

CONSTANTIA KLOOF PRIMARY SCHOOL

EXTRA – CURRICULAR POLICY

A. Introduction

As we endeavor to provide a holistic education for each child, extra – curricular activities are viewed as an integral part of every child’s education.

Children are encouraged to participate in at least one sporting and one cultural activity per term.

B. Aim

CKPS’s Sport motto is: “Let winning not be our only aim, it also matters how we play the game”.

Our fundamental focus is on: mass participation, creating a love for sport & exposing our learners to numerous sporting codes.

During training, while improving skills, fitness etc, core values such as sportsmanship, teamwork, discipline, perseverance, loyalty, commitment are instilled.

C. Vision

In keeping with our motto, our vision is two – fold:

1. Developing all-rounders
2. Excelling in all sporting codes.

Therefore School activities take preference to **all** Club activities.

D. Extra-Mural timetable

Extra – Mural timetables are issued in the first week of each term detailing the following:

- The extra – murals (activities) being offered,
- The relevant days and times of each activity, including that of private Coaches / Organisations
- The relevant Coach for each age group of each activity,
- The required attire for each activity
- The official School Stockists.

As commitment and loyalty are expected from our children, they may not relinquish an activity during the season.

Each term, it will be stated that a specific extra – mural will take preference to others. Please adhere to this, as this is done for specific reasons and not to be difficult.

E. Practices

Attendance of all practice sessions is compulsory.

Failing to attend practices will result in the child forfeiting the next match / gala, except under the following circumstances:

- Health - a letter from the parent / guardian is personally given to the respective Coach / Educator excusing them due to illness, doctors appointments etc.
- Provincial representation – participating in a Provincial match / gala. An official letter from the organization informing the School of the child's participation and absence from School is required.
- Should the child become ill during the day of that practice, they are to personally excuse themselves from the respective Coach / Educator before the practice commences.
- Swimming – Should the child attend private swimming lessons, they can be excused from one of the two practices (to be arranged with the swimming co – ordinator).

Failing to attend a practice/s or swimming time trials for a specific match / gala, due to Club commitments, will unfortunately result in the child forfeiting their position in the team for the next match / relevant gala.

Attire

Cultural activities

Children are required to attend practices in their **full** school uniform

- **Chess**
- **Choir**
- **Drama**

Sporting activities

Children are to wear the official CKPS Physical Education attire for every practice

- **Athletics**
Red quantec shorts, white t-shirts with printed school badge, tackies, white socks
- **Cricket / Mini Cricket**
Red quantec shorts, white t-shirts with printed school badge, white tackies, white socks
- **Hockey**
Red quantec shorts, white t-shirts with printed school badge, tackies / hockey boots, long red socks with striped turnover, shin pads
- **Netball**
Red quantec shorts, white t-shirts with printed school badge, white tackies, short white socks
- **Soccer**
Red quantec shorts, white t-shirts with printed school badge, tackies / soccer boots, long red socks with striped turnover, shin pads

- **Swimming**
Official CKPS swimming costume with silver CKPS silicone swimming cap
- **Tennis / Mini Tennis**
Red quantec shorts, white t-shirts with printed school badge, white tackies, white socks

F. Matches

Children will receive written notification with all the details regarding the match / gala at least a day prior to the event. If no letter is received, it should be assumed that the child has not been selected for that match / gala.

In the event of your child being ill and they are scheduled to play a match / swim in a gala, please phone the School by **08:00 that morning** to inform the relevant Coach, so alternative arrangements can be made.

Days of matches / galas will be indicated on the extra – curricular timetable. Children selected for the relevant teams must be available on these days. Do not put your child and the Coach in an unfair situation by making arrangements to go away etc on these days.

A participant, who is selected for a team and fails to arrive for whatever reason, thus letting down not only his / her team but the School, will be punished by attending one detention class.

Attire

Cultural activities

Children are required to attend practices in their **full** school uniform

- **Chess**
- **Choir**
- **Drama**

Sporting activities

Children are to wear the following attire as detailed below:

- **Athletics**
Red quantec shorts, white collared sports shirt with printed school badge, tackies /CKPS branded slops
- **Cricket / Mini Cricket**
U/8 – U/11: White PT shorts, white collared sports shirt with printed school badge, white tackies, long white cricket socks, official red CKPS cap
Open A: White cricket longs (trousers), white collared sports shirt with printed school badge, white tackies, long white cricket socks, official “Open A” CKPS cap
Open B & C: White cricket longs (trousers), white collared sports shirt with printed school badge, white tackies, long white cricket socks, official red CKPS cap
- **Hockey**
Red quantec shorts (boys) / Red culottes (girls), white collared sports shirt with printed school badge, tackies / hockey boots, long red socks with striped turnover, shin pads

- **Netball**
Red culottes (girls), white collared sports shirt with printed school badge, white tackies, short white socks
- **Soccer**
Red quantec shorts, white collared sports shirt with printed school badge, tackies / soccer boots, long red socks with striped turnover, shin pads
- **Swimming**
Official CKPS swimming costume, silver CKPS silicone swimming cap, Team Swimming t-shirt, CKPS branded slops
- **Tennis / Mini Tennis**
Red quantec shorts (boys) / Red culottes (girls), white collared sports shirt with printed school badge, white tackies

G. Team selection

Team selection of all sporting activities is based on the following criteria:

In most codes, two teams are selected:

- * The A – Team is selected on merit (performance)
- * The B – Team is a bigger squad of players who play on a rotational basis. Stronger players may play more frequently than others and may not be substituted as frequently. This is done at the discretion of the Coach.

H. Acknowledgement

A player who is awarded District / Provincial / National Colours in a sport offered at CKPS will receive recognition by means of his/her parent/guardian receiving a small monetary contribution, towards costs, from the school. However, should school fees be in arrears, the contribution will be set – off against the player's school fees.

Players selected for any District / Provincial / National Team should forward this information, which is required on an Official letterhead from the relevant organisation to the HOD: Extra – Curricular Activities. Players will be recognised in the School assembly and their achievement will be included in the School newsletter.

I. Sport Tours

Sport tours are arranged where possible, either over weekends or during school holidays. Parents are responsible for the funding of such tours.

J. The role of the Parent

Parental support and involvement is encouraged in all our extra – curricular activities. However, team selection is up to the Coach's / Educator's discretion and their decision is **final**.

Should parents be suitably qualified and would like to make themselves available to assist with coaching, they need to liaise with the HOD: Extra – Curricular Activities.

What do we expect from you, as a parent?

- Ensure that your child is playing in the correct age group
i.e. The age they are turning during the year, is the age group they represent for the entire year e.g. If a child is turning 9 during the year, irrespective of whether it's on 1 January or 31 December, they are U/9. If they are turning 10 they are U/10, etc.
- Ensure that your child has the correct attire for both matches and practices.
- In the event of your child being ill and they are scheduled to play a match / swim in a gala, please phone the School by **08:00 that morning** to inform the relevant Coach, so alternative arrangements can be made.
- Plan accordingly, thus enabling your child to participate in **all** league fixtures, as is required.
- Teach your child the importance of participation and the benefits thereof.
- Support, motivate and encourage without living your sporting frustrations, failures or achievements of your earlier years through your child.
- Teach your child how to contend with both success and failure.
- Respect decisions made by Coaches with regards to team selection, etc.
- Instil core values such as pride, loyalty, commitment, respect, humbleness, perseverance and good sportsmanship within your child.

K. Student Coaches and outside coaching

Student coaches are employed at times to assist with coaching. These coaches should be treated with the same respect as any other Educator / Coach at the School, by both children and parents. Should a problem / issue with a student coach arise, do not take the coach on, but rather liaise directly with the HOD: Extra – Curricular Activities.

Certain private Sporting Organisations and Coaches make use of our facilities to offer convenient outside coaching to our children. Any queries with regards to these private entities should be addressed with the Organisation / Coach themselves.

L. Extra-Curricular Awards evening

The Extra – Curricular Awards evening, an annual function which takes place at the end of the year, pays tribute to our Sports Boys and Girls who have been members of the “A” – Team and have either improved / excelled throughout the year. The relevant Coach of each team is responsible for determining the recipients. The highlight of this function is the announcing of the Sports Boy and Girl of the year, which is determined as follows:
The HOD: Extra – Curricular Activities completes a comprehensive form (available on request), whereby points are allocated for each sport played, the level of involvement, as well as general attitude / sportsmanship (detail provided by relevant Coaches) etc of each nominee. The Boy / Girl who receive the most points are awarded the honorable title.

SGB CHAIRPERSON

SGB SECRETARY

DATE

(Signed for and on behalf of the Constantia Kloof Primary School SGB)