



# Co-curricular programme - Term 3 2017

Activities start on 25 September and finish on the 17 November

## PLEASE NOTE THE FOLLOWING:

- If your child is unable to attend an activity they have committed to, please inform the teacher/instructor in advance.
- Junior students who need to use the Library for quiet reading or research, are welcome to do so between 1pm and 2.30pm.
- **Please do not leave your child/children at school if they are not involved in afternoon activities.**
- Please collect your child directly after his/her last activity.
- Early years students staying at lunchtime must be supervised by a parent.
- There is a management member on duty during the afternoons from Monday-Thursday. There is no supervision for students after 5.30pm.

### Management member on duty

Monday:

Tuesday: Mrs Laverick

Wednesday:

Thursday: Mrs Freese

### **Please Note:**

**ALL QUERIES REGARDING THE AFTERNOON ACTIVITY SCHEDULE MUST BE DIRECTED TO MRS FREESE**

### CO-CURRICULAR PROGRAM for Standard 1 and Standard 2

The Standard 1 and 2 students are encouraged to become involved in at least one activity that is on offer in the Co-curricular programme.

### **Please Note:**

- **Reception and Standard 1 students need to be accompanied by a parent when borrowing books from the Library.**
- **Please note: The ICT lab is not open in the afternoons.**

## AFTERNOON ACTIVITIES

### Standard 1 to 7

#### MONDAY

Time	Activity	Age Group	Place	Teacher/s
1.15-2.00	Choir	Std 4-7	Music room	Mrs Taylor
2.00-4.00	Student Council	Std 1 to 7	Std 3A	Mrs Shah
2.00-2.30	Recorder	Std 2/3	Music Room	Mrs Major, Miss Sibanda
2.30-3.00	Recorder	Std 1	Music Room	Mrs Major, Miss Sibanda
3.00 – 3.30	Recorder	Std 4 to7	Music Room	Mrs Major, Miss Sibanda
1.30-2.15	T-Ball skills	Std 1's	Astro	Mrs Stevens, Mr Briggs
2.15-3.00	T-Ball skills	Std 2's and U9	Astro	Mrs Stevens, Mr Briggs, Coach Taurai
1.15-2.15	Team Swimming	U8, U9 &U10 Teams A & B	Pool	Mr Wesi, Mr Freese
2.15-3.15	Team Swimming	U11, U12, U13 Teams A & B	Pool	Mr Wesi, Mr Freese
3.30-4.30	Swimming	C Team	Pool	Mrs Morton, TA Juanita
3.00-4.00	Intermediate Marimba Band	Selected	Music room	Mr Manzungu
2.00-4.00	Tennis	Std 3 to 7 and Team	Tennis Courts	Coach Craig, Mr Benzah
4.15-5.30	Softball – Boys and Girls	U11	Field/Astro	Mrs Bezuidenhout, Coach Leo, Mr Mitchell, Coach Taurai
1.00-3.30	Library Open			

#### TUESDAY

Time	Activity	Age Group	Place	Teacher/s
3.30-4.30	Chess	Std 3 - 7	Std 7A	Ms Owano, Alex
3.30-4.30	French Culture	Std 4 - 7	French class	Mrs Cordner
3.30 – 4.30	Contemporary dance	Std 2 - 7	Multi-purpose	Mrs Watson, TA Sekgele
3.30 – 4.30	Drama/Public Speaking	Std 6 and 7	Hall	Miss Makgoeng Mrs Sandstrom
3.30-4.30	ICT Club	Std 4 to 7	ICT	Mr Watlala
4.30-5.30	Advanced Marimba Band	Selected	Music room	Mr Manzungu
TBA	Lollipop Galas	Team	TBC	Swimming coaches
1.00-3.30	Library Open			

## WEDNESDAY

Time	Activity	Age Group	Place	Teacher/s
1.15 - 2.15	Team Swimming	U8, U9 & U10 Teams A & B	Pool	Mr Wesi, Mrs Sian Noble
2.15 - 3.15	Team Swimming	U11, U12, U13 Team A and B	Pool	Mr Wesi, Mrs Sian Noble
3.30 – 4.30	C-Team Swimming	C-Team	Pool	Mrs Morton, TA Juanita
1.30 - 2.15	Art	Std 1	Rec A	Mrs Frohlich, Mrs Arbi
2.15 - 3.00	Art	Std 2	Rec A	Mrs Frohlich, Mrs Arbi
1.30 -2.15	Board Games	Std 2	Std 2A	Mrs Mitchell, Mrs Newbury
2.15 - 3.00	Board Games	Std 1	Std 2A	Mrs Mitchel Mrs Newbury
1.30 - 2.30	Art	Std 3	Std 4B	Mrs Davies
2.30- 3.30	Art	Std 4	Std 4B	Mrs Davies
1.30 - 2.30	Art	Std 5	Art room	Mrs Hawkins
2.30 - 3.30	Art	Std 6/7	Art room	Mrs Hawkins
1.30 - 2.30	Tennis Development	Selected	Tennis courts	Coach Craig
2.30 - 3.30	Traditional Dance/Games	Std 3 - 7	Setswana Rm	Mrs Ramerafhe
4.30 - 5.45	Softball – Boys and Girls	U13	Field/Astro	Coach Robang, Mr Benzah, Coach Taurai, Coach Leo
2.00 - 4.00	Chess League	Team	TBC	Ms Owano
2.00-3.00	Chess	Beginners/intermediate	3B	Ms Owano
1.00 - 3.30	Library Open			

## THURSDAY

Time	Activity	Age Group	Place	Teacher/s
2.00-2.45	I-Pad Skills	Std 1	Std 2B	Miss Tite, Miss Stein
2.45-3.30	I-Pad Skills	Std 2	Std 2B	Miss Tite, Miss Stein
2.00-3.00	Bookclub	Std 4 and 5	Library	Mrs Ho-Foster
3.00-4.00	Redcross	Std 5 to 7	Std 4C	Mrs Ho-Foster
2.00-3.00	Swimming	Beginners and Intermediate Std 1-3	Pool	Mrs Sara Noble, Mrs Hinze, Mr Wesi
3.00-3.30	Swimming	Beginners std 4-7	Pool	Mrs Sara Noble, Mrs Hinze, Mr Wesi
3.30-4.00	Swimming	Intermediate std 4 -7	Pool	Mrs Sara Noble, Mrs Hinze, Mr Wesi
2.00-3.30	High Fliers Maths Club	Selected	Std 5A	Miss Webb
2.00-3.00	African Drumming and Mbira	Std 5 to 7	Music Room	Mr Manzungu

TBA	Softball Matches	U11 & U13	TBA	Coaches
1.00-3.30	Library Open			Mrs Powder/TA Lorato

## **FRIDAY**

Time	Activity	Age Group	Place	Teacher/s
1.30-2.30	2018 U13 Cricket	Std 4, 5 and 6	Field	Mr Eisen, Coach Taurai
1.30-2.30	Orchestra	Selected	Music Room	Mrs Taylor, Miss Sibanda
2.00-4.00	Golf	Std 4,5, 6 and 7	Blue Tree Golf driving range	Mr Frost
5.30-8.00	Night Series Softball	U13's Boys and Girls	To be advised	Mr Benzah, Coach Taurai, Coach Robang, Coach Leo

## **SATURDAY**

Time	Activity	Age Group	Place	Teacher/s
9.00-11.00	Tennis	Selected Team	Tennis Courts	Coach Craig

### **Participation**

We would like to encourage all students (except Reception classes) to participate in at least one physical activity. While we do not wish to overload our students, these activities are an extension of the curriculum and offer students the opportunity to participate, develop their physical and social skills and self-esteem, while having fun.

### **Sports Team Coaches**

#### **Softball**

**U13 Boys – Mr Benzah, Coach Taurai**

**U13 Girls – Mrs Powder, Coach Leo**

**U11 Boys – Mr Mitchell, Coach Taurai**

**U11 Girls – Mrs Bezuidenhout, Coach Leo**

#### **Swimming**

**A, B and C Teams – Mr Wesi, Mrs Sian Noble, Mr Freese, Mrs Morton**

#### **Tennis**

**Mr Benzah, Coach Craig**

#### **Chess**

**Ms. Owano**

## PRIVATE EXTRA MURAL ACTIVITIES

- Private activities on offer at NPS are extensive. We provide the facilities for the convenience of our parents & students.
- Parents must ensure that they know exactly what the program/activity is that they are enrolling their child into.
- Parents must understand the expectation of the instructors, what equipment is needed, whether their child is working towards specific performances, external exams, competitions, inter-school events etc. This is your responsibility.
- Please make the time in the course of the school term to speak to the instructors to find out exactly how your child is progressing in the activity. If your child attends a private activity, the instructor will be responsible for him/her.

### MONDAY

Time	Activity	Age Group	Place	Instructor
12.30-1.00	Taekwondo	Reception	Gym	Gladys (72692899)
1.00-3.00	Taekwondo	Std 1 to 7	Gym	Gladys (72692899)
1.00-5.00	Music with Steve	All	Old uniform shop	Steve (71885825)
1.30-2.15	Dibini Ballet	3 to 5 year olds	Multi-purpose room	Mrs Watson (dibiniballet@gmail.com)
6.00 – 8.00	Pilates	All	Hall	Oliver (75214859)
5.00 – 6.00	Adult Netball	All	Basketball court	Mrs Morton

### TUESDAY

Time	Activity	Age Group	Place	Instructor
12.30-1.00	Kindermusik	Reception	Hall	Zelna (71558995)
1.00-1.45	Kindermusik	Std 1 and 2	Hall	Zelna (71558995)
1.00-5.00	Music with Steve	All	Old uniform shop	Steve (71885825)
1.30-2.30	Science Club	Reception to Std 3	Lapa	Mrs Collins (71782827)
1.30-3.00	Bricks 4 Kids - Robotics	Std 3 to 7	Std 7B	Banyana (+267 72505325)
1.30-2.30	Jungle Kings Soccer	Rec and 1	Main Field	Leo Mbamo (72218727)
2.30-4.00	Jungle Kings Soccer	Std 2-7 (Girls welcome)	Main Field	Leo Mbamo (72218727)
4.30-5.30	Karate	All	Gym	Sensei Mpho (713 02222)
1.15-5.00	Tennis	Rec to 7, boys and girls	Tennis courts	Craig (75403373)
1.30-3.30	Cricket	Selected	Field	Coach Taurai (72785458)
5.30-6.30	Zumba	All	Hall	Crystal (71397023)

**WEDNESDAY**

Time	Activity	Age Group	Place	Instructor
1.30-2.15	Dibini Ballet	3 to 5 years	Multi-purpose room	Mrs Watson (dibiniballet@gmail.com)
2.15-3.15	Dibini Ballet	6 to 8 years	Multi-purpose room	Mrs Watson (dibiniballet@gmail.com)
1.00-5.00	Music with Steve	All	Old uniform shop	Steve (71885825)
2.30-5.00	Tennis	All	Tennis courts	Coach Craig (75403373)
1.30-4.00	Judo	All	Gym	Sensui Willie (713 03892)
4.15-17.00	Gymnastics	Beginners	Gym	Leroy (71605849)
1.30-2.30	Playball	Rec to Std 2	Hall	Adam Clark (72584169)
2.30-3.30	Bricks 4 Kids	Rec to Std 3	Std 7B	Banyana (+267 72505325)
3.30-4.45	Bricks 4 Kids – Science, Technology, Engineering and Maths enrichment	Std 4 to Std 7	Std 7B	Banyana (+267 72505325)
6.00-8.00	Pilates	All	Hall	Oliver (75214859)
7.00-9.00	Adult football	Adults welcome	School Field	Steve (71613663)

**THURSDAY**

Time	Activity	Age Group	Place	Instructor
12.30-1.00	Monkeynastix	Reception	Gym & Hall	Leesha Walters (72824741)
1.00-1.30	Monkeynastix	Std 1&2	Gym	Leesha Walters
1.00-5.00	Music with Steve	All	Old uniform shop	Steve (71885825)
1.45-2.30	Gymnastics	Intermediate	Gym	Leroy (71605849)
4.30-5.30	Karate	All	Gym	Sensei Mpho (713 02222)
5.30-6.30	Zumba	All	Hall	Crystal (71397023)

**FRIDAY**

Time	Activity	Age Group	Place	Instructor
1.30-2.30	Gymnastics	Elite	Gym	Leroy (71605849)
1.00-5.00	Music with Steve	All	Old uniform shop	Steve (71885825)
2.30 – 3.45	Jungle Kings Soccer	Std 1-7 Boys and Girls	Field	Leo Mbamo (72218727)

2.30 – 3.45	Cricket	Selected	Field	Coach Taurai (72785458)
1.15-5.30	Tennis	Rec to 7, Boys and Girls	Tennis courts	Coach Craig (75403373)
1.30 – 2.45	Kidz Klub Netball	Std 2 to 7	Astroturf	Mrs Morton (75356719)

**SATURDAY**

<b>Time</b>	<b>Activity</b>	<b>Age Group</b>	<b>Place</b>	<b>Instructor</b>
8.00-12.00	Gymnastics	All	Gym	Leroy (71605849)
8..00 -12.00	Cricket	Selected	Field	Coach Taurai (72785458)