



2024/2025
CLUBS AND SOCIETIES
BOOKLET

CLUBS, PATRONS AND SCHEDULES

	CLUB/SOCIETY	DAY/TIME	VENUE	Patron 1	Patron 2
1	Aviation	3 Visits A Term	Flitestar Academy	MGI	SGI
2	Badminton	Fri 3.45	Dining Hall	SKI	GMB
3	Chakina	Wed 3.40	Room 2	GON	
4	Chess	Fri 2.30 - 4.30	MFL Block	BLI	
5	CAS	Wed 3.30	AVR 1	JNA, PAL	FRO
6	Culinary	Wed 3:40pm	Food/Nutrition Kitchen	ZMU	
7	Cycling	Wednesday	Main field	MTH	GEO
8	Dance	Fri 3.30	P.E Room	HMB	RWA
9	Environment	Fri 3.40pm	Banda next to AVR	GJA	JNA
10	Expo Lingua	Fri 2.30 - 4.30	MFL Block	BLI	FLA
11	Film and Photography	Tues 3.40pm, Fri 2.30pm	Art Room	CWA	PAL
12	Mental Health	Wed 3:40	Video Room	FLK	MTH
13	Soccer	Tue and Thur	Main Field	MUT	EMB
14	Model United Nations	Fri 2.30	School Hall	MCH, BMB	NLI, FCH
15	St John Cadets	Wed 3.30	IB Block, Room 17	JMU	
16	STEM	Wed 3.30	ICT Lap	JNG, RMU	PAL, SKI
17	Swimming	Tues, Thur, 3.30 Fri 2.30	Swimming Pool	SNJ	JKI
18	Table tennis	Mon-Fri, Break & Lunch	BTEC/Squash Courts	TWA	JULLIET
19	Tennis	Wednesday	Tennis Court	MLE	CTO
20	VR and AI Club	Wed and Fri 3.30pm	Room 10	SSI	SKI
21	World Scholars	Mon 3.45	Room 10	JMU	FCH
22	Young Investors and Traders	Thur 3.45 - 4.30	BTEC	FRO	SKI

AVIATION CLUB OVERVIEW

PATRONS: MERCY, SAMUEL
3 VISITS PER TERM
VENUE: FLITESTAR ACADEMY



Objectives

This Aviation Club Programme is designed to introduce students of the Nairobi Academy to the fundamentals of aviation through ground school, flight simulator sessions, and practical flight experience.

ACTIVITIES OFFERED



Flight Hours: 5 hours of flight experience per term

TERM 1

TERM 2

TERM 3

INTRODUCTION TO AVIATION.

Visit 1: Introduction to Aviation

- The History of Aviation
- Aviation Licensing and Medical classes
- Overview of career pathways in aviation
- Question and answer session with Flitestar team

Visit 2: Aircraft Gen Knowledge & Aerodynamics

- Introduction to aircraft design and components
- Introduction to cockpit

Visit 3: Aviation Phraseology

- The Phonetic Alphabet
- Numeric in aviation and time transmission.
- Common Phrases in aviation
- Readability Scale
- Emergency communication procedure

TERM 1 EXCURSIONS

- A visit to Wilson airport's airside.
- Simulator session at Flitestar.
- Flight Experience.

AIRLAW AND OPERATIONAL PROCEDURES

Visit 1: Airlaw

- Rules of the air.
- Aircraft lights and their functions
- Aircraft Markings (Registration).

Visit 2: Operational Procedures

- Types of Runways and Runway Markings
- Taxiway Markings

Visit 3: Flight Planning

- The Fuel Policy

TERM 2 EXCURSIONS

- A visit to the Wilson airport Air Traffic Control tower
- Simulator session at Flitestar
- Flight Experience

METEOROLOGY AND AIRCRAFT GENERAL KNOWLEDGE

Visit 1: Meteorology

- How weather works; Introduction to aviation weather.
- Types of Clouds.
- Stages of Thunderstorm Formation.

Visit 2: Principles of Flight

- Principles of flight: Lift, Drag, Thrust, and Weight
- Control surfaces and their effect on the aircraft.
- Aircraft Axis and movements

Visit 3: The Power plant

- Different Types of Engines.
- The Piston Engine.
- Components of the Piston Engine.

TERM 3 EXCURSIONS

- A visit to the Kenya Meteorological Department
- Simulator session at Flitestar
- Flight Experience

Objectives

Our Community Service program at NA aims to:

- Expose students to people who are at a disadvantage (socially, medically, economically, or otherwise)
- Help students to realize they can make a difference and give them the tools to do so
- Develop awareness and better understanding of the communities they live in
- Foster a community of caring and committed individuals at NA

ACTIVITIES OFFERED

1. Identify your own strengths and develop areas for personal growth
2. Engage in challenges and develop new skills in the process
3. Demonstrate how to initiate and plan a CAS experience
4. Show commitment to and perseverance in CAS experiences
5. Demonstrate the skills and recognize the benefits of working collaboratively
6. Demonstrate engagement with issues of global significance
7. Recognize and consider the ethics of choices and actions

FUN FACT Creativity, Activity and Service (CAS):

- Interestingly, many students discover new passions or talents through CAS that they had never explored before-whether it's learning an instrument, volunteering for a cause, or taking up a new sport. In fact, CAS experiences often inspire students' future career paths or lifelong hobbies!

TERM 1

- Weekly meetings
- Host a monthly bake sale.
- Christmas Charity event
- Visit to Ngong Road Children's Foundation

TERM 2

- Weekly meetings
- Host a monthly bake sale
- Visit to Humble Hearts School Special Needs Unit
- Year 8, Year 9
- Year 13 community service project
- Year 11 community service project
- Easter Charity event

TERM 3

- Weekly meetings
- Host a monthly bake sale.
- Year 10 community service project
- Year 12 community service project
- Btec&IBDP final CAS and Outreach project
- Pre-summer vacation charity event

BADMINTON CLUB OVERVIEW

PATRONS: GODFREY

FRI 3.45 – 4.45PM

VENUE: DINING HALL

Objectives

- Provide students with a structured, inclusive environment where they can develop their badminton skills
- Promote physical fitness, and cultivate teamwork and sportsmanship
- To foster a lifelong love of the sport
- Encourage discipline, and support students in balancing both academic and athletic growth
- To build a strong sense of community and camaraderie among participants, promoting values of respect, perseverance, and mutual support

ACTIVITIES OFFERED

- Proper grip and stance: Understanding the correct way to hold the racket and position the body to maximize efficiency and control during play.
- Executing basic and advanced shots: Mastering essential strokes such as serves, clears, smashes, drop shots, and net shots to develop versatility in gameplay.
- Footwork and movement: Learning proper footwork to move efficiently around the court, improving agility, balance, and court coverage.
- Game strategies and positioning: Understanding singles and doubles strategies, including how to position oneself effectively and anticipate the opponent's moves.
- Shot accuracy and power control: Developing the ability to place shots accurately while managing the power and speed of each stroke.
- Tournament play and match etiquette: Gaining experience in competitive settings, learning how to score, follow rules, and display sportsmanship during match play.
- Mental focus and decision-making: Building the ability to make quick decisions during rallies, anticipate opponents' strategies, and maintain composure under pressure.

FUN FACT

- Badminton evolved from an ancient game called "Battledore and Shuttlecock" played in India. Did you know that the shuttlecock can reach speeds of over 300 km/h during a smash? That's faster than a race car!

TERM 1

- Introduction to the club and setting up equipment.
- Basic strokes: forehand, backhand, and serve.
- Understanding the basic rules and scoring system of badminton.
- Learning court markings and player positions.
- Completing badminton skill assessments and quizzes.

TERM 2

- Footwork drills and movement across the court.
- Practice different types of serves (short, long, flick) and net play.
- Advanced strokes: drop shots, smashes, clears.
- Doubles and singles strategies.
- Organizing a friendly tournament to apply the rules and improve gameplay under pressure.
- Introduction to speed badminton (fast-paced game for building reflexes).

TERM 3

- Mastering advanced techniques: deception shots and strategic play.
- Improving game tactics for both singles and doubles matches.
- Practice matches and scrimmages focusing on teamwork and strategy.
- Organizing inter-school tournaments or club championships.
- End-of-term celebration and review of player progress.

CHAKINA CLUB OVERVIEW

PATRONS: GEOFRY
WED 3.40 – 4.10PM
VENUE: ROOM 2



Objectives

- Promote Media Literacy
- Build Confidence in Public Speaking
- Contribute to the Promotion of Swahili
- Encourage Journalism and Research
- Enhance Swahili Writing Skills in learners.

ACTIVITIES OFFERED



- Writing and Editing Skills
- Research and Investigative Skills
- Public Speaking and Communication Skills.
- Media and Digital Literacy.
- Teamwork and Collaboration.

FUN FACT:

Did you know one of the earliest Swahili newspapers, Mambo Leo (meaning "**Today's Issues**"), was first published in 1904 in Kenya. It became an influential platform for sharing news, educating the public, and promoting Swahili as a formal language of communication.

TERM 1

- Organizing and participating in debates and discussions
- Hosting interviews with guest speakers
- Producing news bulletins

TERM 2

- Continuing to organize debates and discussions
- Producing news bulletins

TERM 3

- Hosting a major debate or discussion event
- Participating in journalism competitions

CHESS CLUB OVERVIEW

PATRON: BONIFACE

FRI 2.30–4.30

MFL BLOCK

Objectives

- To provide an opportunity for learners to broaden their tactical skills.
- To sharpen observation skills in learners.
- To improve on attention span and concentration levels of learners.
- To take part in chess competitions and tournaments.
- To forge a strong sense of teamwork among the members.

ACTIVITIES OFFERED

- Correct arrangement of the board and learning the value of pieces.
- Making legal moves on an actual board and on a computer program.
- Solving chess quizzes and playing speed chess with the aid of a clock.
- Reconstructing games.
- Learning and using the different opening skills, defenses, attacks and end game.

Fun Fact

- Chess (Shataranja or AshtaPada) was invented in India. The number of possible ways of playing the first four moves per side in a game of chess is 318979564000! Truly amazing!

TERM 1

- Arranging the board.
- Openings and defenses.
- Basic rules of the game.
- Writing the chess notations.
- Completing quizzes.

TERM 2

- “Fools Mate”
- En Passant
- Castling
- End games
- Use of chess clock
- Tournament (Games

TERM 3

- Tactician openings and end games.
- □ Strategist openings and end games.
- □ Chess games and tournaments.

CULINARY CLUB OVERVIEW

PATRONS: CHEF VIOLET, ZIPPORAH

WED 3.30 – 4.30PM

VENUE: FOOD AND NUTRITION LAB



Objectives

To foster independence and self-sufficiency through essential cooking techniques such as chopping, mixing, measuring and following recipes.

- To promote healthy eating habits and nutrition awareness
- To inspire creativity and experimentation in the kitchen with different ingredients, Flavors and cooking styles.
- To foster teamwork and collaboration through group cooking projects
- Exposure to diverse culinary traditions and cultural awareness
- Providing a stress-relieving and enjoyable environment for students

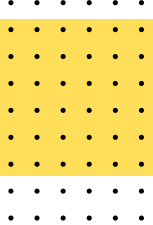
ACTIVITIES OFFERED



- Safe knife handling
- Portion control and scaling.
- Improvisation and substituting ingredients.
- Multi-tasking (cleaning as you work)
- Measuring ingredients and converting units.
- Cultural appreciation.

TERMLY RECIPES

1. Cardamom Mandazi
2. Beef samosa
3. Garlic Naan Bread
4. Donuts
5. Pinacolada mocktail and Onion rings
6. BBQ pizza
7. Korean corndogs
8. Rich carrot cake
9. Dumplings
10. Build your Bento



Objectives

- Providing Recreational Activities.
- Promoting Lifelong Cycling.
- Supporting Volunteerism.
- Maintaining Community Linkages.
- Advocating for Safe Riding.

ACTIVITIES OFFERED



- Bike Handling.
- Pace Line Riding
- Looking Behind Safely
- Moving Up in a Group

FUN FACT:
“*bicycle*” comes from the French word “*bicyclette*”.

Before this name, bicycles were known as “velocipedes.”

TERM 1

- Road cycling
- Bicycle touring:
- Bicycle motorcross
- Bicycle jousting:

TERM 2

- Mountain biking
- Cyclo-cross
- Velodrome racing:
- Gravel grinding

TERM 3

- Bikepacking
- Bicycle polo
- Cyclo-sportives
- BMX racing

DANCE CLUB
OVERVIEW

PATRONS: ROSE, HELLEN
FRI 3.30 – 4.30PM | COST – KSHS 1000 PER TERM
VENUE: P.E. ROOM



Objectives

To provide an opportunity for learners to enhance their physical coordination and rhythmic skills.

- To sharpen creativity and self-expression in learners through dance.
- To improve focus, discipline, and teamwork in a group performance setting.
- To participate in dance competitions, showcases, and events.
- To foster an appreciation of various dance styles and cultures among members.

ACTIVITIES OFFERED



- Understanding basic dance terminology and techniques.
- Mastering movements in different styles such as contemporary, hip hop, ballet, and cultural dances.
- Learning choreography and improvisational dance.
- Improving rhythm, timing, and synchronization in group performances.
- Enhancing flexibility, strength, and stamina through regular dance routines.

TERM 1

- Introduction to dance styles (contemporary).
- Basic dance techniques (posture, footwork, body coordination).
- Learning short choreographies.
- Introduction to musicality and rhythm.
- Stretching and strengthening exercises.

TERM 2

- Partner and group choreography.
- Improvisational dance exercises.
- Exploration of cultural dance forms.
- Performance in mid-year dance showcase.

TERM 3

- Focus on group synchronization and stage presence.
- Preparation for competitions and performances.
- Techniques for choreography creation.
- Final showcase and competition participation.

ENVIRONMENTAL CLUB OVERVIEW

PATRONS: JACKIE, GEORGE, GEOFRY
MONDAYS AND WEDNESDAYS
VENUE: AVR 1



Objectives

The purpose of the club is to educate students, staff, and faculty on environmental issues, improve environmental practices on campus and in the community, and sponsor environmental affairs and events

- Raising environmental awareness among NA students
- Increasing the green area in NA
- beautify the grounds internal and external
- Maintaining the cleanliness of NA
- instilling the spirit of volunteerism among students – Tree growing
- help students master skills such as care on plants and waste
- Establishing the love of belonging to the environment
- help NA adopt reuse, reduce, recycle and repurpose
- Implementation and improvement of the activities of recycling

ACTIVITIES OFFERED

TERM 1

- Weekly meetings
- Put campaign boards to generate awareness.
- Action based activities like tree planting (herbal garden), cleanliness drives both within and outside the school campus.
- Start a school wide clean up/reducing/recycling scheme
- Inaugurate the Recycling Campaign
- World Clean Up Day 20th Sept
- Make and update a calendar of international days related to the environment
- Invite a guest speaker to educate club members
- Mark Mazingira Day 10th Oct. as a community and introduce drip system with Makele
- November visit to Mr. Green Africa at Sameer Park-Impact of Plastic recycling

TERM 2

- Weekly meetings
- Organize activities in and out of NA with a view to spreading environmental awareness on EARTH DAY (April 22)
- Organise a whole School Clean Up Day
- Earth Hour 22 Mar 2025
- Environment Club Fun Day trip to PEC at Corner Baridi.
- Start an Environment Peace Corner in the school using recycled materials
- Promote an ethos of conservation of water by minimizing water wastage
- Mark international days in the term
- Invite KAISSE schools Environment clubs for inaugural Environmental symposium (March)

TERM 3

- Weekly meetings
- WORLD ENVIRONMENT DAY or ECO DAY (June 5)
- Collaborate with Karen C Girls Environment club

EXPOLANGUES CLUB OVERVIEW

PATRONS: BONIFACE, FLENCY

FRI 2.30 – 4.30PM

VENUE: ROOM 4 & 5

Objectives

- To provide an opportunity for learners to explore modern foreign languages in a fun way.
- To take part in language and cultural events inside and outside school.
- To improve proficiency in the MFL Languages.
- Creative use of language activities at assemblies and other school events.
- To forge a strong sense of teamwork among the members.
- Fun through dances, songs, poetry etc .
- Critical thinking skills through board games e.g. Chess, Scrabble, Monopoly...

ACTIVITIES OFFERED

- Teamwork
- Leadership
- Critical thinking
- Cultural consciousness
- MFL languages proficiency

FUN FACT

- Papua New Guinea, a nation-state in the Pacific Ocean north of Australia, plays host to speakers of more languages than any other country – a total of 840 living languages, according to the 22nd edition of Ethnologue: Languages of the World, published in 2019. These include Tok Pisin, Motu and English.

TERM 1

- Learn MFL Languages through different MFL cultural activities: e.g. songs and dances in different languages e.g.
- German, French, Swahili, Spanish, Chinese, Japanese, Mother language etc.
- Prepare for international exams in different languages
- Organise and prepare for term 1 MFL events: e.g. programme, ushering, meeting, Collaborate with Chess club

TERM 2

- Skits and Mimes in different MFL Languages.
- Prepare for international exams in different languages
- Collaborate with dance, Chakina, and cooking clubs.
- Collaborate with Chess club

TERM 3

- Language, culture exchange with other schools in Kenya and abroad.
- News presentation at assemblies and other functions.
- Preparation for participation at graduation, and award days.
- Prepare for international exams in different languages, Collaborate with Chess club.

FILM AND PHOTOGRAPHY CLUB OVERVIEW

PATRONS: CURTIS, PAUL

TUES – 3.40PM, FRI – 2.30PM

VENUE: ART ROOM



Objectives

- To Expand the Students' Range of Creative Abilities
- To Build Students Growth in the 21st Century Skills
- To Enhance Student Storytelling Abilities Through Lens-based Media
- To Enhance Students' Techniques in Quality Photography and Film Making
- To Build a Robust Club of Creative Students Who Can Take Up Creating Content in Major and Minor School Events Such as Sports, School Trips, Assemblies, PTCs, et al.

ACTIVITIES OFFERED



- Basic/Stylistic Photography
- Macro Photography
- Action/Sports Photography
- Cinematic Videography
- Video Editing and Exporting Formats
- Sound Editing

TERM 1

TERM 2

TERM 3

Basic Filming: Premier Pro

- Storyboarding
- Cinematic Shots - Angles, Lighting, Close-ups, Panning, Perspectives
- Learning Tools - Adobe, Da Vinci Resolve, Capcut
- Simple Edits - Transitions, Cuts, Motions
- Texts/Captions - Subtitles and Titles
- Color Grading

Intermediate Filming: Premier Pro + After Effects

- Keying
- Green Screen
- 3D Motion
- Templates and Presets

Premier Pro + Audition + After Effects

- Sound Editing
- Special Effects

MENTAL HEALTH CLUB OVERVIEW

PATRONS: FLORAH, MARK, KAYE

WED 3.40 – 4.10PM

VENUE: VIDEO ROOM



Objectives

- Promote mental health awareness by organizing discussions and activities focused on mental well-being and self-care.
- Equip members with skills for building their CVs and personal statements, emphasizing how mental health knowledge and experience can be reflected in these documents.
- Foster a deeper understanding of psychology and mental health issues through guest speaker sessions and open discussions
- Create a supportive environment by offering peer counseling and providing spaces for students to discuss mental health challenges and resilience strategies openly.
- Encourage leadership and personal growth by offering opportunities for members to lead initiatives, plan events, and contribute to the mental health community.

ACTIVITIES OFFERED



- Active listening and empathy, through peer counseling and open discussions, enable members to support others more effectively.
- Leadership and teamwork, by organizing events, workshops, and initiatives that promote mental health awareness.
- Networking and collaboration, by engaging with professionals, guest speakers, and external organizations related to psychology, counseling, and mental health.

TERM 1

TERM 2

TERM 3

- Mental Health Insights programme.
- 2. World Kindness Day (event)
- 3. World Mental Health Day (event)
- 4. Interviews for club leader selection
- 5. Peer counseling inset.

- Happiness day
- Heart-to-heart conversation
- Psychology exhibition

- Mental Health Awareness Week your mental health is a priority. Your happiness is
- essential. Your self-care is a necessity.

MODEL UNITED NATIONS CLUB OVERVIEW

**EAMN PATRONS: NANCY, MERCY,
MSMUN PATRON: BETHMA, FLORENCE**

FRI 2.30PM

VENUE: SCHOOL HALL

Objectives

Giving young people an insight into the world's problems

The objective of the Model United Nations is to seek, through discussion, negotiation and debate, solutions to the various problems of the world. In the process, the participating students learn to adopt views and attitudes other than their own and break away from narrow national interests and develop international cooperation.

The research and preparation involved in the Model United Nations, the negotiations and debate, give the young people an insight into the world's problems and enable them to understand the causes of conflict between nations.

The Model United Nations contributes in fulfilling the aims and goals set by the founders of the United Nations in the Preamble to the Charter of the United Nations — namely to practice tolerance and live together in peace with one another as good neighbours. The Model United Nations also offers students an excellent opportunity to expand, develop and put into practice their language skills. Some of the Model UN chapters supported by UNIS Nairobi are:

- Kenya Model United Nations (Model UN) - comprising of students from public and private universities in the country.
- East Africa Model UN: for high-school students from Kenya, Zambia, Uganda, Tanzania and the Democratic Republic of the Congo.
- Middle School Model UN: For the Lower primary schools
- Sub-Saharan Model UN : For both Universities and High Schools

ACTIVITIES OFFERED – TERM 1

- 9th October - Deadline For Payments For Eamun & Msmun Countries
- 16th October - Deadline For Confirming Attendance To The Msmun Mock Debate And Resolutions To Be Debated During The Msmun Mock Debate.
- 19th October - Msmun Mock Debate Nairobi Academy
- 30th October - Deadline For Confirming Attendance To And Resolutions To Be Debated During The Eamun Mock Debate
- 2nd November - Eamun Mock Debate Mcc Delegates' Workshop Nairobi Academy
- 5th December - Deadline For Eamun & Msmun Resolutions and Icj Pleading Documents

SOCCER CLUB OVERVIEW



PATRONS: THOMAS, ESTHER
TUE & THUR 3.30
VENUE: MAIN FIELD

Objectives

- Skill development: enhance players' technical abilities, including dribbling, passing, shooting, and defensive skills, to foster individual growth and team performance.
- Teamwork and sportsmanship: promote collaboration among players, emphasizing the importance of working together and respecting opponents, to create a positive sporting environment.
- Physical fitness: encourage regular physical activity to improve players' overall fitness, endurance, and health, which are crucial for football and general well-being.
- Inclusivity and participation: ensure that all students, regardless of skill level, feel welcome and included, promoting equal opportunities for both boys and girls.
- Community engagement: foster a sense of community through football by organizing events that involve parents, teachers, and local organizations, enhancing school spirit and support.

ACTIVITIES OFFERED



- Technical skills: ball control, dribbling, passing accuracy, shooting techniques, and defensive maneuvers.
- Tactical awareness: understanding game strategies, positioning, and decision-making during matches.
- Physical conditioning: building endurance, strength, and agility through targeted fitness training.
- Communication: developing effective communication skills on and off the field to enhance teamwork.
- Self-discipline and perseverance: encouraging players to stay committed, practice regularly, and learn from both successes and setbacks. Activity plan

TERM 1

- Foundation and skill building**
- Weeks 1-2: Introduction to football basics (rules, positions, and basic skills).
 - Weeks 3-4: Focus on technical skills (dribbling, passing, shooting) through drills and small-sided games.
 - Weeks 5-7: Team-building activities and friendly matches to promote teamwork.
 - Week 9-10: Fitness assessments and tailored conditioning sessions.

TERM 2

- Tactical Development and Competition**
- Weeks 1-2: Introduction to tactical concepts (formation, positioning).
 - Weeks 3-4: Practice matches focusing on applying tactics learned.
 - Weeks 5-6: Workshops on sportsmanship and teamwork.
 - Weeks 8-10: Participation in local school tournaments to gain competitive experience.

TERM 3

- Refinement and Celebration**
- Weeks 1-2: Review and refine skills and tactics based on previous matches.
 - Weeks 3-4: Organize inter-club matches to foster rivalry and excitement.
 - Weeks 5: Focus on fitness and conditioning for the upcoming season.
 - Week 7-8: End-of-year celebration event, showcasing skills learned through a friendly tournament.
 - Week 9: Feedback session and planning for the next season.

ST JOHN CADET CLUB OVERVIEW

PATRONS: JOSHUA

WED 3.30 – 4.30PM | COST – KSHS 2000/YEAR

VENUE: IB BLOCK, ROOM 17

Objectives

Our overall objective is to ensure that St John Ambulance delivers a consistently high level of service throughout our training and charitable activities.

Vision: Our vision is that everyone who needs it should receive first aid from those around them.

The way we achieve our vision really matters to us. Collectively, our values spell out **HEART**

HUMANITY - Treating others with compassion and respect.

EXCELLENCE - Pride in doing an excellent job.

ACCOUNTABILITY - Delivering what we promise.

RESPONSIVENESS - Continuously learning and improving.

TEAMWORK - Working together effectively.

ACTIVITIES OFFERED

- First Aid, Home Nursing, Casualty Simulation, Emergency Medical Services, Marching drills.

TERM 1

- Learn First Aid skills and pass the examination
- Begin training for Annual Inter-school St John Cadet First Aid Competitions
- Register Junior and Senior teams for competitions

TERM 2

- Train in Care for the Sick (Home Nursing) and receive certificates
- Take time out doing Community Service (Public Duty)

TERM 3

- Learn Basic Drill and St. John Cadet Discipline, marching, saluting, smartness, speed, competitiveness.
- Hold public displays to market the club

- **NB: Based on 'First Come First Serve Basis' only 20 students will be allowed. Interested students should register with the Club Patron first within the first 1 week.**

STEM CLUB OVERVIEW

PATRONS: JOSEPH, RAPHAEL, PAUL, STEVE

WED 3.40 – 4.10PM

VENUE: ICT LAP



Objectives

- Inspire an innovative community of problem-solvers
- Encourage problem analysis, creative thinking & develop innovative solutions
- Foster teamwork and effective communication among club members
- Express unique and imaginative ideas through robotics projects and design challenges

ACTIVITIES OFFERED



FUN FACT

Did you know that in the early days of robotics, scientists actually experimented with using animal brains as controllers for robots? Some researchers attempted to implant animal brains into robots to create cyborg creatures. Talk about a diabolical experiment!

TERM 1

- Explore basic robotics concepts and components
- Explore interactive components like sensors, cameras, and actuators
- Assemble and program a robot to perform basic tasks
- Learn effective teamwork and communication by building and controlling robots

TERM 2

- Learn the basics of Robotic Operating System (ROS2) and its applications in robotics
- Create simple ROS2 nodes, publish and subscribe to topics
- Control robots using ROS2
- Analyze problems, think creatively, and find innovative solutions to impact the community

TERM 3

- Integrate robotic components to add new functionalities to robots
- Create interactive robotic components
- Conduct research on integration of AI algorithms with robots
- Participate in robotics competitions by researching and developing robotic solutions for specific problems

SWIMMING
CLUB OVERVIEW

PATRONS: SIMON, KIKUVI
TUES & THURS 3.30 – 4.30PM, FRI 2.30 – 3.30PM
VENUE: SWIMMING POOL



Mission Statement

To foster a love for swimming while developing fundamental skills and competitive excellence, creating an inclusive and supportive environment for swimmers of all abilities. The club promotes water safety, personal fitness, teamwork, and sportsmanship through structured training and competitions.

Objectives

- Teach race strategies and tactics. Foster team spirit, sportsmanship, and goal-setting for competitive performance.
- Improve speed, technique, and efficiency in all four strokes (freestyle, backstroke, breaststroke, butterfly).
- Prepare students for competitive events and meets.
- Enhance endurance, strength, and mental focus.

ACTIVITIES OFFERED



- Advanced Stroke Drills:** Break down each stroke to focus on technique improvement for increased efficiency.
- Sprint and Endurance Sets:** Interval training to build speed and endurance.
- Starts and Turns Practice:** Perfecting dive starts, flip turns, and finishes.
- Race Simulation:** Weekly time trials with real race conditions to practice pacing and technique under pressure
- Strength and Conditioning:** Dryland exercises for core strength, flexibility, and overall fitness.
- Video Analysis:** Reviewing recorded swims to identify areas for technical improvement.
- Team Building Exercises:** Encourage teamwork and bonding through relays and off-season activities.
- Swim Meets Preparation:** Focus on mental preparation, race day strategies, and recovery.

TERM 1

- Advanced stroke mechanics for all four competitive strokes.
- Racing starts, turns, and finishes.
- Speed and endurance improvement.

TERM 2

- Mental toughness and focus in competitions.
- Effective breathing techniques under race conditions.
- Aerobic and anaerobic capacity building.

TERM 3

- Race analysis and technique refinement.
- Strategic goal-setting for competition.
- Pacing and interval training.

TABLE TENNIS CLUB OVERVIEW

PATRONS: WAREGA

MON – FRI, BREAK TIMES AND LUNCH TIME
VENUE: BTEC BLOCK / SQUASH COURTS



Objectives

The purpose of the Table Tennis Club is to establish and promote a community of student table tennis players, educate students in the rules and techniques of proper play, and create a space for matchmaking among evenly matched players. The sport also promotes the mental ability of the student in counting principles especially in multiples of 2 or 5.

ACTIVITIES OFFERED

TERM 1

1. The Grip

- Shakehand Grip: Most popular in the Western world, it's like shaking hands with your paddle. It offers a balanced forehand and backhand stroke.
- Penhold Grip: Predominant in Asian countries, this grip involves holding the paddle similarly to a pen. This grip provides a strong forehand but can be limiting for the backhand.
- NB: Whatever your preferred style, ensure your grip is firm yet relaxed to allow for wrist movement, which is crucial for spins.

2. The Serve

- A game of table tennis begins with a serve, and having a strong, unpredictable serve can be a considerable advantage.
- High Toss Serve: By tossing the ball high, players can generate extra spin, making it harder for the opponent to predict the ball's trajectory.
- Short Serve: Keeping serving in table tennis short and close to the net can disrupt an opponent's rhythm and prepare you for an attacking return.
- Side Spin Serve: By striking the ball on the sides, you can make it curve, creating challenges for your opponent.
- NB: Mix up your serves during the game to keep your opponent guessing and off-balance.

TERM 2

3. Forehand and Backhand Drives

- Drives form the core of table tennis rallies and are essential for maintaining an offensive stance in the game.
- Forehand Drive: Performed from the player's dominant side, this stroke is powerful and can be used both defensively and offensively.
- Backhand Drive: Executed from the non-dominant side, the backhand drive is crucial for balls coming to the player's left (for right-handers) or right (for left-handers).
- NB: Ensure you're rotating your torso and using your waist's twist to power the drives, rather than just relying on your arm.

4. The Spin

- Introducing spin to the ball can make your shots unpredictable and challenging to return.
- Topspin: By brushing the ball's upper surface, players can make the ball dive down faster, ideal for aggressive shots.
- Backspin: Striking the ball's lower surface, this spin makes the ball bounce back towards the player after landing, often used in defensive shots.
- Side Spin: As the name suggests, brushing the ball on its sides will make it curve to the left or right.
- NB: Mastering spin requires understanding the angle of your paddle and the point of contact on the ball. Practice consistently to perfect this skill. Good footwork is not just about speed but also about anticipation. Reading your opponent's moves and predicting the ball's trajectory will put you in an advantageous position.

TERM 3

5. Blocking and Counter-Driving

- Basic skills and techniques in table tennis that focus on defense are just as vital as offensive tactics. They allow a player to not only return aggressive shots but also transition seamlessly from defense to offense.
- Blocking: This is the ability to absorb the speed and spin from an opponent's shot and return the ball with minimal motion. It's most effective against top-spin attacks. A well-executed block can reduce the opponent's time to react, putting them on the defensive.
- Counter-Driving: This involves returning an aggressive top-spin shot with another top-spin shot. The aim is to use the speed and spin from the opponent's shot against them, creating a rapid counter-attack.
- NB: The key to effective blocking and counter-driving lies in proper paddle angle and timely reaction. A slight misjudgment can lead to the ball going off the table or into the net.
- Practice by asking a partner to play continuous top-spin shots while you focus solely on blocking and counter-driving.

6. Footwork

- Last but certainly not least, proper footwork ensures you're always in the right position to make your next shot.
- Side-to-Side Movement: This helps in reaching balls played wide to your forehand or backhand.
- In-and-Out Movement: Crucial for adjusting to short balls or those that are deep on the table.
- Pivoting: Useful when you need to use a powerful forehand shot from the backhand side.

TENNIS CLUB OVERVIEW

PATRONS: MERCY, CALISTUS

WED 3.40 – 4.30

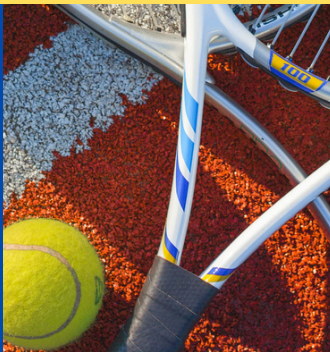
TENNIS COURT



Objectives

- Students will be able to explain the rules, guidelines, and cognitive skills necessary for active and enjoyable participation.
- Students will be able to apply knowledge gained to pursue tennis in a safe and appropriate manner.
- Students will be able to demonstrate the skills presented at the beginning level.
- Students will be able to explain appropriate body mechanics related to tennis.
- Students will be able to demonstrate etiquette/ sportsmanship appropriate for tennis.

ACTIVITIES OFFERED



N/B

The four Grand Slam tournaments are considered to be the most prestigious tennis events in the world. They are held annually and comprise, in chronological order, the Australian Open, the French Open, Wimbledon, and the US Open. Apart from the Olympic Games, Davis Cup, Fed Cup, and Hopman Cup, they are the only tournaments regulated by the International Tennis Federation (ITF)

TERM 1

- Forehand
- Backhand
- Two Handed Backhand
- Serve
- Basic Racket Handling
- Footwork Fundamentals and Drills
- Serve Technique, Doubles Strategy Sessions
- Forehand and Backhand Groundstrokes

TERM 2

- Volley
- Smash
- Advanced Serving Techniques
- Volley Skills, playing doubles, focusing on positioning and teamwork
- Rally Consistency
- Game and Doubles Strategy

TERM 3

- Practice
- Mental Toughness Development
- Fitness Conditioning
- Tactical Awareness
- Match Play Experience, End-of-Year Tournament

VR AND AI CLUB CLUB OVERVIEW

PATRONS: SAUL, STEVE
WED AND FRI 3.45 – 4.45PM
VENUE: ROOM 10



Objectives

- Engage students in virtual and augmented reality (VAR) and artificial intelligence (AI) activities.
- Foster and encourage experiential learning through hands-on projects.
- Develop research skills and promote innovation in technology.
- Extend students' understanding of VAR and AI beyond the classroom environment.

ACTIVITIES OFFERED



- **Research:** Students will learn how to gather information effectively on VAR and AI topics.
- **Project Planning:** Students will develop skills in organizing and executing tech-related projects.
- **Problem Solving:** Students will enhance their ability to identify issues and create innovative solutions using VAR and AI technologies.

TERM 1

Introduction to VAR and AI:

- Explore various applications of virtual and augmented reality, as well as the fundamentals of artificial intelligence.
- Students will participate in workshops to create simple VR experiences using accessible tools.

TERM 2

- **Develop a VAR or AI Project:** Students will work in teams to conceptualize and develop a project that utilizes VAR or AI technology, such as creating an interactive educational tool or a Chatbot.

TERM 3

- **Presentations and Demonstrations:** Students will showcase their projects to the school community, demonstrating how their work addresses real-world problems or enhances learning experiences through technology.

WORLD SCHOLARS CLUB OVERVIEW

PATRONS: FLORENCE, JOSHUA

MON 3.45 – 4.45PM

VENUE: ROOM 10

Objectives

- To motivate students of all backgrounds to discover new strengths and new skills
- To Enhance Critical Thinking and Debate Skills
- To Foster teamwork, collaboration, and leadership skills through group activities
- To inspire a global community of future scholars and leaders
- To Prepare for competitions by equipping students with the skills and knowledge needed to participate.

ACTIVITIES OFFERED

- Public Speaking and Debate: Enhancing communication skills through confident and articulate presentations.
- Critical thinking skills: Analysing topics, forming arguments, evaluating perspectives, and solving problems
- Teamwork and Collaboration: Working together, sharing responsibilities, and utilizing team members' strengths.
- Research and Writing: Gathering information, presenting findings, and developing strong writing skills.

TERM 1

- Registration for the tournament of champions
- Attending the the tournament of Champions in Yale.
- Recruitment of new members to the club.
- Mock debates.
- Planning for the regional round.

TERM 2

- Registration of team members for the regional round
- Mock debates and collaborative writing
- Attending the regional round

TERM 3

- Registration for the global round.
- Mock debates and collaborative writing
- Attending the global round.

YUTRADE CLUB OVERVIEW

PATRONS: FELIX

THUR 3.30 – 4.30PM

VENUE: BTEC ROOM



Objectives

- The Young Traders and Investors Club aims to provide students with practical knowledge and hands-on experience in the world of finance, trading, and investments. Through engaging activities, students will develop valuable skills that will benefit them in their academic and professional lives. This club will expose you to valuable information on the world of finance.

ACTIVITIES OFFERED



Ultimately: The club equips students with the tools to make sound financial decisions and navigate the complexities of the modern financial landscape.

“We shall succeed together. You can take it to the bank and cash it”

TERM 1

TERM 2

TERM 3

- Financial Literacy: Get to learn how to prepare budgets, explore the savings and investment products you can take up at a young age.
- Money Market Dynamics: NSE is our main partner. They will train you on how to read and understand stockmarkets, forex, and commodities function.
- Investment Strategies: You will gain insights through our partners on how to explore different investment types—stocks, bonds, real estate—and how to evaluate them.

- Risk Management: Gain insight into managing risk when trading or investing.
- Economic Awareness: Stay updated on global economic trends and understand how they affect markets.
- Personal Finance Skills: Develop the ability to make informed decisions about personal spending, saving, and investing.

- Analytical Thinking: Enhance critical thinking by analyzing market data and trends.
- Career Exploration: Discover various careers in finance and investment, such as stockbroking, financial analysis, or portfolio management.
- Networking: Connect with professionals and peers who share an interest in finance.
- Event Planning Skills- Plan small events that will be geared toward generating income that will be channeled toward trading and investment



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LEARNING
FORWARD**

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