## REAL Time Programme 2020 REAL Time: Helping Prepare Your Children for the Real World REAL Time is a weekly programme we have introduced to all our students from Year 1 to 9 to develop real world skills.

LEVEL	YEAR 1 PRIMARY 1	YEAR 2 PRIMARY 2	YEAR 3	YEAR 4 PRIMARY 4	YEAR 5 PRIMARY 5	YEAR 6	YEAR 7 SECONDARY 1	YEAR 8 SECONDARY 2	YEAR 9 SECONDARY 3
Digital Technology Skills	Robotics Challenge 1 In 8 weeks, students will be able to program a coding robot (Tacobot) to perform simple tasks such as dancing and completing a basic obstacle course. Through simple block coding, students will develop a strong foundation in programming.	Robotics Challenge 2 In 8 weeks, students will be able to program a coding robot (Tacobot) to perform intermediate level set tasks such as moving an object, and playing a simple football game.	Augmented Reality and Green Screen Challenge In 8 weeks, students will produce a news broadcast involving 3D virtual objects (augmented reality) and green screen filming. Students will explore how new world technology can change the face of broadcasting.	Stop Motion Animation Challenge In 6 weeks, students will produce a stop-motion animation based on their originally-developed storyboard. This filmmaking technique will also include filmmaking technique will also include students building their own backdrops and props.	Youtube VLOG Challenge In 6 weeks, students will learn the basic tools to become online influencers by creating their own Youtube VLOG presenting stories from their school community.	Web Design Challenge In 6 weeks, students will create a website as part of a digital marketing campain for a school club or society. The challenge will involve them meeting with real clients and formulating an online marketing strategy based on the clients' objectives.	3D Spatial Design Challenge In 6 weeks, students will recreate and redesign an assigned space in the school using a professional computer-aided design app (Shapri3D). This project will include elements of interior design, ergonomics and programming.	The digital challenge for this year level will be integrated as part of the SDG challenge. Students with have to incorporate a digital solution into their project proposal which will introduce them to the world of social technopreneurship.	VUCA and App Design Challenge In 4 weeks, students will create an app for various situations of the current Covid-19 pandemic which has certainly been the embodiment of a VUCA (Volatility, Uncertainty, Complexity, and Ambiguity) world.
Leadership Skills and Moral Skills	Leadership Challenge 1 Over 4 weeks, students will engage in interactive workshops that will einforce the following leadership values:  • Responsibility • Love of learning • Empathy • Teamwork	Leadership Challenge 2 Over 4 weeks, students will engage in interactive workshops that will einforce the following leadership values:  - Empathy - Kindness - Gratitude	Ceadership Challenge 3 Over 6 weeks, students will engage in interactive workshops that will reinforce the following leadership values:  - Self-esteem - Perseverance - Love of learning - Self-expression - Appreciation - Be a good friend - Empathy - Helpfulness	Leadership Challenge 4 Over 6 weeks, students will engage in interactive workshops that will reinforce the following leadership values:	Leadership Challenge 5 Over 6 weeks, students will engage in interactive workshops that will reinforce the following leadership values: • Responsibility • Punctuality • Truthfulness • Forgiveness • Compassion • Attentiveness	Leadership Challenge 6 Over 6 weeks, students will engage in interactive workshops that will reinforce the following leadership values: • Responsibility • Punctuality • Defence • Dependability • Determination • Attentiveness	Leadership Challenge 7 Over 4 weeks, students will engage in interactive workshops that will reinforce the following leadership values:  • Enthusiasm • Availability • Determination • Contentment	Leadership Challenge 8 Over 4 weeks, students will engage in interactive workshops that will reinforce the following leadership values:  • Enthusiasm • Contentment • Cautiousness • Creativity	Ceadership Challenge 9  Over 4 weeks, students will engage in interactive workshops that will reinforce the following leadership values:  • Alertmess • Boldness • Diligence • Decisiveness • Benevolence • Loyalty
Global Skills and Innovation Skills	Sustainable Development Goals Challenge 1  # Goal 3: Good Health and Well-being In 9 weeks, students will work towards creating awareness of healthy eating in school. They will create healthy eating plate diagrams to place around the school compound.	Sustainable Development Goals Challenge 2  # Goal 11: Sustainable Cities and Community In 9 weeks, students will identify the importance of sustainable facilities and inflastructure in protecting the environment. Then, they will work towards creating a sustainable city model.	Sustainable Development Goals Challenge 3  # Goal 4: Quality Education In 9 weeks, students will create story books and picture books for students in need. Then, they will do a storytelling using their books with the recipients.	Sustainable Development Goals Challenge 4  # Goal 12: Responsible Consumption and Production In 9 weeks, students will work on prototyping alternative ways to replace plastic packaging. Once a successful prototype is produced, students will propose it to the canteen operator.	Sustainable Development Goals Challenge 5  # Goal 6: Clean Water and Sanitation In 9 Weeks, students will work towards creating rainwater collector in school OR fix the leakages in school and at home.	Sustainable Development Goals Challenge 6  # Goal 11: Sustainable Cities and Communities In 9 weeks, students will work towards creating an aquaponic system to embrace the idea of circular economy. Besides, they will also design a automatic fish feeder for the system.	Sustainable Development Goals Challenge 7 # Goal 3: Good Health and Well-being In 9 weeks, students will be presented with a global health problem and will develop a sustainable solution to solve this problem.	Sustainable Development Goals Challenge 8 # Goal 10: Reduced Inequalities In 9 weeks, students will be presented with a global problem related to inquality and will develop a digital solution to solve this problem.	Sustainable Developmen Goals Challenge 9 # Goal 2: Zero Hunger In 9 weeks, students develop a sustainable outtoin to solve the problem of hunger and starvation in the world.
	# Goal 13: Climate Action Students will create awareness of recycling in school. They will design segregation bins to place in school compound and upcycle using the collected recyclable materials.	# Goal 15: Life on Land Studens will work on the 'Plant a tree' project in school. Besides, they will also design a self watering system and create compost for the trees.	# Goal 13: Climate Action Students will identify ways to slow down climate change then design posters to create the awareness in school.	# Goal 14: Life below water Students will design and create signs or banners to remind visitors to keep the beach clean. Besides, they will also clean up the beach.	# Goal 12: Responsible Consumption and Production Consumption and Production Students will design and create toys for younger children through upcycling.	# Goal 1: No Poverty Students will organize a donation drive for a charity home nearby.	# Goal 13: Climate Action Students will be introduced to world problems related to the goal. Subsequently, they will brainstorm solutions and execute the best solution to ease the problem.	# Goal 5: Gender Equality  Students will be introduced to world problems related to the goal.  Subsequently, they will brainstorm a digital solution and execute the best solution to ease the problem.	# Goal 4: Quality Education Students will be introduced to work problems related to the goal. Subsequently, they will brainstorm solutions and execute the best solution to ease the problem.
Independence & Survival Skills	Independence Challenge In 3 weeks, students will acquire self care skills including dressing, lacing shoes, brusting teeth, making bed, packing bag, folding dothes etc. Practicing these skills helps children to develop ability to plan and sequence task performance, to organize materials and to develop refined physical control to become independent children.	Urban Agriculture Challenge In 3 weeks, students will create a mini urban agriculture garden in school. Choices of urban garden including greenhouses, green walls, vertical farms etc. This challenge will teach them basic gardening skills and get them used to working outdoors.	Basic Navigational and Coding Challenge In 2 weeks, students will acquire basic code breaking and map reading skills. Their challenge will culminate in them completing a navigational treasure hunt around the school.	Signaling Challenge In 6 weeks, students will learn Morse code, emergency signals, ways to signal for help. Their final challenge will be to to send an emergency message using the different coding systems they have learned.	Navigation Challenge In 6 weeks, students will become competent in advanced paper and digital map reading and compass reading. Their final challenge will be to complete orienteering task in both an urban and a jungle setting.	Camping Challenge In 6 weeks, students will acquire skills in tentwork, building a free, packing a backpack, basic knife and rope craft, and outdoor cooking. Their challenge is to be able to complete a day time wilderness activity within the school compound area.	Self Defence Challenge In 4 weeks, students will acquire skills in identifying threats in both urban and in the wild, space awareness and basic self defence. Their challenge is to complete a personal safety test simulation.	First Aid Challenge In 6 weeks, students will undergo a first aid cerfication course including CPR training. Their challenge is to successfully complete the certification program.	Advance Camping Challenge In 6 weeks, students will acquire skills in wilderness navigation, tentcraft, crisis management, water purifying, and food foraging. At the same time, students also develop strong
								Financial Literacy Challenge In 4 weeks, students will be introduced to basic financial literacy including how to manage money they have, developing good money habits, avoiding a materialist mindset and how to resist peer influence when it comes to spending.	
Psychological Skills	Emotion Identification & Labelling In 2 weeks, students will be able to identify and label basic emotions through observing facial expressions. They will also acquire techniques to manage anger and frustration which should reduce tantrums.	Understanding Emotions In 2 weeks, students will develop an understanding of empathy and will acquire the skills to be sensitive to their own and other's emotions.	Healthy Communication Skills in 2 weeks, students will acquire skills of listening and respect-based communication. Additionally, they will also learn assertive communication strategies to be able to express their views and opinions confidently.	Social Skills In 2 weeks, students will be taught about stereotypes, projudics and discrimination. Besides, they will also be encouraged to respect different cultures.	Goal Directed Behaviour: Time Management In 2 weeks, students will learn to prioritize using the Time Management Matrix to achieve their goals. In addition, they will also familiarise themselves with self-regulation and self-reflection.	Basic Stress Management and Self-identity. & Self-esteem in 2 weeks, students will acquire simple coping strategies to manage stress in their daily lives.	Cognitive Psychology, Mental Health and Self Motivation In 4 weeks, students will identify their optimal learning styles. They also gain knowledge on several mental health issues including eating disorders, depression and schizophrenia.	Conflict Management. & Mediation and Mental Health In 4 weeks, students will learn about conflict management. They will also cover some self care skills that will help them look after their mental health.	Stress Management, Exam taking Skills, Understand Personality & Social Identity In 4 weeks, students will acquire exataking skills and ways to manage exastess and ansiety. Students will also be taught to identify their own personality type and develop a health sense of identity.
Literacy Skills	Reading Challenge Over 5 weeks, students will visit the school library for storytelling and reading sessions. Students will select books based on their topic of interest and will write a journal describing what they have read.	Reading Challenge Over 5 weeks, students will visit the school library for storytelling and reading sessions. Students will select books based on their topic of interest and will write a journal describing what they have read.	Reading Challenge Over 4 weeks, students will visit the school library for storytelling and reading sessions. Students will select books based on their topic of interest and will write a journal describing what they have read.						

