

AFTER SCHOOL PROGRAM

GOODNESS AND MERCY MISSIONS



CAMEROON

Curriculum design
UNOV Project

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ABOUT GOODNESS MERCY MISSIONS

Goodness and Mercy Missions (GMM) was founded in late 2007 by **Teh Francis Yai** as a non-profit organization aimed at impacting communities in Cameroon. GMM was formed because there was a great demand of the community's needs. We discovered that rural communities in Cameroon continue to suffer not so much because of the economic situation of the country but because of the lack of initiatives for individuals to help themselves and come out of their predicament. Also we learnt that there are some disadvantaged in the communities who are physically incapacitated and therefore cannot do anything to help themselves. Also under this category are needy children, orphans and street children. We decided to identify them and help them as much as possible. Another reason GMM was formed was to sensitize, create awareness, and educate the community on vital issues plaguing the wellbeing of the society.

GMM is a membership organization. The members are the staff and the board that sit periodically to see how things fare in the organization. The various community groups GMM works with are also members of Goodness and Mercy Missions. Goodness and Mercy Missions was formed in response to community demands and not because of any availability of International funding. This latter has come to boost the activities of GMM. We thought we could help the community with ideas that can be used by for their own good.

The Goodness and Mercy Missions Activities are chiefly carried out in the North West and South West Regions of Cameroon, the Anglophone areas.

VISION AND MISSION

Mission:

GMM works in partnerships with representative organizations to help the rural poor and empower the community with tools which they can develop to sustain their livelihood.

Vision

Our greatest desire is to see rural communities and others have the needed tools and means for a sustainable livelihood.

PRINCIPLES APPROACH

- Sustainability
- Equity and non-discrimination
- Accountability
- Partnership cooperation
- Empowerment Inclusión

ABOUT AFTER SCHOOL PROGRAM

Goodness and Mercy Missions is designing an after school program for underprivileged children in Cameroon. The objective of this program will be to find possible ways in which underprivileged children or children whose education has been affected by the anglophone crisis could have catch up classes, create a sense of belonging, make learning fun, provide academic support and improve social skills. This project will be tested at “Jinkfuin” Cameroon and at the same time it will be designed in a way that it can be replicated at any place around Cameroon.

The children who are selected to this program have attend to different schools. If these children can be brought together, they will share experiences and give education support to each other. Since late 2016, the anglophone crisis in Cameroon have negatively affected the education of many of these children. An after school program will help them to catch up with some of the topics they would have learned formally in school.

In most schools, computer classes are theoretical. An after school program will enable some children to have a first test of practical computer studies. GMM is currently building a seperate computer lab for this purpose and giving the finishing touches to the building, equipping it with the suitable appliances and designing the computer teaching curriculum are included in this program too.

OBJECTIVES

- Make learning fun with integration of games and quizzes
- Improve communication skills like presentation, public speaking etc...
- Designing curriculums in order to help students catch up what they missed in schools
- Extra curricular activities which will help the students from different schools to blend together
- Life skills training ie. Farming, garden work, life saving programs, cookery classes, escape and rescue methods, teaching on first aids etc...

AREAS

- Creative arts
- Physical activities
- Special interests
- Enrichment
- Hobbies

AGES

- 7 - 9 years
- 10 - 11 years
- 12 - 14 years
- 15 - 16 years

GENERAL SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM	Arrival / attendance being taken				
3:00 - 3:45 PM					
3:45 - 4:30 PM					
4:30 - 4:45 PM					
4:45 - 5:00 PM					
5:00 PM	Dismissal				

10 CONSIDERATIONS FOR PROGRAM PLANNING

1. The activity is safe (physical, emotional, social factors)
2. The activity is age and developmentally appropriate
3. The activity is inclusive
4. The activity supports respect and cooperation
5. The activity supports positive leadership
6. The activity is time appropriate
7. The activity develops specific desired outcomes
8. The activity supports relationship development
9. The activity offers variety
10. The activity is FUN

7 - 9 YEARS

7 - 9 years

Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM	Arrival / attendance being taken				
3:00 - 3:45 PM	Creative Arts	Hobbies	Physical	Hobbies	Hobbies
3:45 - 4:30 PM	Physical		Creative arts		Creative arts
4:30 - 4:45 PM	Enrichment	Enrichment	Enrichment	Enrichment	Enrichment
4:45 - 5:00 PM	Hobbies	Physical	Hobbies	Physical	Physical
5:00 PM	Dismissal				

Creative Arts

Arts, crafts, drama and music

Activity	Time	Resources
Create slime using the suggested materials. Children may create different shapes or 3D objects.	45 mins	Detergent Silicone Glitter
Origami shapes. Teacher will show how to create origami shapes. Children take time to create their own origami shapes.	45 mins	Paper
Teacher will read aloud any selected	45 mins	Selected books

<p>book. Invite children to dramatize what they have seen during the read aloud. Use simple prompts to represent characters. You may repeat this several times.</p>		
<p>Children cut out cardboard letters. Let children decorate as they want. Children may practice spelling and vocabulary.</p>	45 mins	<p>Cardboard Yarn Fingerpaint</p>

Physical

Sports

Activity	Time	Resources
<p>Soccer game. Divide children in two groups and show how to play soccer. Set up roles. Play this game several times per week.</p>	45 mins	Soccer ball.
<p>P.E class. Design a special P.E class include games such as: tag, team work, jogging, running, etc.</p>	45 mins	Soccer field
<p>Giant twister game. Use as reference Twister by Hasbro Game. Give specific instructions to play according to the rules.</p>	45 mins	Twister game
<p>Teachers may get big puzzles and let teams compete.</p>	45 mins	Big puzzles
<p>Crossfit.</p>	45 mins	Soccer field.

Prepare a crossfit class. Teacher may model the following exercises: jumping jacks, squats, push ups, pull - ups, bear crawl, sit ups, core exercises, etc.		
Stretching class. Children performance a simple stretching class. Children may practice different poses and ways to breathe.	45 mins	Classroom.

Note: Teacher must have a record where they write down about each student.
Outstanding events must be recorded.

Enrichment

Science, math, reading, writing

Activity	Time	Resources
<ul style="list-style-type: none"> • -problem solving : how to search • -numbers until 999 : hundreds, tens, units, positions, reading, writing, comparison • -calculation : addition, pre-multiplication • -length and measures: meters and centimeters, days, months, years, calendar, dates, duration, ruler • -geometry: squares and rectangles, right angles • -problem solving: trying and adjusting, step by step solving • -numbers until 999 999: reading, writing • -calculation: subtraction and addition (mental and written calculation), multiplication by 10, 100 • -length and measures: hours, minutes, seconds, areas • -geometry: squares, rectangles, rectangle triangles • <i>The teacher has to be creative in teaching this activity to make</i> 	45 mins	<ul style="list-style-type: none"> -Geometry tools -Pencils -Exercise book - Counting tools

<p><i>it fun using games and sometimes songs.</i></p>		
<p>-Writing letters for friends and parents. <i>The kids will be creative by doing some art but also they will ask on how to write a word or another.</i></p>	45mins	<p>-Papers -Crayons</p>
<p>-Science Experiments for kids</p> <ul style="list-style-type: none"> ● Elephant Toothpaste ● Oil and water experiment ● Rainbow Walking Water <p><i>The teacher will do the experiments but he will make the kids participates and he will explain to them all the materials that he/she is using.</i></p>	45mins	<p>-Elephant toothpaste (Soda pop bottle, warm water, yeast, hydrogen peroxide, food coloring, dish soap) -Oil and water experiment (Oil, water, food coloring, pipettes, cups/bowls, a pie pan) -Walking Water (small plastics cups, paper towel, food coloring in primary colors, water)</p>
<p>-Reading books for children <i>In this activity the teacher will select a book in each session and read them to the kids. The decoration of the classroom must be in letters so that the kids will be use to see them.</i></p>	45mins	<p>-Books -Decoration materials</p>

In this part an evaluation is necessary to see how the after school program impact the kids knowledge evolution. One evaluation at the very beginning of the program to see the different levels and another in the middle or at the end of the program. The evaluation can be shaped by the teacher according to the ressources he/she got at the time when the evaluation is done.

Hobbies

Cooking, gardening, farming, nature, technology

Activity	Time	Resources
<ul style="list-style-type: none"> ● Making Salads (with vegetables from the farm if possible) ● Preparing their own snack by peeling fruits and cutting them (of course kids will use plastic knives for kids) ● Cake or Crepe preparations (PS: for the baking the teacher will take care of it) <p>*This activity the kids will learn about tastes (Sour, sweet...)</p>	45mins	<ul style="list-style-type: none"> ● -Vegetables ● - Containers ● - Fruits ● - Kids knives ● -Flour ● -Eggs ● -Butter ● -Sugar
<ul style="list-style-type: none"> ● -Growing Tomatoes, Carrots, peppers and lettuces 	45mins	<ul style="list-style-type: none"> ● -Seeds ● -Gardening tools
<ul style="list-style-type: none"> ● -Planting Flowers fitting Cameroon Weather 	45mins	<ul style="list-style-type: none"> ● -Seeds ● -Pots ● -Gardening tools
<ul style="list-style-type: none"> ● -Finding Shapes in nature 	45mins	<ul style="list-style-type: none"> ● -Papers with the images to find ● -Pencils

10 - 11 YEARS

Week no 01

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM	Arrival / attendance being taken				
3:00 - 3:45 PM	Basic Mathematics	Natural science and technology	English / French language basics	History/ Geography	Computer lab
3:45 - 4:30 PM	Gardening and Farming - Basic skills development	Art and craft	Drama and music	Life skills – cooking, sewing, child care, first aid, managing personal finance etc...	Team sports - Soccer, Basketball, Netball, Cricket etc...
4:30 - 4:45 PM	Snacks	Snacks	Snacks	Snacks	Snacks
4:45 - 5:00 PM	Group A – cleaning up Groups B, C, D, E – gardening	Group B – cleaning up Groups A, C, D, E – gardening	Group C – cleaning up Groups A, B, D, E – gardening	Group D – cleaning up Groups A, B, C, E – gardening	Group E – cleaning up Groups A, B, C, D – gardening
5:00 PM	Dismissal				

Week no 02

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM	Arrival / attendance being taken				
3:00 - 3:45 PM	Basic Mathematics	Natural science and technology	English / French language basics	History/ Geography	Computer lab
3:45 - 4:30 PM	Gardening and Farming - Basic skills development	Library reference	Drama and music	Life skills – cooking, sewing, child care, first aid, managing personal finance etc...	Team sports - Soccer, Basketball, Netball, Cricket etc...
4:30 - 4:45 PM	Snacks	Snacks	Snacks	Snacks	Snacks
4:45 - 5:00 PM	Group A – cleaning up	Group B – cleaning up	Group C – cleaning up	Group D – cleaning up	Group E – cleaning up

	Groups B, C, D, E – gardening	Groups A, C, D, E – gardening	Groups A, B, D, E – gardening	Groups A, B, C, E – gardening	Groups A, B, C, D – gardening
5:00 PM	Dismissal				

Week no 03

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM	Arrival / attendance being taken				
3:00 - 3:45 PM	Basic Mathematics	Natural science and technology	English / French language basics	History/ Geography	Computer lab
3:45 - 4:30 PM	Gardening and Farming - Basic skills development	Art and craft	Drama and music	Life skills – cooking, sewing, child care, first aid, managing personal finance etc...	Team sports - Soccer, Basketball, Netball, Cricket etc...
4:30 - 4:45 PM	Snacks	Snacks	Snacks	Snacks	Snacks
4:45 - 5:00 PM	Group A – cleaning up Groups B, C, D, E – gardening	Group B – cleaning up Groups A, C, D, E – gardening	Group C – cleaning up Groups A, B, D, E – gardening	Group D – cleaning up Groups A, B, C, E – gardening	Group E – cleaning up Groups A, B, C, D – gardening
5:00 PM	Dismissal				

Week no 04

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM	Arrival / attendance being taken				
3:00 - 3:45 PM	Mathematics - Quiz	Natural science and technology – group presentation	English / French language - speech contest	History/ Geography - debate	Computer lab – Practical quiz

3:45 - 4:30 PM	Gardening and Farming - Basic skills development	Library reference	Drama and music	Life skills – cooking, sewing, child care, first aid, managing personal finance etc...	Team sports - Soccer, Basketball, Netball, Cricket etc...
4:30 - 4:45 PM	Snacks	Snacks	Snacks	Snacks	Snacks
4:45 - 5:00 PM	Group A – cleaning up Groups B, C, D, E – gardening	Group B – cleaning up Groups A, C, D, E – gardening	Group C – cleaning up Groups A, B, D, E – gardening	Group D – cleaning up Groups A, B, C, E – gardening	Group E – cleaning up Groups A, B, C, D – gardening
5:00 PM	Dismissal				

Notes:

- The class will be divided into 5 subgroups (A, B, C, D and E), and one subgroup will be responsible for cleaning the classroom and others will work at the garden and perform practical of the learnt skills.
- After 3 weeks last week (week no 04) will host all the quizzes, games and presentations.

Sustainable Farming : (Level : Very Basic)

- Cultivation of Coffee, Beans, Palm trees etc are basic farming traditions around Jinkfuin area
- Expert lectures / sessions to be delivered to Children to understand possibilities to Coffee, Beans cultivation, techniques related to such cultivation, and improvements related to such cultivations
- Help Children understand values of Sustainable farming, which can help develop different crop varieties throughout the year

https://www.researchgate.net/publication/319312288_Agriculture_in_Cameroon_Proposed_Strategies_to_Sustain_Productivity

Understand Local Industries and Employment Possibilities:

- Jinkfuin area is famous for some good local products, like Local Soap, Detergent Powder (Omo), Shoe polish, etc
- Expert lectures / sessions to be delivered to Children to understand local industrial market, and possible employment areas
- Once in 3 months, organization can arrange an Industrial Visit for Children to understand how skills can be actually applied in the industries

<https://www.thesprucecrafts.com/basic-soap-making-recipes-517179>

<https://www.fabhow.com/diy-homemade-shoe-polish.html>

Develop Open Space in the Surroundings:

- Gardening classes can accommodate this, as practicals
- Children can focus on a Theme to be applied to a small portion in the Garden, and develop that area based on the Theme (Flowers / Cactus / Ayurvedic Plants / etc)
- Any open space area in the surroundings can be developed through this activity, where maintenance is feasible
- Such small developed Theme based gardens can be showcased to Visitors, and they can also buy developed plants, if they wish

12 - 14 YEARS

Week no 01

Time	Monday	Tuesday	Wednesday	Thursday	Friday
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3:00 PM	Arrival / attendance being taken				
3:00 - 3:45 PM	Mathematics	Natural science and technology	English / French language	Computer lab	History / Geography
3:45 - 4:30 PM	Drama and music	Gardening and Farming - Basic skills development	Art and Craft	Team sports - Soccer, Basketball, Netball, Cricket etc...	Teaching about genders, and how to corporate with others
4:30 - 4:45 PM	Snacks	Snacks	Snacks	Snacks	Snacks
4:45 - 5:00 PM	Group A – cleaning up Groups B, C, D, E – gardening	Group B – cleaning up Groups A, C, D, E – gardening	Group C – cleaning up Groups A, B, D, E – gardening	Group D – cleaning up Groups A, B, C, E – gardening	Group E – cleaning up Groups A, B, C, D – gardening
5:00 PM	Dismissal				

Week no 02

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM	Arrival / attendance being taken				

3:00 - 3:45 PM	Mathematics	Natural science and technology	English / French language	Computer lab	History / Geography
3:45 - 4:30 PM	Drama and music	Gardening and Farming - Basic skills development	Library reference	Team sports - Soccer, Basketball, Netball, Cricket etc...	Teaching about Gender Equality
4:30 - 4:45 PM	Snacks	Snacks	Snacks	Snacks	Snacks
4:45 - 5:00 PM	Group A – cleaning up Groups B, C, D, E – gardening	Group B – cleaning up Groups A, C, D, E – gardening	Group C – cleaning up Groups A, B, D, E – gardening	Group D – cleaning up Groups A, B, C, E – gardening	Group E – cleaning up Groups A, B, C, D – gardening
5:00 PM	Dismissal				

Week no 03

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM	Arrival / attendance being taken				
3:00 - 3:45 PM	Mathematics	Natural science and technology	English / French language	Computer lab	History / Geography
3:45 - 4:30 PM	Drama and music	Gardening and Farming - Basic skills development	Art and Craft	Team sports - Soccer, Basketball, Netball, Cricket etc...	Teaching about Hormones and science behind the teenage growth

4:30 - 4:45 PM	Snacks	Snacks	Snacks	Snacks	Snacks
4:45 - 5:00 PM	Group A – cleaning up Groups B, C, D, E – gardening	Group B – cleaning up Groups A, C, D, E – gardening	Group C – cleaning up Groups A, B, D, E – gardening	Group D – cleaning up Groups A, B, C, E – gardening	Group E – cleaning up Groups A, B, C, D – gardening
5:00 PM	Dismissal				

Week no 04

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM	Arrival / attendance being taken				
3:00 - 3:45 PM	Mathematics Quiz	Natural science and technology Presentation or group work	English / French language – Speech contest	Computer lab – Test	History / Geography – Debate or presentation
3:45 - 4:30 PM	Drama and music	Gardening and Farming - Basic skills development	Library reference	Team sports - Soccer, Basketball, Netball, Cricket etc...	Teaching about the science and importance of reproduction
4:30 - 4:45 PM	Snacks	Snacks	Snacks	Snacks	Snacks
4:45 - 5:00 PM	Group A – cleaning up Groups B, C, D, E – gardening	Group B – cleaning up Groups A, C, D, E – gardening	Group C – cleaning up Groups A, B, D, E – gardening	Group D – cleaning up Groups A, B, C, E – gardening	Group E – cleaning up Groups A, B, C, D – gardening

5:00
PM

Dismissal

Notes:

- The class will be divided into 5 subgroups (A, B, C, D and E), and one sub group will be responsible for cleaning the classroom and others will work at the garden and perform practical of the learnt skills.
- After 3 weeks last week (week no 04) will host all the quizzes, games and presentations.

Sustainable Farming: (Level: Moderate)

- Cultivation of Coffee, Beans, Palm trees etc are basic farming traditions around Jinkfuin area
- Expert lectures / sessions to be delivered to Children to understand possibilities to Coffee, Beans cultivation, techniques related to such cultivation, and improvements related to such cultivations
- Help Children understand values of Sustainable farming, which can help develop different crop varieties throughout the year

https://www.researchgate.net/publication/319312288_Agriculture_in_Cameroon_Proposed_Strategies_to_Sustain_Productivity

Understand Local Industries and Employment Possibilities:

- Jinkfuin area is famous for some good local products, like Local Soap, Detergent Powder (Omo), Shoe polish, etc
- Expert lectures / sessions to be delivered to Children to understand local industrial market, and possible employment areas
- Once in 3 months, organization can arrange an Industrial Visit for Children to understand how skills can be actually applied in the industries

<https://www.thesprucecrafts.com/basic-soap-making-recipes-517179>

<https://www.fabhow.com/diy-homemade-shoe-polish.html>

Develop Open Space in the Surroundings:

- Gardening classes can accommodate this, as practicals
- Children can focus on a Theme to be applied to a small portion in the Garden, and develop that area based on the Theme (Flowers / Cactus / Ayurvedic Plants / etc)
- Any open space area in the surroundings can be developed through this activity, where maintenance is feasible
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15 - 16 YEARS

With respect to this age-group we have designed a curriculum based on 7th grade level in order for the students to be able to understand and assimilate the topics of each subject.

Therefore, the timetable consists of a four-week timetable bearing the main educative branches of **Enrichment program, Creative program, Physical and Community based program**. We also included an additional section called “**Health program**” to address some of the topics related to youth health. In each of these sections we tried to develop a framework on how we can manage **one subject** into each program. The creative and physical programs typically require additional time for organization and execution i.e. clay work and gardening therefore they were included in the curriculum for the period of two modules. It shall be an alternation between theoretical and practical sessions in a week. More details on the four-week designed timetable:

WEEK 1-4

The program is designed in a way that it would cover all four major domains included in an interactive, collaborative and meaningful manner in order to establish a healthy working environment. We provide all references and resources we have located at the end of this document.

Enrichment classes including Science, Math, Technology, Languages, Individual Societies, Engineering, Economics etc. are programmed for Mondays and Thursdays. Creative programs including arts, drama, poetry and clay work are assigned on Tuesdays and are expected to take part all afternoon due to the practical and demonstrative actions to be carried out by both teachers and students. Thursdays are dedicated to Health sessions including mental health, sexual education and first aid/safety measures. We believe learning these topics are vital in an educational curriculum prepared for teenagers. Fridays will be focused on the physical activities including gardening and sports. The week one table could be used up to four weeks so that students familiarize with the topics and teachers obtain the desired learning outcomes. Further, the plans designed for the following weeks can be implemented. The approach we took is based on a four-week plan with different curriculum each week but this idea can be extended or even reduced based on need. We have

decided to keep the **Community building program** at the end since it uses the aspects of the enrichment program.

WEEK 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM	Arrival; Students sign in & wash hands. Attendance taken				
3:00 PM 3:15 PM	Brain Break - Activity for Energy Release				
3:15 – 4:00 PM	Enrichment program: Science; Technology (computer classes)	Creative program Clay work	Enrichment program: Language and literature	Health Program: Mental health	Physical Education Gardening
4:00 - 4:45 PM	Enrichment program: Math		Enrichment program: Individual society;	Health Program: Sexual education courses	
5:00 PM	Clean-Up and student departure				

WEEK TWO

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM	Arrival; Students sign in & wash hands. Attendance taken				
3:00 PM 3:15 PM	Brain Break - Activity for Energy Release				
3:15 – 4:00 PM	Enrichment program: Engineering;	Creative program: Drama/poetry,	Enrichment program: Economics	Health Program: Sexual Education	Physical Education: Sports
4:00 - 4:45 PM	Enrichment program: Social science		Enrichment program: Engineering	Health Program: Mental Health	
5:00 PM	Clean-Up and student departure				

WEEK THREE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM	Arrival; Students sign in & wash hands. Attendance taken				
3:00 PM 3:15 PM	Brain Break - Activity for Energy Release				

3:15 – 4:00 PM	Enrichment program: Science technology	Creative program: Arts/clay work,	Enrichment program: Language and Literature	Community Building: Activities and projects in a small groups	Physical Education: Gardening
4:00 - 4:45 PM	Enrichment program: Math		Enrichment program: Individual Society		
5:00 PM	Clean-Up and student departure				

WEEK FOUR

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 PM	Arrival; Students sign in & wash hands. Attendance taken				
3:00 PM 3:15 PM	Brain Break - Activity for Energy Release				
3:15 – 4:00 PM	Enrichment program: Engineering	Creative program: Drama /poetry	Enrichment program: Social studies (economics)	Community Building: Activities and projects in a small groups	Physical Education: Sports
4:00 - 4:45 PM	Enrichment program: Social science		Enrichment program: Engineering		

5:00 PM

Clean-Up and student departure

As mentioned, this is a sample and it could be adjusted to meet up with the requirements, subjects and length of this draft curriculum. Some of the subjects might not have course instructors so there would be adjustments as the program is executed.

Below are some of the programs investigated and their relative links to be consulted online or to be downloaded in PDF form.

Sustainable Farming : (Level : Advanced)

- Cultivation of Coffee, Beans, Palm trees etc are basic farming traditions around Jinkfui area
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References:

ENRICHMENT PROGRAM

Based on the age we have at hand this link could be to check on the subjects and their expected outcome.

http://www.timeforlearning.com/education/seventh_grade.shtml

Mathematics:

1) Math fundamentals – good course here:

<https://www.udemy.com/fundamentals-of-math/>

2) Basic high school math -

<https://www.udemy.com/learn-basic-high-school-maths-the-easy-way/>

3) Khan Academy curriculum- <https://www.khanacademy.org/math>

Khan academy is a great educational online platform where all courses are free of charge.

Curriculum example 1:

- Natural numbers
- Negative numbers
- Addition and subtraction of negative numbers
- Fractions
- Decimals
- Playing with numbers

- Ratio and Proportion
- Percentages
- Speed, distance and time
- Intro to algebra
- Linear Equations in one variable
- Basic geometrical ideas
- Understanding elementary shapes
- Identification of 3D shapes
- Symmetry (Reflection)
- Constructions
- Perimeter and area
- Data handling

Curriculum example 2:

- Basic Number Skills
- Fractions
- Decimals
- Ratios
- Integers
- Indices
- Measurement
- Pythagoras' Theorem
- Algebra

Language and literature/Individual society:

<https://www.futurelearn.com/courses/categories/languages-and-cultures-courses>

- Exploring English language and culture -

<https://www.futurelearn.com/courses/explore-english-language-culture>

- Understanding diversity and inclusion -

<https://www.futurelearn.com/courses/diversity-inclusion-awareness>

- English for academic study -

<https://www.futurelearn.com/courses/english-academic-study>

- Improve your intercultural competence -

<https://www.futurelearn.com/courses/intercultural-competence>

Science, Technology, Engineering, Computer classes :

1. Climate change - The Science -

<https://www.futurelearn.com/courses/climate-change-the-science>

2. <https://www.futurelearn.com/courses/grand-challenges-food-for-thought> -

Grand Challenges - food for thought

3. Inspiring young people in STEM – Resource and diversity -

<https://www.futurelearn.com/courses/stem-volunteering-resourcing-diversity>

4. Scientific revolution – Identifying roots of modern science -

<https://www.futurelearn.com/courses/scientific-revolution>

5. Causes of human disease – nutrition and environment -

<https://www.futurelearn.com/courses/human-disease-lifestyle-environment>

6. Why biology matters -

<https://www.futurelearn.com/courses/biology-basic-concepts>

7. How computers work -

<https://www.futurelearn.com/courses/how-computers-work>

Some courses found here too: <https://www.idtech.com/courses>

Economics/Social Sciences:

1. Learn basic economics -

<https://www.udemy.com/economics-101-learn-basic-economics-with-ease/>

2. Introduction to economics -

<https://alison.com/courses/fundamentals-of-economics/content>

3. Understanding social change -

<https://alison.com/course/understanding-social-change>

4. Introduction to sociology -

<https://alison.com/topic/learn/55890/learning-outcomes>

HEALTH PROGRAM

a) First Aid/Safety

- What is First Aid?
- First Aid kits
- Recovery position
- Choking
- Resuscitation (CPR)
- DR ABC
- Wounds and bleeding
- Asthma
- Shock
- Safety
- Communication and contacting the emergency services

b) Mental health

<https://www.udemy.com/mental-health-and-neuroplasticity-rewire-your-mental-health/>

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<https://www.udemy.com/first-aid-tips-for-mental-health/>

<https://www.udemy.com/positive-mental-health/>

- What is mental health?
- What are common mental health problems?
- What are the causes of mental health problems?
- What to do when you experience mental health problems
- How to boost your own mental health including (positive mental health)

c) Sexual education:

- become aware of one's positive qualities;
- identify things about oneself that can be changed;
- identify potential work skills and strengths,
- understand the meaning of values;
- identify personal, family, religious, and cultural values;
- explore where values come from;

- discover which values are most important personally;
- examine the relationship between values and behavior;
- practice communicating values to others;
- practice accepting the values of others,
- learn which behaviors can enhance or destroy a relationship;
- understand the nature of family relationships and what influences them;
- identify qualities that develop and define friendship and romantic relationships;
- define sexuality as more than genital sexual activity;
- learn what human sexuality is and how it affects our behavior;
- become more comfortable talking and asking questions about sexuality;
- review how male and female bodies develop and change during puberty;
- discuss how feelings and relationships change during sexual development;
- review how human reproduction occurs;
- review and dispel myths about sexual activity and reproduction;
- learn how to care for sexual and reproductive organs;
- learn about sexual orientation,
- learn what stereotypes, prejudice, and discrimination mean;
- examine stereotypes about gender and learn how stereotyping affects relationships;
- learn about, meet, and develop empathy for a variety of people;
- identify sexual behaviors that put one at risk for pregnancy and sexually transmitted diseases, including HIV/AIDS;
- correct misinformation about unprotected sexual intercourse and its consequences;
- learn basic facts about STD/HIV infection;
- identify contraceptive methods that reduce the risk of pregnancy and STD/HIV infection;
- develop increased understanding of and compassion for people with AIDS.

Other topics can include: Stress management; Meditation; Healthy lifestyle; Important of nutrition.

PHYSICAL PROGRAM

The 4-H Youth Development Program carries a range of activities in agriculture and other related fields.

<http://4-h.org/parents/curriculum/afterschool-agriculture/>

4-H Agriculture Enterprise toolkit

CREATIVE PROGRAM

Syllabus of Arts Education, 2008

http://www.ncert.nic.in/rightside/links/pdf/syllabus/arts_educationfinal_syllabus.pdf

Sports

Sports dimension guide PDF; <http://www.dsr.wa.gov.au>

REFERENCES

- https://www.nichd.nih.gov/sites/default/files/publications/pubs/Documents/MS_Y_GuideforTrainingProgramFacilitators_2013.pdf
- <http://akwimontessorischool.org/index.php/national-syllabuses-for-english-speaking-primary-schools-in-cameroon/>
- <http://www.eajournals.org/wp-content/uploads/Curriculum-Structure-and-the-Cameroon-Labour-and-Industrial-Market.pdf>
- <https://ir-library.ku.ac.ke/bitstream/handle/123456789/10018/the%20education%20system%20of%20cameroon..pdf?sequence=1>
- <https://www.drdaycare.com/wp-content/uploads/2015/11/DDC-School-Age-Schedule-Before-and-After-School.pdf>
- <https://www.nccs.org/sites/default/files/resource/CurriculumPlanningToolkit.pdf>, A Typology of After-School Curricular Options
- https://www.nichd.nih.gov/sites/default/files/publications/pubs/Documents/MS_Y_GuideforTrainingProgramFacilitators_2013.pdf
- The Natural Platform for Youth Development - Afterschool Alliance
- https://www.afterschoolalliance.org/issue_briefs/issue_platform.doc