

**Camps Bay Primary School**  
**Extramural Programme - Term 2**

This sports programme is designed to ensure maximum participation and allow learners the opportunity to engage in more than one sporting code/activity and experience.

Sport is encouraged amongst all learners to commit to one sport code per term.

**Sports Arrangements:**

**NB:** Sport practice will continue for as normal on the day of match day should a fixture be cancelled. Should there be no fixture scheduled for the day, practice will resume on that day for the allotted practice time.

Please ensure that learners participating in outdoor activities have sunblock and hats in their bags for application.

All weather affected practices and matches will take place in a classroom, where tactics, sports related video clips will be shown and strategies will be discussed.

SPORT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ball Skills	U6 13:00 - 13:30 <b>Prep field</b> Ms Leeman & Mr Notoko	U6 13:00 - 13:30 <b>Prep field</b> Ms Brownlee & Mr Notoko	U6 13:00 - 13:30 <b>Prep field</b> Ms Leeman & Mr Notoko	U6 13:00 - 13:30 <b>Prep field</b> Ms Brownlee & Mr Notoko	
	U7 & U8 13:30 - 14:15 <b>Prep field</b> Mr Notoko		U7 & U8 13:30 - 14:15 <b>Prep field</b> Mr Notoko		
Chess		U7 & U8 (Advanced) 13:30 - 14:15 <b>Gr 2 RB class</b> Ms Byrnes		U7 & U8 (Beginner) 13:30 - 14:15 <b>Gr 2 RB class</b> Ms Byrnes	
Cross Country	U7 - Open 07:00 - 07:40 <b>Meet @ Primary school</b> Mr Notoko, Mr Loots & Ms Selepe		U7 - Open 07:00 - 07:40 <b>Meet @ Primary school</b> Mr Notoko, Mr Loots & Ms Selepe		U7 - Open 14:00 - 17:00 <b>League races</b> Mr Notoko, Ms Fisher, Mr Loots & Ms Selepe
Netball	U7 & U8 13:30 - 14:15 <b>Prep campus / park court</b> Ms Z. Potgieter		U7 & U8 13:30 - 14:15 <b>Prep campus / park court</b> Ms Z. Potgieter		
Rugby	U8 & U9 14:30 - 16:00 <b>Symmonds</b> Mr Smith		U8 & U9 14:30 - 16:00 <b>Matches</b> Mr Smith		
Soccer		U7 & U8 13:30 - 14:15 <b>Prep field</b> Mr Notoko & Ms Moodley		U7 & U8 13:30 - 14:15 <b>Prep field</b> Mr Notoko & Ms Moodley	
Swimming	U7 & U8 13:30 - 14:15 <b>Indoor Pool</b> Ms Liss	U7 & U8 13:30 - 14:15 <b>Indoor Pool</b> Ms Liss			
Choir			Prep 07:30 - 07:50 <b>Hall</b> Ms Kunz		

**Prep Extramural Activities (External Providers) - \* denotes a billed activity**

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ballet*			Grade R 12:55 - 13:25 <b>Grade R hall</b> Lisl Gruneberg		Grade R 12:55 - 13:25 <b>Grade R hall</b> Lisl Gruneberg
			Grade 1 13:30 - 14:15 <b>Grade 1/2 hall</b> Lisl Gruneberg		Grade 1 13:30 - 14:15 <b>Grade 1/2 hall</b> Lisl Gruneberg
			Grade 2 14:15 - 15:00 <b>Grade 1/2 hall</b> Lisl Gruneberg		Grade 2 14:15 - 15:00 <b>Grade 1/2 hall</b> Lisl Gruneberg
Clay Creations*	Grade R 13:30 - 14:15 <b>Grade R veranda</b> Colleen Hulley				
	Grade 1 & 2 14:15 - 15:00 <b>Grade R veranda</b> Colleen Hulley				
Experi-Buddies*			Grade 1 & 2 13:20 - 14:00 <b>Learning Lab</b> Susy de Mendonca	Grade R 12:45 - 13:15 <b>Learning Lab</b> Susy de Mendonca	
			Grade 1 & 2 14:20 - 15:00 <b>Learning Lab</b> Susy de Mendonca		
Gymnastics*		Grade R 14:30 - 15:10 <b>Grade R hall</b> Tanya Arshamian	Grade R 14:30 - 15:10 <b>Grade R hall</b> Tanya Arshamian		
		Grade 1 & 2 14:30 - 15:30 <b>Grade R hall</b> Tanya Arshamian	Grade 1 & 2 14:30 - 15:30 <b>Grade R hall</b> Tanya Arshamian		

Modern Dance*	<b>Primary school hall</b> Grade 2 & 3 14:30 - 15:15  Grade 4 & 5 15:15- 16:00 Diane Knight			<b>Prep School Hall</b> Grade 1 13:15 - 13:45 Grade 2 13:45 - 14:30 Grade 3 14:30-15:15 Diane Knight	
	<b>Primary school hall</b> Grade 6 & 7 16:00 - 16:45 Diane Knight			<b>Prep school Hall</b> Grade 3 14:30-15:15 Diane Knight	
Playball*				Grade R 12:50 - 13:20 <b>Bottom playground</b> Johan Dippenaar	
				Grade 1 & 2 13:30 - 14:00 <b>Bottom playground</b> Johan Dippenaar	
Rugga Roots*	Grade R, 1 & 2 14:15 - 14:45 <b>Grade R field</b> Deon Thiart				
Tennis*	By arrangement Morne Franken				
Vineyard Swimming Club*	Gr 1 - 7 15:30 - 18:45 <b>Indoor Pool</b> Victory Vogt	Gr 1 - 7 15:30 - 18:45 <b>Indoor Pool</b> Victory Vogt	Gr 1 - 7 15:30 - 18:45 <b>Indoor Pool</b> Victory Vogt	Gr 1 - 7 15:30 - 18:45 <b>Indoor Pool</b> Victory Vogt	Gr 1 - 7 15:30 - 18:45 <b>Indoor Pool</b> Victory Vogt

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<b>External Providers contact details:</b>
<b>Ballet:</b> Lisl Gruneberg - lislgruneberg@gmail.com
<b>Clay Creations:</b> Colleen Hulley - colleen@claycreations.co.za
<b>Experibuddies:</b> Susy de Mendonca - susy@experi.co.za
<b>Encore Gymnastics:</b> Tanya Arshamian - encoregymnasticsct@gmail.com
<b>Franken Tennis Academy:</b> Morne Franken - mornefranken007@gmail.com
<b>Kumon:</b> Jeremy Nel - campsbay@kumon.org
<b>Modern Dancing:</b> Diane Knight - diane.knight@live.co.za
<b>Playball:</b> Johan Dippenaar - johan@playballcpt.co.za
<b>Rugga Roots:</b> Deon Thiart - deon@ruggaroots.co.za
<b>Vineyard Swimming Club:</b> Victory Vogt - victory@vineyardswimming.co.za
<b>Zumba:</b> Evans Chimuzinga - evanschimzy51@gmail.com