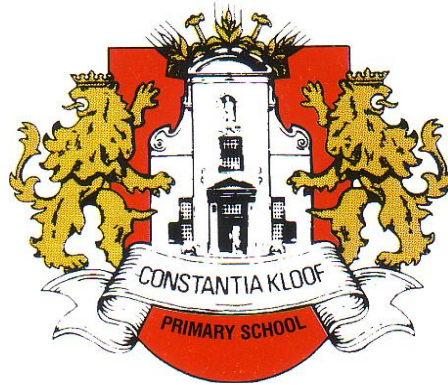


EXTRA – MURAL TIMETABLE

Constantia Kloof Primary School



TERM 1
2023

*Let not winning be our only aim,
it also matters how we play the game.*

EXTRA – MURAL TIMETABLE



Let not winning be our only aim, it also matters how we play the game



PLEASE TAKE NOTE OF THE FOLLOWING:

- ♦ **Swimming** - training and galas will be done in Term 1 from **16th January 2023 – 17th February 2023**.
- ♦ **Athletics** - training and events start from **23 January 2023 – 10 February 2023**.
- ♦ **Netball and Soccer** – These codes are played competitively in Term 2, with the focus being primarily that of skills and development in Term 1 from **Monday 13th February 2023 – 17th March 2023**.
Soccer – Soccer boots and shin pads must be worn.
- ♦ **Tennis** – training starts **23 January 2023 – 10 February 2023**, a tennis racket is required.

GENERAL PROCEDURES W.R.T. EXTRA - MURALS

- 1) Children are encouraged to participate in at least one sporting and one cultural activity per term.
- 2) Attendance of practice sessions is compulsory. Failure to attend will result in the child forfeiting the next match, unless a letter is personally given to the relevant Coach / Educator.
- 3) Correct sporting attire for both practices and matches is to be worn. (See No. 4)
- 4) Coaches reserve the right to withhold any child from participating in a sporting code for reasons pertaining to the Extra - Curricular Policy.
- 5) No correspondence will be entered into with any parent / guardian regarding team selection. The Coach's decision is final.
- 6) Educators, children and parents are to adhere to the Code of Conduct and CKPS Extra - Curricular Policy.
- 7) Commitment and loyalty are expected from our children. Please do not allow your child to "quit" an activity during the season.
- 8) **SWIMMING TAKES PREFERENCE TO ALL OTHER EXTRA – MURAL ACTIVITIES THIS TERM. OTHER ACTIVITIES OFFERED ARE PRIMARILY TO ACCOMMODATE THOSE CHILDREN WHO ARE NOT SELECTED FOR THE CKPS SWIMMING AND ATHLETICS TEAMS.**
- 9) **SCHOOL ACTIVITIES TAKE PREFERENCE OVER ANY CLUB ACTIVITIES.**

1

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 to inform the relevant Coach so alternative arrangements can be made.

Extra – mural Timetable 1: Swimming, Athletics, Tennis, Choir, K4J, Chess, Drama. 23 January 2023 – Ends 10 February 2023.

“Attack this day with an enthusiasm unknown to mankind.”

Jack Harbaugh

DAY	ACTIVITY	AGE GROUP	EDUCATOR / COACH	TIME	VENUE
MONDAY	SWIMMING (Time Trials)	SQUAD	Mrs Fox Mr van Dyk Ms Willemse Mrs Coetzee Mr Dire Mrs Malan Ms Macnamara Ms Godley Ms Ah-Shene Mrs van Wyk Ms van Rooyen	14:00 – 15:00	POOL
	SENIOR TENNIS	Gr 4 – Gr 7	Mrs Manichandra Mrs Koertzen Coaches	14:00 – 15:00	TENNIS COURTS
	MARIMBA	Selected Learners	Mrs Van Eeden Ms Charles	14:00 – 14:30	Music Room
	K4J	Gr 4 - 7	Mrs Visagie/ Mrs De Klerk / Mrs Stoop / Ms Matjila / Mrs van Heerden / Mrs Barnard	14:00 – 15:00	Educator classes
	CHESS (Coaching)	Gr 1 – Gr 3 Gr 4 – Gr 5	Ms Sihlangu Ms D Pretorius	14:00 – 15:00	Tech Lab S 24

DAY	ACTIVITY	AGE GROUP	EDUCATOR / COACH	TIME	VENUE
TUESDAY	SWIMMING	SQUAD TRAINING	Mrs Fox Ms Godley Ms Ah-Shene Ms Macnamara Ms Willemse Ms van Rooyen	14:00–15:00	POOL
	ATHLETICS Sprints Long distance Long jump High jump Shot put	U7 – U13 Girls & Boys	Mr van Dyk Mrs L Pretorius Mrs Visagie Mrs Joubert Mrs van Wyk Mrs Barnard Ms Ngwenya Mr Dire Mrs Futchter Ms Sikhosana	14:00 – 15:00	FIELD

DAY	ACTIVITY	AGE GROUP	EDUCATOR / COACH	TIME	VENUE
WEDNESDAY	SWIMMING	SQUAD	Mrs Fox Mr Dire Mrs Malan Ms Macnamara Ms Godley Ms Ah-Shene Ms van Rooyen	14:00 – 15:00	POOL
	MINI TENNIS	Gr 1 – Gr 3	Mrs Manichandra Mrs Koertzen Coaches	14:00 – 15:00	TENNIS COURTS
	CHOIR	Gr 1 – Gr 7	Mrs Van Eeden Ms Charles	14:00 – 15:00	Music Room
	CHESS (Coaching)	Gr 1 – Gr 3 Gr 6 – Gr 7	Ms Sihangu Ms D Pretorius	14:00 – 15:00	Tech Lab S 24

DAY	ACTIVITY	AGE GROUP	EDUCATOR / COACH	TIME	VENUE
THURSDAY	ATHLETICS Sprints Long distance Long jump High jump Shot put	U7 – U13 Girls & Boys	Mr van Dyk Mrs L Pretorius Mrs Visagie Mrs Joubert Mrs van Wyk Mrs Barnard Ms Ngwenya Mr Dire Mrs Fitcher Ms Sikhosana Ms Macnamara Ms van Rooyen	14:00 – 15:00	FIELD
	DRAMA	Gr 4 – Gr 7	Mrs Smuts	14:00 – 15:00	S26

DAY	ACTIVITY	AGE GROUP	EDUCATOR / COACH	TIME	VENUE
FRIDAY	SWIMMING GALAS (Commence 3 Feb)	Team	All Swimming Coaches & selected Staff for assistance	13:30 – 16:00	TBA
	MARIMBA	Selected Learners	Mrs Van Eeden Ms Charles	14:00 – 14:30	Music Room

Extra – mural Timetable 2: Soccer, Netball. Starts 13 February 2023 – Ends 17 March 2023.

DAY	ACTIVITY	AGE GROUP	EDUCATOR / COACH	TIME	VENUE
MONDAY	MINI-NETBALL Skills and development	U/7 & U/8 U/9	Mrs De Klerk / Ms Ngwenya / Ms Macnamara / Ms Willemse / Ms van Rooyen / Ms Ncube	14:00 – 15:00	NETBALL COURTS
	GIRLS SOCCER	U/11 – U/13 Girls only	Ms Rose / Mrs Stoop / Coach	14:00 – 15:00	FIELD
	SOCCER Skills and development	U/7 & U/8 U/9 & U/10	Mr Hlomuka Mr Dire Ms Godley Ms Ah-Shene Ms Sikhosana	14:00 – 15:00	FIELD

DAY	ACTIVITY	AGE GROUP	EDUCATOR / COACH	TIME	VENUE
TUESDAY	NETBALL Skills and development	U/10 U/11 U/12 U/13	Mrs Barnard / Coach Mrs Van Wyk / Coach Mrs L Pretorius / S Joubert Mrs Fatcher / Ms Rose / Coach	14:00 – 15:00	NETBALL COURTS
	SOCCER Skills and development	U/11 U/12 U/13	Mr Dire / Coach Mr van Dyk / Coach Mr Moyce / Coach Ms Sikhosana	14:00 – 15:00	FIELD

DAY	ACTIVITY	AGE GROUP	EDUCATOR / COACH	TIME	VENUE
WEDNESDAY	MINI-NETBALL Skills and development	U/7 & U/8 U/9	Mrs De Klerk / Ms Ngwenya / Ms Macnamara Ms Willemse / Ms van Rooyen / Ms Ncube	14:00 – 15:00	NETBALL COURTS
	GIRLS SOCCER	U/11 – U/13 girls only	Ms Rose / Mrs Stoop / Coach	14:00 – 15:00	FIELD
	SOCCER Skills and development	U/7 & U/8 U/9 & U/10	Mr Hlomuka Mr Dire Ms Godley Ms Ah-Shene Ms Sikhosana	14:00 –15:00	FIELD

DAY	ACTIVITY	AGE GROUP	EDUCATOR / COACH	TIME	VENUE
THURSDAY	NETBALL Skills and development	U/10 U/11 U/12 U/13	Mrs Barnard / Coach Mrs Van Wyk / Coach Mrs L Pretorius / S Joubert Mrs Futcher / Ms Rose / Coach	14:00 – 15:00	NETBALL COURTS
	SOCCER Skills and development	U/11 U/12 U/13	Mr Dire / Coach Mr van Dyk / Coach Mr Moyce / Coach Ms Sikhosana	14:00 – 15:00	FIELD

"If you want to go fast, go alone. If you want to go far, go together." (African proverb)

REQUIRED SPORTS ATTIRE

As per the Extra – Curricular Policy, children wearing incorrect attire WILL NOT be allowed to participate in practices or matches. NO exceptions will be made.

PRACTICE (ALL SPORTS)

Red PT shorts, CKPS white crew neck PT T-Shirt, white socks, tackies

ART / CHESS / CHOIR / DRAMA / K4J /

Full School uniform

OFFICIAL CKPS UNIFORM STOCKISTS

KIDZ KIT	082 697 7404	Constantia Kloof
VIVA SPORTS	011 672 7562	Florida Park

**Attire is available throughout the year at both official stockists.
The above stockists sell NEW clothing only.**