genek828@yahoo.com, myzhu@ncsu.edu

Classroom: S100

The purpose of the course is to teach students the fundamentals of Wushu. The skills learned in the course can be used later if students choose to continue to train in Wushu. Each class begins with warm-

up and stretching exercises, followed by stances and kicks. There will be two trips to the Chinese Kung Fu Center in Raleigh to give students the experience of training at a school. By the end of the course, students should have a firm grasp of basic Wushu stances and kicks and be able to perform the Long Fist 1 form.

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English for SAT-1 (Grade 7-8)

Teacher: Matt Klinestiver, matkline@gmail.com
Classroom: S301

I'd start the class off by examining the SAT's format. During the first class session, I'll familiarize the students with the length of the test, standard question types, and basic test-taking strategies. I'll also be providing questionnaires for the students to fill in. These questionnaires will include some practice questions and ask about perceived areas of difficulty. I want to make sure that the class is specifically tailored to the needs of the students, so we'll be using a curriculum which is based on my impressions of the class's strengths and weaknesses.

I'm of the belief that the ideal way to learn SAT vocabulary is through seeing it in use, and to that end, I want to expose my students to a wide array of literature where the terms will be used in appropriate contexts. Students will be expected to memorize Greek and Latin root words, which often hold the key to deciphering a difficult English term. I'll be asking students to do in-class essays from time to time, and I'll be critiquing their use of grammar, punctuation, and syntax. We'll look at plenty of material drawn from old tests, especially critical reading passages. I want the students to feel comfortable with identifying key terms and main ideas. SAT scores are vital to college admittance, and I feel privileged to be able share my knowledge of the test with your students.

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English for SAT-2 (Grade >9)

Teacher: Calli Parnell, callilily05@gmail.com
Classroom: S307

The course I will be teaching is designed to prepare students for the verbal and essay sections of the SAT test. We will start by learning the framework of the SAT and test taking strategies. From there we will explore vocabulary specific for the exam, and have multiple writing workshops to enhance their essay writing skills. My goal is to extend the students' understanding of written language, and enhance their strategies to be able to read a wider variety of text with more complex vocabulary. Each class will have instruction, followed by independent practice or collaborative group work; we will have writing workshops, play vocabulary games, and work together to ensure that each student possesses the knowledge necessary to succeed to their maximum potential on the SAT exam.

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趣味数学(Fun Math, Grade 3-5)

Teacher: 周增均
Classroom: E353

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 3-5 年级为宜。

趣味科学(Fun Science, Grade 3-5)

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。

趣味商学 (Fun Business, Grade 4-6)

Teacher: Ruby Au, ruby1594@gmail.com

Classroom: E346

What happens after the SAT? While many of you may be preparing for your child's exams, don't forget to prepare them for life after college. Today, Business Administration and Management is one of the most popular and lucrative career paths available. If your child is interested in management and leadership roles, exploring the business field, considering a business major, or interested in discovering the spirit of entrepreneurship, this class is exactly the right place for them. In this interactive environment, students will form teams to develop and market their own product, created out of the materials provided for them. As they compete to win the title of "bestseller", they will experience basic business concepts such as free enterprise, competition, price setting, supply and demand, and much more. Whether you are interested in discovering what entrepreneurship and business is, or simply looking for a fun way to gain valuable organizational skills that can be applied to your current student life, this class is the place to do it.

Math Problem Solving (Grade 5-7)

Teacher: Calvin Deng, use.a.moe@gmail.com

Classroom: E342

Introduction

Math Problem Solving is a class designed to go beyond what is taught in the classroom and develop logic and critical thinking skills. This class will help 5-7 grade students who are preparing for contests like MathCounts and the AMCs.

Requirements

Students must be in middle school and be in Pre-algebra or higher.

Topics

- Geometry
- Linear Equations and Word Problems
- Arithmetic Operations
- Probability & Counting
- Inequalities
- Number Theory

Recommended Reading

"Competition Math for Middle School" - Jason Batterson. This book can be found here:

<http://www.artofproblemsolving.com/Store/viewitem.php?item=compmath>

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Math for SAT-Algebra 1 (Grade 7)

Teachers: 郭新华 Xinhua Guo, helenguo98@yahoo.com

Classrooms: S300

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

Text book: Barron's Math Workbook for the New SAT, 3th/4th edition, you are not required to buy it.

In this class, we will follow the flowchart of this text book, review basic SAT Math concepts, make students get familiar with more question styles, improve their problem solving skills and increase their interest in math. The following is the outline of this class.

- Arithmetic Skills and Concepts
- Numbers, Symbols, and Variables; Powers and Roots; Divisibility and Factors; Number Lines and ; Signed Numbers; Fractions and Decimals; Operations with Fractions; Fraction Word Problems; Percent
- Algebraic Methods
- Solving Equations; Equations with More Than One Variable; Polynomials and Algebraic Fractions; Factoring; Quadratic Equations; Factoring; Systems of Equations, Algebraic inequalities.
- Word Problems
- Translating from English to Algebra; Percent Problems; Some Special Types of Word Problems; Ratio and Variation; Rate Problem
- Geometric Concepts and Reasoning
- Angle Relationships; Special Triangles; Triangle Inequality Relationships; Polygons and Parallelograms; Perimeter and Area; Circles; Solid Figures

Math for SAT-Geometry (Grade 8)

Teachers: 谭碧侃 Bikan Tan, btan@ncsu.edu

Classrooms: S304

What is special about triangles?

What is special about circles?

How do we know $PIE = 3.1415926$?

How do we draw helping lines to simplify complex problems?

How to go from 0 Dimension to 3 Dimension?

Come to the class and think about these questions!

Chap.1 Lines and Angles

Chap. 2 Right Triangles and how to prove Pythagorean theorem

Chap. 3 Congruent Triangles

Chap. 4 Similarity

Chap. 5 Polygons and introduction to method of induction

Chap. 6 Circles and its properties

Chap. 7 Area, volume and introduction to idea of calculus

Suggest Readings:

1. David Alan Herzog, CliffsStudySolver Geometry, Wiley Publishing, Inc.
2. Staff of Research & Education Association, Problem Solvers Geometry: Plane, Solid, Analytic

PS: Lectures will be delivered in English. Each chapter starts with definition, will continue with problem solving practice and ends up with leading students to more open thinking in this field. There will be some homework ,one midterm and one final exam. After all, this course is to draw as much interests as we can.

Math for SAT-Algebra 2 (Grade 9)

Teachers: 张红岩 Hongyan Zhang, hhzhang@yahoo.com

Classrooms: S306

In that class, I plan to let students to do more exercise (Algebra 2 exercise and math SAT subject test exercise). We will also review the Algebra 2 concept and re-study the trigonometry and other advanced concepts. Students will do Math SAT subject test exercise during the class since some students refuse to do homework this semester.

For information about current class and new class, you can visit our class site at:

<https://sites.google.com/site/mymathinstructor/2011-algebra-2-exercise>.

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Singing (5—6 岁)

Teachers: 励 琪 Qi Li, lisali820@gmail.com

Classrooms: E343

课前准备:

- 1 每堂上课前，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。

授课内容:

- 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。
- 4 课堂中适当加入表演课程。如：模仿训练（包括动物模仿和人物模仿训练）和想象力训练。

教学安排:

- 1 如果歌曲较为简单的, 一节课 1 首。难度较大的歌曲, 需 2 节课时。
- 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

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成人太极拳 (Tai Chi for adults, all levels)

Teachers: Xiaoqin Wu Turner, xqwu@bellwouth.net
Classrooms: E260

Tai Chi is an ancient Chinese health exercise. It is a sequence of gestures and movements that are gentle and fluid yet have profound power. It is a form of energy cultivation and internal martial art. Many medical professionals endorse Tai Chi as therapeutic for various health conditions. The class will introduce basic skills of body alignment, balance, coordination, and breath control. Through the exercise of weight transfer and core rotation, students will enhance internal energy and build physical strength.

Course Content:

Part I. Warming Up

1. Stretching
2. Qi Gong (coordinating breathing with body movements)

Part II. Tai Chi Basic Principles

1. Circular movements
2. Body alignment and coordination
3. Weight shifting and balancing

Part III. Tai Chi Form (Yang Style 24 Postures)

1. Harmonizing movements
2. Breathing, timing, mental concentration and visual focus
3. Transformation of inner energy into outward power (martial art application)

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Ping-pong (all levels / all ages)

Teachers: Brian Luong, plasticbag9@gmail.com
Classrooms: Middle Creek Community Center

This class opens to all levels and all ages, and is held at 2-4pm on Saturdays.

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Following Dancing classes only accept returning students.

舞蹈班 1 (Dancing, 5-6 岁)

Teacher: 唐 灿 Can Tang, ctang3@ncsu.edu
Classroom: E160

舞蹈班 2 (Dancing, 6-7 岁)

Teacher: 林 娟 Juan Lin, linjuan20092009@yahoo.com

Classroom: E150

舞蹈班 3 (Dancing, 7-8 岁)

Teacher: 余 清 Qing Yu, yuqing982529@gmail.com

Classroom: E360

舞蹈班 4 (Dancing, 9 岁以上)

Teacher: 刘峭峭 Qiaoqiao Liu, silver.phoebe@hotmail.com

Classroom: E350

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