

Dear Parent/Guardian

Revised Sport Activities Term 1 Classes 4 – 13

Please take note of the changes which have been made to our Term 1 Sports Schedule.
For the last 3 weeks of our 1st Term we will begin to move into our Winter Sports Programme.
These changes will take effect from Monday 28th March 2011.

VOLUNTARY AFTER SCHOOL SPORT

Monday:

Soccer Fitness Training 3 – 4pm: High School

Tuesday:

Soccer Fitness Training 12.30 – 1.30pm: Primary School

Swimming 12.30 – 1.30pm: Primary School (Held at Constantia Waldorf School)

Netball 12.30 – 1.30pm: Primary School

Wednesday:

Soccer Fitness Training 3 – 4pm: Primary & High School

Mini-Tennis 3 – 4pm: Primary School

Thursday:

Gymnastics 3 – 4pm: Primary & High School

COMPULSORY BLOCK SESSION ACTIVITIES

(During school hours)

High School: Thursday 1.30 – 2.30pm (Class 8 -11)

1. Cricket
2. Volleyball
3. Frisbee

Primary School: Friday 1.30 – 2.30pm (Class 4 – 7)

1. Cricket
2. Frisbee
3. Basketball
4. Softball

Pilates will no longer be offered in the block session on a Thursday for the High School. This is due to the fact that the students who participated had an 8 week cycle which was completed before the mid-term break.

For these last 3 weeks of school these children will need to participate in any of the above activities (Cricket, Volleyball or Frisbee)

ROBYN AUSTIN AND JAMES TWINE, SPORT CO-ORDINATORS