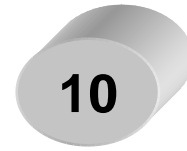




Verw. : Vaardigheids-ontwikkelingsprogram 2019
Dept. : Sportontwikkeling
Kontak : Mev. Salomina du Plessis
Datum : 9 Januarie 2019



BUITEMUURSE – EN VAARDIGHEIDS-ONTWIKKELINGSPROGRAM KWARTAAL 1 - 2019: 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, mini-krieket (seuns) en balvaardighede (dogters).
- Wintersport: hokkie (seuns en dogters), netbal en rugby (seuns)

EXTRA-MURAL – AND SKILLS DEVELOPMENT PROGRAMMES TERM 1 - 2019: 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, mini-cricket (boys) and ball skills (girls).
- Winter sports: hockey (boys and girls), 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
LAERSKOOL EVERSDAL: SKOOLHOOF

**Sport Skills Development Programme & Evergym 2019
(DURING SCHOOL HOURS)**

Grade 1

Term 1

Starting Date: Monday, 14 January 2019

Ending Date: Thursday, 28 February 2019

Graad 1A1 & 1A2 Seuns	Gr.1 Blou
Graad 1A3 & 1A4 Seuns	Gr.1 Groen
Graad 1E1 & 1E2 Seuns	Gr.1 Geel
Graad 1A1 & 1A2 Dogters	Gr.1 Rooi
Graad 1A3 & 1A4 Dogters	Gr.1 Pienk
Graad 1E1 & 1E2 Dogters	Gr.1 Oranje

MONDAY

GROUP	SKILLS	IMPORTANT INFORMATION
BLUE	Atletiek	
GREEN	Atletiek	
YELLOW	Atletiek	
RED	Swem	Towel & swimming cap
PINK	Swem	Towel & swimming cap
ORANGE	Tennis	Shoes for tennis

TUESDAY

GROUP	SKILLS	IMPORTANT INFORMATION
BLUE	Cricket	
GREEN	Cricket	
YELLOW	Cricket	
RED	Ball skills	
PINK	Ball skills	
ORANGE	Ball skills	

WEDNESDAY

GROUP	SKILLS	IMPORTANT INFORMATION
BLUE	Swimming	Towel
GREEN	Swimming	Towel
YELLOW	Tennis	Shoes for tennis
RED	Atletiek	
PINK	Atletiek	
ORANGE	Atletiek	

THURSDAY

GROUP	SKILLS	IMPORTANT INFORMATION
BLUE	Tennis	Shoes for tennis
GREEN	Tennis	Shoes for tennis
YELLOW	Swimming	Towel
RED	Tennis	Shoes for tennis
PINK	Tennis	Shoes for tennis
ORANGE	Swimming	Towel & swimming cap

WINTER SPORT PROGRAMME

GRADE 1

Starting Date: Monday, 4 March 2019

Ending Date: Thursday, 14 March 2019

MONDAY

GROUP	SKILLS	IMPORTANT INFORMATION
BLUE	Rugby	
GREEN	Rugby	
YELLOW	Rugby	
RED	Hockey	
PINK	Hockey	
ORANGE	Hockey	

TUESDAY

GROUP	SKILLS	IMPORTANT INFORMATION
BLUE	Hockey	
GREEN	Hockey	
YELLOW	Hockey	
RED	Netball	Shoes for netball
PINK	Netball	Shoes for netball
ORANGE	Netball	Shoes for netball

WEDNESDAY

GROUP	SKILLS	IMPORTANT INFORMATION
BLUE	Rugby	
GREEN	Rugby	
YELLOW	Rugby	
RED	Hockey	
PINK	Hockey	
ORANGE	Hockey	

THURSDAY

GROUP	SKILLS	IMPORTANT INFORMATION
BLUE	Hockey	
GREEN	Hockey	
YELLOW	Hockey	
RED	Netball	Shoes for netball
PINK	Netball	Shoes for netball
ORANGE	Netball	Shoes for netball

Sleutel tot sukses...
Key to success...

Doelgerig
Perseverance
Keuses
Commitment
Choices
Toewyding
Diligence
Uithouvermoë



**Sport Skills Development Programme & Evergym 2019
(DURING SCHOOL HOURS)**

Grade 2

Term 1

Starting Date: Monday, 14 January 2019

Ending Date: Thursday, 28 February 2019

Graad 2A1 & 2A2 Seuns	Gr.2 Blou
Graad 2A3, 2A4 & 2A5 Seuns	Gr.2 Groen
Graad 2E1 & 2E2 Seuns	Gr.2 Geel
Graad 2A1 & 2A2 Dogters	Gr.2 Rooi
Graad 2A3, 2A4 & 2A5 Dogters	Gr.2 Pienk
Graad 2E1 & 2E2 Dogters	Gr.2 Oranje

MONDAY

GROUP	SKILLS	IMPORTANT INFORMATION
BLUE	Atletiek	
GREEN	Atletiek	
YELLOW	Atletiek	
RED	Swem	Towel & swimming cap
PINK	Swem	Towel & swimming cap
ORANGE	Tennis	Shoes for tennis

TUESDAY

GROUP	SKILLS	IMPORTANT INFORMATION
BLUE	Cricket	
GREEN	Cricket	
YELLOW	Cricket	
RED	Ball skills	
PINK	Ball skills	
ORANGE	Ball skills	

WEDNESDAY

GROUP	SKILLS	IMPORTANT INFORMATION
BLUE	Swimming	Towel
GREEN	Swimming	Towel
YELLOW	Tennis	Shoes for tennis
RED	Atletiek	
PINK	Atletiek	
ORANGE	Atletiek	

THURSDAY

GROUP	SKILLS	IMPORTANT INFORMATION
BLUE	Tennis	Shoes for tennis
GREEN	Tennis	Shoes for tennis
YELLOW	Swimming	Towel
RED	Tennis	Shoes for tennis
PINK	Tennis	Shoes for tennis
ORANGE	Swimming	Towel & swimming cap

WINTER SPORT PROGRAMME

GRADE 2

Starting Date: Monday, 4 March 2019

Ending Date: Thursday, 14 March 2019

MONDAY

GROUP	SKILLS	IMPORTANT INFORMATION
BLUE	Rugby	
GREEN	Rugby	
YELLOW	Rugby	
RED	Hockey	
PINK	Hockey	
ORANGE	Hockey	

TUESDAY

GROUP	SKILLS	IMPORTANT INFORMATION
BLUE	Hockey	
GREEN	Hockey	
YELLOW	Hockey	
RED	Netball	Shoes for netball
PINK	Netball	Shoes for netball
ORANGE	Netball	Shoes for netball

WEDNESDAY

GROUP	SKILLS	IMPORTANT INFORMATION
BLUE	Rugby	
GREEN	Rugby	
YELLOW	Rugby	
RED	Hockey	
PINK	Hockey	
ORANGE	Hockey	

THURSDAY

GROUP	SKILLS	IMPORTANT INFORMATION
BLUE	Hockey	
GREEN	Hockey	
YELLOW	Hockey	
RED	Netball	Shoes for netball
PINK	Netball	Shoes for netball
ORANGE	Netball	Shoes for netball

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Perseverance
Keuses
Commitment
Choices
Toewyding
Diligence
Uithouvermoë

