



Verw. : Vaardigheids-ontwikkelingprogram 2018  
Dept. : Sportontwikkeling  
Kontak : Mev. Salomina du Plessis  
Datum : 17 Januarie 2018

10

## **BUITEMUURSE – EN VAARDIGHEIDS-ONTWIKKELINGSPROGRAM KWARTAAL 1 - 2018: GRAAD 1 EN 2**

Laerskool Eversdal bied 'n inklusiewe VAARDIGHEIDS-ONTWIKKELINGSPROGRAM in Graad 1 en 2 gedurende skooltyd aan. Die inklusiewe program skep die geleentheid om die skool se sportkodes aan die Graad 1 en 2 leerders bekend te stel. Ons is vas oortuig dat hierdie program nie net die algemene vaardigheidsvlakke van ons leerders sal verbeter nie, maar dat die addisionele oefening ook baie voordelig is vir ons leerders, aangesien oefening op hierdie jong ouderdom groot- en kleinspierontwikkeling stimuleer. Dit is uiters belangrik dat ons jong kinders elke dag fisies aktief moet wees, sodat hulle fisiese en emosionele gesondheid bevorder kan word.

### **Die vaardigheids-ontwikkelingsprogram (Gr.1 & 2) vir Kwartaal 1 behels die volgende sportkodes:**

- Somersport: swem, tennis, atletiek en mini-krieket (slegs seuns).
- Wintersport: hokkie, netball en rugby (seuns)

## **EXTRA-MURAL – AND SKILLS DEVELOPMENT PROGRAMMES TERM 1 - 2018: GRADE 1 AND 2**

Eversdal Primary School offers an inclusive SKILLS DEVELOPMENT PROGRAMME in Grade 1 and 2, during school time. This inclusive programme creates the opportunity for the school to present its sport disciplines to Grade 1 and 2 learners. We are convinced that the Skills Development Programme will improve the overall skills level of our learners while the additional exercise is beneficial to our learners, as exercise at this young age stimulates large and small muscle development. It is essential for our young children to be physically active to promote their physical and emotional well-being, every day

### **The Skills Development Programme for Term 1 covers the following sport disciplines:**

- Summer sports: swimming, tennis, athletics and mini-cricket (boys only).
- Winter sports: hockey, netball and rugby (boys only).

Ten slotte, as bestuur en personeel is ons baie opgewonde oor die resultate van bogenoemde programme en wil ons u, as ouers, by voorbaat bedank vir u ondersteuning.

Vriendelike groete

**MRS S. DU PLESSIS**  
**HEAD OF SPORT**

**MNR. HENK ARANGIES**  
**LAERSKOO EVERS DAL: SKOOLHOOF**

**Sport Skills Development Programme & Evergym 2018**

<b>TERM 1</b>		<b>Starting Date: Monday, 22 January 2018</b>						
<b>GRADE 1</b>		<b>Ending Date: Wednesday, 28 March 2018</b>						
<b>Week:</b>	<b>Dates:</b>	<b>Days:</b>	<b>Gender</b>	<b>Skills</b>	<b>Gender</b>	<b>Skills</b>	<b>Important Information</b>	
1	22 Jan. - 26 Jan.	Mon, 22 Jan.	Boys	<b>Athletics</b>	Girls	<b>Tennis</b>	Shoes for tennis	
		Wed, 24 Jan.	Boys	<b>Cricket</b>	Girls	<b>Swimming</b>	Towel & swimming cap	
		Thu, 25 Jan.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
2	29 Jan. - 2 Feb.	Mon, 29 Jan.	Boys	<b>Tennis</b>	Girls	<b>Athletics</b>	Shoes for tennis	
		Wed, 31 Jan.	Boys	<b>Swimming</b>	Girls	<b>Ball Games</b>	Towel & swimming cap	
		Thu, 1 Feb.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
3	5 Feb. - 9 Feb.	Mon, 5 Feb.	Boys	<b>Athletics</b>	Girls	<b>Tennis</b>	Shoes for tennis	
		Wed, 7 Feb.	Boys	<b>Cricket</b>	Girls	<b>Swimming</b>	Towel & swimming cap	
		Thu, 8 Feb.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
4	12 Feb. - 16 Feb.	Mon, 12 Feb.	Boys	<b>Tennis</b>	Girls	<b>Athletics</b>	Shoes for tennis	
		Wed, 14 Feb.	Boys	<b>Swimming</b>	Girls	<b>Ball Games</b>	Towel & swimming cap	
		Thu, 15 Feb.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
5	19 Feb. - 23 Feb.	Mon, 19 Feb.	Boys	<b>Athletics</b>	Girls	<b>Tennis</b>	Shoes for tennis	
		Wed, 21 Feb.	Boys	<b>Cricket</b>	Girls	<b>Swimming</b>	Towel & swimming cap	
		Thu, 22 Feb.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
6	26 Feb. - 2 Mar.	Mon, 26 Feb.	Boys	<b>Tennis</b>	Girls	<b>Athletics</b>	Shoes for tennis	
		Wed, 28 Feb.	Boys	<b>Swimming</b>	Girls	<b>Ball Games</b>	Towel & swimming cap	
		Thu, 1 Mar.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
7	5 Mar. - 9 Mar.	Mon, 5 Mar.	Boys	<b>Swimming</b>	Girls	<b>Netball</b>	Towel & swimming cap Shoes for Netball	
		Wed, 7 Mar.	Boys	<b>Rugby</b>	Girls	<b>Swimming</b>	Towel & swimming cap	
		Thu, 8 Mar.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
8	12 Mar. - 16 Mar.	Mon, 12 Mar.	Boys	<b>Swimming</b>	Girls	<b>Hockey</b>	Towel & swimming cap	
		Wed, 14 Mar.	Boys	<b>Hockey</b>	Girls	<b>Swimming</b>	Towel & swimming cap	
		Thu, 15 Mar.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
9	19 Mar. - 23 Mar.	Mon, 19 Mar.	Boys	<b>Swimming</b>	Girls	<b>Netball</b>	Towel & swimming cap Shoes for Netball	
		Wed, 21 Mar.	<b>Public Holiday</b>					
		Thu, 22 Mar.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
10	26 Mar. - 30 Mar.	Mon, 26 Mar.	Boys	<b>Swimming</b>	Girls	<b>Hockey</b>	Towel & swimming cap	
		Wed, 28 Mar.	Boys	<b>Hockey</b>	Girls	<b>Swimming</b>	Towel & swimming cap	

**Sport Skills Development Programme & Evergym 2018**

<b>TERM 1</b>		<b>Starting Date: Tuesday, 23 January 2018</b>						
<b>GRADE 2</b>		<b>Ending Date: Tuesday, 27 March 2018</b>						
<b>Week:</b>	<b>Dates:</b>	<b>Days:</b>	<b>Gender</b>	<b>Skills</b>	<b>Gender</b>	<b>Skills</b>	<b>Important Information</b>	
1	22 Jan. - 26 Jan.	Tue, 23 Jan.	Boys	<b>Athletics</b>	Girls	<b>Tennis</b>	<b>Shoes for tennis</b>	
		Wed, 24 Jan.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
		Thu, 25 Jan.	Boys	<b>Cricket</b>	Girls	<b>Swimming</b>	<b>Towel &amp; swimming cap</b>	
2	29 Jan. - 2 Feb.	Tue, 30 Jan.	Boys	<b>Tennis</b>	Girls	<b>Athletics</b>	<b>Shoes for tennis</b>	
		Wed, 31 Jan.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
		Thu, 1 Feb.	Boys	<b>Swimming</b>	Girls	<b>Ball Games</b>	<b>Towel &amp; swimming cap</b>	
3	5 Feb. - 9 Feb.	Tue, 6 Feb.	Boys	<b>Athletics</b>	Girls	<b>Tennis</b>	<b>Shoes for tennis</b>	
		Wed, 7 Feb.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
		Thu, 8 Feb.	Boys	<b>Cricket</b>	Girls	<b>Swimming</b>	<b>Towel &amp; swimming cap</b>	
4	12 Feb. - 16 Feb.	Tue, 13 Feb.	Boys	<b>Tennis</b>	Girls	<b>Athletics</b>	<b>Shoes for tennis</b>	
		Wed, 14 Feb.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
		Thu, 15 Feb.	Boys	<b>Swimming</b>	Girls	<b>Ball Games</b>	<b>Towel &amp; swimming cap</b>	
5	19 Feb. - 23 Feb.	Tue, 20 Feb.	Boys	<b>Athletics</b>	Girls	<b>Tennis</b>	<b>Shoes for tennis</b>	
		Wed, 21 Feb.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
		Thu, 22 Feb.	Boys	<b>Cricket</b>	Girls	<b>Swimming</b>	<b>Towel &amp; swimming cap</b>	
6	26 Feb. - 2 Mar.	Tue, 27 Feb.	Boys	<b>Tennis</b>	Girls	<b>Athletics</b>	<b>Shoes for tennis</b>	
		Wed, 28 Feb.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
		Thu, 1 Mar.	Boys	<b>Swimming</b>	Girls	<b>Ball Games</b>	<b>Towel &amp; swimming cap</b>	
7	5 Mar. - 9 Mar.	Tue, 6 Mar.	Boys	<b>Swimming</b>	Girls	<b>Netball</b>	<b>Shoes for Netball Towel &amp; swimming cap</b>	
		Wed, 7 Mar.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
		Thu, 8 Mar.	Boys	<b>Rugby</b>	Girls	<b>Swimming</b>	<b>Towel &amp; swimming cap</b>	
8	12 Mar. - 16 Mar.	Tue, 13 Mar.	Boys	<b>Swimming</b>	Girls	<b>Hockey</b>	<b>Towel &amp; swimming cap</b>	
		Wed, 14 Mar.	Boys	<b>Evergym</b>	Girls	<b>Evergym</b>		
		Thu, 15 Mar.	Boys	<b>Hockey</b>	Girls	<b>Swimming</b>	<b>Towel &amp; swimming cap</b>	
9	19 Mar. - 23 Mar.	Tue, 20 Mar.	Boys	<b>Swimming</b>	Girls	<b>Netball</b>	<b>Shoes for Netball Towel &amp; swimming cap</b>	
		Wed, 21 Mar.	<b>Public Holiday</b>					
		Thu, 22 Mar.	Boys	<b>Rugby</b>	Girls	<b>Swimming</b>	<b>Towel &amp; swimming cap</b>	
10	26 Mar. - 30 Mar.	Tue, 27 Mar.	Boys	<b>Swimming</b>	Girls	<b>Hockey</b>	<b>Towel &amp; swimming cap</b>	