

## KLOOF SENIOR PRIMARY ATHLETICS PROGRAMME

(All athletics to take place on the bottom field)

### Week 1: TRIALS (ALL children are to participate)

Wednesday 14-Jul	<b>Session 1</b> 2:15 - 3:00	u10 & u11	80m	Girls	All Houses	<b>Mrs Nightingale</b> Mrs Olds Ms Arde	Mrs Richards Ms Janssens
			80m	Boys	All Houses		
	<b>Session 2</b> 3:00 - 3:30		150m	Girls	All Houses	Ms Thulsie Mrs Wilson Ms Spence	
				150m	Boys		
Thursday 15-Jul	<b>Session 1</b> 2:15 - 3:00	u12 & u13	80m	Girls	All Houses	<b>Mr Rawlinson</b> Mrs Halse Mrs Shaik	Mrs Moolman Ms Janssens
				80m	Boys		
	<b>Session 2</b> 3:00 - 3:30		150m	Girls	All Houses	Mrs Naidoo Ms Untiedt Mrs Smith	
				150m	Boys		

### THE ONLY ADDITIONAL EXTRA MURAL FOR WEEK ONE IS:

Senior Girls Softball Practice on Wednesday & Thursday: - Top Field (15h30 - 16h30) with Mrs Salomon

The girls are to meet Mrs Salomon in her classroom prior to the session if they are not going home.

### Week 2: TRIALS (ALL children are to participate)

**NB:** Please also read in conjunction with the Week 2&3 Extra Mural Programme for the other sports over this period

Monday 19-Jul	<b>Session 1</b> 2:15 - 3:00	u12 & u13	High Jump	Boys	All Houses	<b>Mrs Nightingale</b> Mrs Olds Ms Arde	Mrs Richards Ms Janssens
				Long Jump	Girls		
	<b>Session 2</b> 3:00 - 3:30	u12 & u13	Shot Put	Girls	S & R	Ms Thulsie Mrs Wilson Ms Spence	
				High Jump	Boys		
Tuesday 20-Jul	<b>Session 1</b> 2:15 - 3:00	u10 & u11	Long Jump	Girls	F & H	<b>Mr Rawlinson</b> Mrs Halse Mrs Shaik	Mrs Moolman Ms Janssens
				Shot Put	Girls		
	<b>Session 2</b> 3:00 - 3:30	u10 & u11	High Jump	Boys	All Houses	Mrs Naidoo Ms Untiedt Mrs Smith	
				Long Jump	Girls		
Wednesday 21-Jul	<b>Session 1</b> 2:15 - 3:00	u12 & u13	Shot Put	Boys	F & H	<b>Mrs Nightingale</b> and teachers (as for Monday above)	
				High Jump	Boys		
	<b>Session 2</b> 3:00 - 3:30	u12 & u13	Long Jump	Boys	F & H		
				Shot Put	Boys		
Thursday 22-Jul	<b>Session 1</b> 2:15 - 3:00	u10 & u11	High Jump	Girls	All Houses	<b>Mr Rawlinson</b> and teachers (as for Tuesday above)	
				Long Jump	Boys		
	<b>Session 2</b> 3:00 - 3:30	u10 & u11	Shot Put	Boys	S & R		
				High Jump	Girls		
			Long Jump	Boys	S & R		
			Shot Put	Boys	F & H		

**Week 3: FINALS (selected athletes only) - ALL HOUSES**

**NB:** Please also read in conjunction with the **Week 2&3** Extra Mural Programme for the other sports over this period

Monday 26-Jul	<b>Start: 2:15</b>	u12 & u13	High Jump	Boys & Girls		<b>Mrs Nightingale</b> and relevant staff
		u10	Long Jump	Boys Pit 1	Girls Pit 2	
		u11	Shot Put	Boys Pit 1	Girls Pit 2	
Tuesday 27-Jul	<b>Start: 2:15</b>	u10 & u11	High Jump	Boys & Girls		<b>Mr Rawlinson</b> and relevant staff
		u12	Shot Put	Boys (Pit 1)	Girls (Pit 2)	
		u13	Long Jump	Boys (Pit 1)	Girls (Pit 2)	
Wednesday 28-Jul	<b>2nd Break</b>	Girls	Tug-o-War	Trials - Bottom Field		Mr Rawlinson & House Moms
	<b>Start: 2:15</b>	u12	Long Jump	Boys (Pit 1)	Girls (Pit 2)	<b>Mrs Nightingale</b> and relevant staff
		u13	Shot Put	Boys (Pit 1)	Girls (Pit 2)	
Thursday 29-Jul	<b>2nd Break</b>	Boys	Tug-o-War	Trials - Bottom Field		Mr Rawlinson & House Moms
	<b>Start: 2:15</b>	u10	Shot Put	Boys (Pit 1)	Girls (Pit 2)	<b>Mr Rawlinson</b> and relevant staff
		u11	Long Jump	Boys (Pit 1)	Girls (Pit 2)	
Friday 30-Jul	<b>Times: 08h00-10h00</b>	<b>Finals for the 1,200m and 1,500m long distance races</b>				<b>All Staff</b>
		<b>Tug-o-War Finals</b>				

**Week 4: Follow the Week 4 Extra Mural Timetable**

**NB:** Please also read in conjunction with the **Week 4 Extra** Mural Programme for this week

Mon-Wed 2-4 Aug	Gr 5 & 7	On excursion - No athletics sessions	
Thursday 05-Aug	1:30 - 2:00	SPORTS DAY PRACTICE SESSION	House moms & relevant staff
	2:15 - 3:15	RELAY PRACTICE SESSION (*see below)	Mr Rawlinson & Mrs Nightingale

\***Relay practices** are for those children who will be taking part in the relay races only. House moms to confirm the names of those children who will be taking part by Friday, 23 July (Reserves must be included)

<b>FRIDAY, 6 AUGUST</b>	<b>SPORTS DAY</b>	<b>08:30 - 12:30</b>	<b>KLOOF BOTTOM FIELD</b>
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Dear Parents,

**ALL TRIALS** will be done after school and **ALL** children are expected to participate. Please read the programme carefully so as to ensure that your children are aware of what days their practices are on.

A register will be taken.

Children who, for some reason, cannot participate in athletics or in a practice must produce an excuse letter from their parents. If they are able to, they will assist the educators at the practice.

On Sports Day we will have the 80m, 150m, 800m and relay events.

  
MS B. JANSSENS  
SPORTS OFFICER

  
MRS S. PINKNEY  
PRINCIPAL