



CLIFFVIEW PRIMARY SCHOOL

Sports and Cultural Policy



CONTENTS

SECTION 1	4
SPORTS DECLARATION OF HONOUR	4
INTRODUCTION	4
PHYSICAL EDUCATION – HOLISTIC APPROACH	5
GOAL	6
STRUCTURE OF SPORTS COMMITTEE	6
Responsibility	6
Needs for Each Sport/Cultural Activity	6
School Sports Houses	6
SECTION 2	7
THE OBJECTIVES OF SPORTS / CULTURAL COMMITTEE	7
THE ROLE OF THE SPORTS COMMITTEE	7
Approach to Sport/Cultural Activities	8
Time Tabled School Sport	8
Sports/Cultural Calendar and Fixtures	8
Compulsory Sports Fixtures	8
PARENT REPRESENTATIVE ON THE SCHOOL GOVERNING BODY	9
SECTION 3	9
COACHING AND SELECTION CRITERIA	9
Coaching	9
Team Selection	10
Age Groups	10
Team Announcements	10
School Spirit	10
Preference	10
Behaviour	11
Fitness	11
Sickness	11
Lateness	11
Steroids/Drugs	11
HIV/AIDS	11
Inter-House Matches	11
Trials/Challenges	11
Blooding Young Players	11
Other Sports	12

Channels of Communication	12
Parental Assistance and Resources	12
SECTION 4	12
GENERAL RULES	12
The learner:	12
The parent(s):	13
SECTION 5	13
DRESS CODES	13
Dress	13
Sports Uniforms	13
School Kit	13
Practice - For All Sports	13
Match Kit	13
Points to Remember	14
SECTION 6	14
CRITERIA FOR COLOURS AND TEAM AWARDS: CULTURAL AND SPORTS	14
Colours and Team Awards	14
ATHLETICS – Educator in charge: Mr Tate	15
CHESS - Educator in charge: Mrs Barraball	16
CRICKET - Educator in charge: Mr Tate	16
CROSS COUNTRY - Educator in charge: Mr Tate	17
FOOTBALL - Educator in charge: Mr Tate	18
HOCKEY - Educator in charge: Mrs Rowe	19
NETBALL – Educator in charge: Mrs Pieterse	20
SQUASH – EDUCATOR IN CHARGE: Mrs Pacak	21
SWIMMING - Educator in charge: Mrs Franz	21
TENNIS - Educator in charge: Mrs Pieterse	22
CHOIR - Educator in charge:	23
DRAMA – Educator in charge:Ms Williams	23
SECTION 7	25
COLLEEN CLARKE SPORTS TROPHY	25
SPORTS PERSONALITY AWARD	25
VICTOR AND VICTRIX LUDORUM CRITERIA	25

SECTION 1

SPORTS DECLARATION OF HONOUR

We as sportsmen and sportswomen pride ourselves on excellence in all spheres of sport: **attitude, performance, dress and conduct.**

- Our attitude will always display outstanding sportsmanship to our own teammates and to our opponents;
- We will strive to reach our full potential in our training and in our matches. Win or lose, we will achieve victory because we have given of our best;
- We are privileged to represent Cliffview Primary School on the sports field and will, therefore, wear our school's sports uniform with pride;
- Through our faultless conduct we will always be excellent ambassadors for our school.
- By virtue of these declarations, we dedicate ourselves to uphold the good name of Cliffview Primary School at all times.

INTRODUCTION

Cliffview Primary School is very conscious of the contribution that we make to the total education of all our learners. Sport / Cultural activities are a major aspect offering the participant an opportunity to:

- Enjoy a Healthy Body & Healthy Mind.
- Have a sense of achievement.
- Relax.
- Socialise and at the same time, offer the spectator a recreational pastime.

These activities are an important component in education. A degree of competence in these activities gives a child confidence, ability to communicate, and feeling of self-worth and social acceptance, which enhances development and compliments study, providing a healthy and balanced approach to work and play. The various opportunities, which we offer our learners, form part of our school timetable as well as the Extra Mural Timetable. During the time tabled school programme, our children are offered the opportunity of seeing their peers and educators in a 'different light' away from the classroom situation. Often new friendships and bonds are formed, which are extremely beneficial to the learners. Sport activities provide spectator value, which is immeasurable throughout the world.

PHYSICAL EDUCATION – HOLISTIC APPROACH

- Physical Education is the only subject which specifically addresses the Holistic approach – this means we emphasise the Physical, Social, Cognitive and Environmental Development of the child.
- It must be stated clearly that emphasis is on Physical Education and NOT Physical Training.
- In schools, great emphasis is placed on the achievement of sports teams. The percentage of pupils involved in competitive extra mural activities is however, small, which means only the selected few learn sporting skills.
- In physical education lessons, every child is exposed to the learning of ALL BASIC SKILLS needed in sport, provided that it is taught efficiently. These acquired skills can therefore be applied effectively in the sports programme which will again result in more children participating extramurally.

Physical Education cannot be seen as a practical non examination subject, because it is a subject where a child not only learns various skills, but is also given the opportunity to think and work creatively. In its practical nature, it allows for attention to be paid to Life Skills, without ignoring the physical subject matter and therefore provides a vehicle which can be used to prepare the child for life beyond the school gates. In physical education, children are taught different skills with the **main objective** being **mass participation and enjoyment** and not necessarily winning.

Physical Education will benefit revival of sport in schools and communities! It is a child centred education utilising the child's instinct of play as a means of educating the child in totality. Although sport is an important aspect of the physical education curriculum, physical education is not merely sport but more so, an integral part of the general education process. It is equally committed to the development of both gifted and non-gifted pupils. Physical Education utilises the educational value it has in teaching children how to win with dignity, lose gracefully, sportsmanship, obedience to rules, honesty, loyalty and respect for opponents. **Champions are neither born nor made – they are born to be made!**

In physical education, every child in the school is exposed to the learning of all basic skills needed in sport – the teaching of these is important and not the coaching of a sport as such! Through this mass participation, talent can be identified – this talent can then be channelled through to afternoon sports codes. Excellence is achieved through learning the fundamentals correctly and perfecting them through correct practice with absolute dedication to the task!

Physical Education makes a meaningful contribution to educate the learner to develop an attitude of accountability for his own body, to accept a healthy lifestyle, to maintain a quality



life and to strive for optimal physical well being. The practical and theoretical knowledge received through physical education must equip the child to carry on with an active sport or recreational lifestyle in the adult world.

GOAL

The overriding goal and spirit of the sports program and policy, is to encourage as many children as possible to participate in school sport and extra mural activities. In a controlled environment, we will encourage every child to reach their full potential and it is our intention to establish good sportsmanship, good team players and good sportsmen. We believe sports activities build character, comradeship and competitiveness. This forms a solid foundation, which opens many doors in all walks of life, not only whilst at school.

STRUCTURE OF SPORTS COMMITTEE

It is proposed that a Sports Committee comprising the Principal, Deputy and Educators in charge of Extra-Curricular activities be established on an annual basis. This Committee will be chaired by the Principal.

Responsibility

- The Principal shall have overall responsibility for the Sports Policy and its implementation and the Sports Committee shall clearly define certain reasonable responsibilities of participants including conduct, dress and punctuality, all of which shall be adhered to. Queries or problems may be addressed to the Principal or Deputy.
- These staff members will always be available to help where they can, and where they can't, they will liaise with the appropriate person to rectify the situation.

Needs for Each Sport/Cultural Activity

- The educator in charge of each sport shall prepare and submit to the principal for approval a needs analysis and a budget for their activity.
- The Principal will liaise with the representative of the School Governing Body whenever the need arises. The Principal will also report back to the School Governing Body at their meetings.

School Sports Houses

Each learner is placed in one of the following houses, when they enrol at our school. Their allotted house prescribes their kit.

Jupiter:	Green shirt	Mercury:	Blue shirt
Saturn:	Yellow shirt	Venus:	Red shirt

SECTION 2

THE OBJECTIVES OF SPORTS / CULTURAL COMMITTEE

- To take into consideration the ethos and guidance of the National Sports Policy
- To ensure that Cliffview becomes a top school academically, in the field of sport, as well as in cultural affairs.
- To ensure that the top teams in each age group aspire to excellence and achieve the best results possible.
- To ensure that participation is possible for all children wishing to play sport at the school within the context of a reasonable range of sports.
- To ensure that children can be involved in sport from the beginning of their schooling career to the end.
- To enhance gross motor, hand-eye co-ordination and the physical development of children.
- To provide the existing staff with additional human and other resources, to achieve the above-mentioned goals.
- To ensure that there is a consistent approach to coaching, selection and participation throughout the school.
- To facilitate a team and school spirit amongst all participants in sport at school.
- To reinforce the traditions of our school.
- To ensure that participation is affordable to learners, their parents and the school.
- To provide access reasonable sources of funding, expertise and equipment.

THE ROLE OF THE SPORTS COMMITTEE

- To maintain the ethos peculiar to the particular sport is kept at the optimum level.
- To encourage participation before anything else, and that includes winning or losing.
- To enjoy their sports and / or cultural activity.
- To prepare and oversee plans for the year and be responsible for their implementation.
- To establish coaching needs for the term / year.
- To meet on a regular basis to discuss the awarding of colours and certificates as set out in the criteria.
- To discuss budget needs before submitting budgets.
- To discuss tours, tournaments etc.
- To review the Sports Policy periodically.

Approach to Sport/Cultural Activities

- Sport/Cultural activities must be fun for all children. Winning in the correct spirit must always be encouraged by teachers, coaches, players and parents. Sportsmen must never forget their manners.
- No unnecessary pressure should be placed on children to win. The ability to lose in the right spirit must be enforced and encouraged by all parties concerned.
- Children who cannot afford sports equipment will be assisted where possible.
- The accent on achieving the best results should be implemented for the first team or A, but permitting equal participation whenever possible.
- For all the teams below A, the accent should be on participation and all children should be given a chance to perform.
- All children should strive to achieve their full potential.

Time Tabled School Sport

- Each class is allocated a specific physical education lesson per cycle. It is imperative that all children attend these lessons, in their correct kit, as this forms part of our school curriculum.
- Pupils are taught different sporting skills which include, swimming technique, stroke/turning correction, football, athletics, gymnastics (junior), ball skills and eye-hand co-ordination. Muscle tone, fine/gross motor skills are also enhanced.
- As self-discipline is a very important life skill in our school program, each child must be encouraged to remember to bring his / her kit on the required day. If the kit is forgotten, it is the child, and not the parents, who must take responsibility for this action.
- Excuse notes, from the parents/guardian, for not participating in the scheduled lesson are acceptable, but please bear in mind the benefits of these lessons and rather encourage than discourage your child from participating.

Sports/Cultural Calendar and Fixtures

As soon as possible in each term, the sports educator in charge shall publish the fixtures. Each week the newsletter will set out times, venue and opposition for the week's fixtures, as accurately as possible.

Compulsory Sports Fixtures

There are three compulsory sports fixtures which all pupils need to attend each year. We will inform you of the definite date, in the newsletter, as soon as possible.

Inter-house Cross Country; Inter-house Athletics; Inter-house Swimming Gala - All parents/guardians are invited to these events.



PARENT REPRESENTATIVE ON THE SCHOOL GOVERNING BODY (Mr Martin)

The role of this parent would be as follows:

- To be available to discuss with parents, any problems / concerns they may have with the Extra-Curricular Programmes etc.
- To liaise with the Principal and sports staff regarding problem areas.
- To make available a contact number, for those parents who do not wish to discuss their problems directly with the school staff.
- To be available to meet with the Sports Committee, should it be necessary.
- To be prepared to either handle a problem personally, or to take it directly to the Principal, or to encourage the parents to discuss it with the Principal privately.

SECTION 3

COACHING AND SELECTION CRITERIA

Coaching

- Where possible, all teams shall be coached by a qualified educator or coach. If not the most skilled coaches will be assigned to 1st, 2nd, A and B teams.
- Coaching of junior teams shall receive careful and specialised attention.
- The coaching of teams should include appropriate motivation of the children.
- Roll call must be taken at each practice and records are to be kept. This can be done by either the coach or team manager.
- A record of each Childs performance must be kept for each game played for the school.□
- The Head of each sport will be responsible for collating these records during the season. A summary of the records will be provided to the Head of sport at the end of the season.
- Parents may be appointed as official team coaches but may not coach their own children's age group. In special cases where Parents do coach their children e.g. Athletics and swimming where the coach coaches more than one age group. The relevant Head of sport and team manager must sign off on the particular Childs selection in the team. The parent may not take part in any selection process that will result in an award being given to children.
- Parents may not coach from the sidelines.



Team Selection

- Coaches shall select teams.
- All teams shall be selected on merit.
- Team selection shall be done on a fair, consistent and clearly defined basis.
- All teams will be allocated a member of staff to assist the coach viz. team meetings/ fixtures/availability etc.
- Late and unexcused withdrawals from teams shall result in disciplinary action.
- No parents may be involved in selecting teams, unless the parent is the official team coach.
- Parents should refrain from attempting to influence educators in respect of selection, batting order, etc.
- A child who misses a practice may not be eligible for the next match.
- All children must be correctly attired when they play matches.

Age Groups

- Except in exceptional circumstances, all children shall compete in their own age group.
- Outstanding children will be considered for participation in provincial areas or other super squads.

Team Announcements

- Teams shall be notified the day before the fixture. This will be pinned to a notice board or announced at a meeting held by the member(s) of staff allocated to that team. Furthermore, teams will be confirmed at a meeting held on the match day if during the week, and on a Friday if the match is on a Saturday.
- A policy of "no practice, no play" exists, unless there are extenuating circumstances.

School Spirit

- Team and School spirit must be encouraged. Loyalty to our school is vital.
- Children should be encouraged to stay and watch full galas, meetings or other teams even after their own events have been completed.

Preference

A school sports and cultural activity is any activity where a child represents the school, including but not limited to practices, fixtures and any Trial for Area / Provincial representation where the school has forwarded the child's name. School sport and cultural activities shall have preference over club, provincial or other honours involving non-school sports, except in extraordinary circumstances and at the discretion of the Principle. In the event of two or more school activities clashing, the heads of each sport / activity should meet to discuss in which activity the child should represent the school.

The decision should be based on what is best for the school and child at the time. If consensus cannot be reached, the final decision should be made by the Head of sport. If the Head of sport is unavailable the Principle shall have the final say. The child shall in no way be disadvantaged by this process and should be noted in the register for the other activities involved etc.

Behaviour

All school and class rules apply to sport, where applicable. Our sportsmen are well known for their good manners and team spirit and they have always been a good advertisement for Cliffview Primary School. This can only continue with a conscious effort from all parties concerned.

Fitness

A child's fitness, especially after injury or illness, will be determined by the coach but the child shall be required to attend at least one practice prior to selection.

Sickness

A child may not play in a match or compete in a gala if sick the day before an event, except having furnished a doctor's certificate. Selection will then be at the discretion of the specific educator concerned. However, if parents contact the school/coach timeously advising availability, it is permissible.

Lateness

The lack of punctuality by children at sports events will result in appropriate discipline by the coach concerned, after a warning and a written note to the parent. Punishment shall be fair and consistent and not involve demotion in the batting order or similar.

Steroids/Drugs

As this is not tolerated by any sporting body, it cannot and will not be tolerated at our school.

HIV/AIDS

Our school has an HIV/AIDS policy, issued under the guidance of the GDE and our Governing Body.

Inter-House Matches

Inter-house matches shall take precedence over other school activities e.g. sports practice. These will be played on "no days" at the end of the term.

Trials/Challenges

After teams are chosen, a mechanism shall be created for reasonable challenges to be made or re-trial (retesting) of players, so that no team is a "closed shop". However, repeated challenging must be monitored.

Blooding Young Players

The policy of bleeding certain outstanding Grade Six players in the first team will be considered at the discretion of the coaches.



Other Sports

The School shall encourage other sports where the school cannot provide such sport. However this should not be at the expense of current school sports. Activities available during the year are as follows, and some of these are seasonal:

Hockey, Tennis, Football, Cricket, Swimming, Art and crafts, Computers, Speech and drama, squash, Chess, Netball and Action Rugby.

Channels of Communication

Educators and coaches should be available to discuss problems and explain certain matters to parents via appropriate channels. This shall only be via appointment through the school's office. In the event of there being no resolution, the Principal may be consulted by appointment.

Parental Assistance and Resources

- Parents are encouraged to support their children's activities: help with transport, assist with teas, etc as they create a good school spirit. Our parents are well known for this.
- Parents may be requested to assist in umpiring or running internal matches and practices.
- Parents may on occasions be requested to assist in coaching. However, parents may not be involved in coaching their child's age group.(Refer to the section on coaching)

SECTION 4

GENERAL RULES

The learner:

- Must be physically fit and be prepared to work at staying fit.
- Must be a team player – it is not acceptable for a child to play for their own personal glory.
- Must have a good positive attitude – he or she must always work hard and always endeavour to give 100% for the team.
- Must be well behaved – i.e. good manners to the coach, opposition, parents and colleagues and must listen to advice given and do what is asked of him or her.
- Must commit to his or her team – i.e. needs to go to practices, attend matches, and generally work hard for the team.
- Must strive to achieve his or her potential.

If each and every team member applies themselves to these six points and does them consistently, we will have extremely successful teams and, more importantly, a very happy group of sportsmen and sportswomen.



The parent(s):

- Must support their child and other team members positively.
- The team is more important than the individual, so parents need to be 100% behind the team.
- Must not engage in slanderous small talk, as this creates a bad atmosphere and inadvertently affects the team.
- If a personal or a general problem arises, either approach the person concerned, the educator, coach or Principal.
- Will be requested to help out with transport and refreshments where possible.

If the parents are happy and content, the children and their team will have a better chance of being successful.

SECTION 5

DRESS CODES

PLEASE MARK ALL CLOTHING CLEARLY!

Dress

Children shall be properly attired for all sporting events in the accepted uniform or kit. Failure to wear such uniform shall render the child ineligible to participate except in extraordinary circumstances and at the discretion of the coach.

Sports Uniforms

Each sports convenor shall ensure that the uniform for their sport is known and adhered to. These uniforms may be reviewed from time to time for practical reasons.

School Kit

The school will endeavour to provide certain items of kit for children who cannot afford them. This kit shall remain the property of the school and be kept by the school.

Practice - For All Sports

White shorts and either white or school socks (long socks for cricket and football)

White school or house colour shirt.

Takkies appropriate for the sport

Match Kit

Athletics/Cross Country: Green shorts/ skorts

Netball: Sports shirt with Cliffview on the back
Short white socks, Takkies



Cricket Matches:	Green shorts, Sports shirt with Cliffview on the back Long white socks - School grey socks for U9 and younger White boots/shoes (not black) Broad brim white hat with Badge is compulsory
Football Matches:	Green match shorts
Hockey Matches:	Sports shirt with Cliffview on the back Green long socks with two white stripes
Swimming Galas:	Green and yellow swimming costume. Green shorts Sports shirt with Cliffview on the back A gold swimming cap (provided by the school) is worn by all swimmers at galas.
Tennis Matches:	Green shorts/ Skorts
Squash Matches:	Sports shirt with Cliffview on the back Short white socks, Non marking takkies Squash goggles recommended
General:	Shin guards where appropriate. Gum guards.
Optional for Hockey:	Boots or takkies

Points to Remember

Your track suit for all matches.

If you are not properly dressed you will be unable to practice and also, you will not be allowed to play in the match.

Children must thank the umpires / referees, the scorer, the opposition and the mothers for tea.

Children must obey the school rules at all times.

SECTION 6

CRITERIA FOR COLOURS AND TEAM AWARDS: CULTURAL AND SPORTS

Colours and Team Awards

The educator in charge of each sport should outline the criteria for colours. Colours will not be awarded for non-school sports. In general, colours will be awarded for excellence only in school related sport, provincial or a higher status sport. Good behaviour and sportsmanship are implicit in such awards. In determining who should receive awards the candidate should have met the majority of the criteria. Team awards will be made for representing the first team or senior age group for more than 80% of the matches/events.



The awarding of colours means that the child will receive a scroll and a gold certificate. Half colours will receive a scroll of a different design to ensure they can be distinguished between them, on the child's blazers. Other awards at the discretion of the Sports Heads Committee will be silver and bronze certificates.

The decision on awards lies with the Selection Panel, made up of educators and coaches, these panels' decisions are final and will not be publicly debated in any way whatsoever. Colours will only be awarded to Grade 6's and 7's at the discretion of the Selection Panel for the relative sport. In the case of an illness or injury that prevents a child reaching the required attendance percentages for a specific award, the selection panel has the discretions to adjust the percentages accordingly so that the child is not disadvantaged.

A medical certificate must be produced for illness and any injury that was not caused during a school fixture or practice. Awards handed out to Grade 6 learners may take into account, the past year's performances for the School both positive and negative.

ATHLETICS – Educator in charge: Mr Tate

Colours:

- Grades 6 and 7 (Open/U13/U12 age groups)
- Performed excellently during the season (records kept of number of wins and places)
- Times will be determined by the educator in charge in the absence of national guidelines.
- These times should be achieved at least twice in the season.
- Been to more than 80% of practices

Half Colours:

- Grades 6 and 7 (Open/U13/U12 age groups)
- Strived to achieve the times but has not been able to
- Been to more than 80% of the practices and practiced with dedication

Gold Certificates:

- May be achieved by all grades
- Produced excellent results all season and unable to achieve colours.
- Attended more than 80% of the practices
- Positive attitude and dedication

Silver certificates:

- May be achieved by all grades
- Good positive attitude
- Regularly attend practices and practiced with dedication
- Run in at least 80% of meetings

Bronze certificate:

- May be achieved by all grades
- 100% attendance at practises
- Quality team member who made Athletics a pleasure for all involved.



CHESS - Educator in charge: Mrs Barraball

Colours:

- Grade 7 (or Grade 6 if exceptional)
- Must be in the A-team and win majority of his or her matches
- Show high standards of sportsmanship and dedication
- District, provincial or national representation (not essential criteria)
- Attended practises regularly

Half Colours:

- Grade 7 (or Grade 6 if exceptional)
- Must be in the A team
- Must have won 80% of his or her games
- Shown top sportsmanship
- Played for three years consecutively
- Attended practices regularly

Gold certificates:

- May be achieved by all grades
- Must be dedicated to the team and have played in 80% of matches
- Played for three consecutive years (exceptions can be made for new children)
- Attended practises regularly
- Been dedicated, polite and helpful
- Shown quality sportsmanship

Silver Certificate:

- May be achieved by all grades
- Dedicated to the improvement of his game
- Shown good sportsmanship.
- Attended practises regularly

Bronze certificates:

- May be achieved by all grades
- Attended 100% of the practises
- Played with good sportsmanship
- Is a credit to the team and school

CRICKET - Educator in charge: Mr Tate

Colours:

- Grade 6 and 7 learners only
- 1st XI team
- Provincial, district or area team representation – U12 / U13 (not a necessity)
- Exceptional results in his game i.e. batting, bowling and fielding stats
- Good attitude and dedicated to the practise sessions



- High level of commitment to the team
- High level of sportsmanship

Half Colours:

- Grade 6 and 7 learners only
- 1st XI team
- Attended provincial, district or area trials
- Good attitude and dedicated to practise sessions
- Was nominated for colours
- Good results in his game i.e. batting, bowling and fielding stats

Gold certificates:

- May be achieved by all grades
- Achieved provincial, district or area team but may not receive colours
- Must be dedicated to the team and have played in 80% of matches
- Attended practises regularly
- Most valuable player in the team
- Shown quality sportsmanship

Silver Certificate:

- May be achieved by all grades
- Dedicated to the improvement of his game
- Shown good sportsmanship.
- Attended practises regularly

Bronze certificates:

- May be achieved by all grades
- Attended 100% of the practises
- Played with good sportsmanship
- Is a credit to the team and school

CROSS COUNTRY - Educator in charge: Mr Tate

Colours:

- Grades 6 and 7 (Open/U13/U12 age groups)
- 80% attendance of practices
- 80% attendance of races
- Regular top 10 finisher (+80%)

Half Colours:

- Grades 6 and 7 (Open/U13/U12 age groups)
- 80% attendance of practices
- 80% attendance of races
- Regular top 10 finishes (+70%)



Gold certificates:

- May be achieved by all grades
- Must be dedicated to the team and have RUN in 80% of races
- Attended practises and races regularly
- Been dedicated and disciplined
- Shown quality sportsmanship
- Regular top 20 finishes

Silver Certificate:

- May be achieved by all grades
- Raced hard at every meeting attended
- Attended practises and races regularly
- Shown good sportsmanship.
- Made Cross country a pleasure for all involved

Bronze certificates:

- May be achieved by all grades
- Attended 100% of the practises
- Participated with good sportsmanship
- Is a credit to the team and school

FOOTBALL - Educator in charge: Mr Tate**Colours:**

- Grade 6 and 7
- 1st XI and U 12A
- More than 80% of games
- More than 80% of practices
- AREA Team representation – (not a necessity)
- General excellence and contributions to the team
- Good team player with good team spirit

Half Colours:

- Grade 6 and 7
- 1st XI only
- More than 80% of games
- More than 80% of practices
- Good team player with good team spirit
- Attended trials with dedication
- Been dedicated and committed to the team
- Shown quality sportsmanship
- Worked hard to improve his game

Silver Certificate:

- May be achieved by all grades
- Dedicated to the improvement of his game
- Shown good sportsmanship.
- Attended practises regularly
- Dedicated team member

Bronze certificates:

- May be achieved by all grades
- Attended 100% of the practises
- Played with good sportsmanship
- Is a credit to the team and school

HOCKEY - Educator in charge: Mrs Rowe**Colours:**

Grade 6 and 7

- 1st XI only
- More than 80% of games
- More than 80% of practices
- General excellence both individually and as a team player.
- Provincial or District representation (not a necessity)

Half Colours:

- Grade 7 and 6
- 1st XI only
- More than 80% of games
- More than 80% of practices
- Good team player with good team spirit
- Attended trials with dedication

Gold certificates:

- May be achieved grades 5,6and 7
- Must be dedicated to the team and have played in 80% of matches
- Played for three consecutive years (exceptions can be made for new children)
- Attended practises regularly
- Been dedicated, polite and helpful
- Shown quality sportsmanship

Silver Certificate:

- May be achieved by all grades
- Dedicated to the improvement of his game
- Shown good sportsmanship.
- Attended practises regularly



Bronze certificates:

- May be achieved by all grades
- Attended 100% of the practises
- Played with good sportsmanship
- Is a credit to the team and school

NETBALL – Educator in charge: Mrs Pieterse**Colours:**

- Grade 6 and 7
- 1st XI and U12A
- More than 80% of games
- More than 80% of practices
- General excellence and contributions to the team
- Provincial or District representation (not a necessity)

Half Colours:

- Grade 7 and 6
- 1st XI and U12A
- More than 80% of games
- More than 80% of practices
- Good team player with good team spirit
- Provincial or District representation (not a necessity)

Gold certificates:

- May be achieved by all grades
- Must be dedicated to the team and have played in 80% of matches
- Attended practises regularly
- Been dedicated, polite and helpful
- Shown quality sportsmanship

Silver Certificate:

- May be achieved by all grades
- Dedicated to the improvement of his game
- Shown good sportsmanship.
- Attended practises regularly

Bronze certificates:

- May be achieved by all grades
- Attended 100% of the practises
- Played with good sportsmanship
- Is a credit to the team and school

SQUASH – EDUCATOR IN CHARGE: Mrs Pacak

Colours:

- Grades 6 and 7
- Played 80% of matches in 1st team
- Attended 80% of practices
- Must have won at least 75% of his matches
- Provincial representation (not a necessity)

Half Colours:

- Grades 6 and 7
- Played 80% of matches in 1st team
- Attended 80% of practices
- Displayed good sportsmanship with good attitude
- Must have won at least 60% of his matches

Gold certificates:

- May be achieved by all grades
- Must be dedicated to the team and have played in 80% of matches
- Played for three consecutive years (exceptions can be made for new children)
- Attended practises regularly
- Been dedicated, polite and helpful
- Shown quality sportsmanship

Silver Certificate:

- May be achieved by all grades
- Dedicated to the improvement of his game
- Shown good sportsmanship.
- Attended practises regularly

Bronze certificates:

- May be achieved by all grades
- Attended 100% of the practises
- Played with good sportsmanship
- Is a credit to the team and school

SWIMMING - Educator in charge: Mrs Franz

Colours:

- Grades 6 and 7
- Represented the A team – meetings and practices for at least 75% of the season
- Exceptional attitude and sportsmanship
- Provincial representation (not a necessity)
- Must have swum in inter-house Gala (unless ill or injured)



- Achieved times as prescribed by CGA. (Must achieve level 2, clocking times, at least twice in a season in one stroke for the school team or in an official CGA Gala swum during the school season. A certificate from the CGA gala must be presented as proof.)

Half Colours:

- Grades 6 and 7
- Represented the A Team
- 80% attendance of meetings and practices
- Must have swum in the inter-house Gala (unless ill or injured)
- Achieved times as prescribed by CGA. (Must achieve level 1, clocking times, at least twice in a season in one stroke for the school team or in an official CGA Gala swum during the school season. A certificate from the CGA gala must be presented as proof.)

Gold certificates:

- May be achieved by all grades
- Must be dedicated to the team and have swum in 75% of galas
- Achieve CGA times before they reach Grade 6 or 7
- Attended practises regularly
- Been dedicated, polite and helpful
- Shown quality sportsmanship

Silver Certificate:

- May be achieved by all grades
- Dedicated to the improvement of times
- Shown good sportsmanship.
- Attended practises regularly

Bronze certificates:

- May be achieved by all grades
- Attended 100% of the practises
- Played with good sportsmanship
- Is a credit to the team and school

TENNIS - Educator in charge: Mrs Pieterse

Colours:

- Grades 6 and 7
- Provincial or National representation (Not a necessity)
- Played 80% of matches in 1st team
- Attended 80% of practices
- Must have won at least 75% of their matches (even though they may only play double matches)
- Must have shown good sportsmanship

Half Colours:

- Grades 6 and 7
- Played 80% of matches in 1st team
- Attended 80% of practices
- Good attitude and good sportsmanship
- Must have won at least 60% of their matches (even though they may only play double matches)

Gold certificates:

- May be achieved by all grades
- Must be dedicated to the team and have played in 80% of matches
- Played for three consecutive years (exceptions can be made for new children)
- Attended practises regularly
- Been dedicated, polite and helpful
- Shown quality sportsmanship

Silver Certificate:

- May be achieved by all grades
- Dedicated to the improvement of his game
- Shown good sportsmanship.
- Attended practises regularly

Bronze certificates:

- May be achieved by all grades
- Attended 100% of the practises
- Played with good sportsmanship
- Is a credit to the team and school

CHOIR - Educator in charge:**Colours:**

- Grades 6 and 7
- At least three consecutive years in choir
- At least 90% attendance and participation
- Good attitude and behaviour

DRAMA – Educator in charge: Ms Williams**Full Colours**

- Grade 7
- 80% & over attendance
- Participated for 3 consecutive years. (exceptions can be made for new children)

- Acting skills
 - Confidence
 - Voice projection
 - Articulation
 - Character Portrayal
- Group collaboration
 - Being supportive and helpful
 - Active participation

Half Colours

- Grade 6
- 80% and over attendance
- Participated for 3 consecutive years (exceptions can be made for new children)
- Acting skills
 - Confidence
 - Voice projection
 - Articulation
 - Character Portrayal
- Group collaboration
 - Being supportive and helpful
 - Active participation

Gold Certificates

- May be achieved by grade 6 and 7
- 80% attendance
- Participated for 3 consecutive years (exceptions can be made for new children)
- Acting skills
 - Confidence
 - Voice projection
 - Articulation
 - Character Portrayal
- Group collaboration
 - Being supportive and helpful
 - Active participation

SPECIAL AWARDS (PROVINCIAL AND NATIONAL COLOURS IN SPORTS NOT OFFERED BY THE SCHOOL)

Gold certificates will be awarded



SECTION 7

COLLEEN CLARKE SPORTS TROPHY

- This trophy is awarded to the Grade 3 sportsman or sportswoman who shows the most potential in a number of sports and is offered by the school.
- The candidate must also show quality sportsmanship in the games he or she is involved in.
- This candidate is encouraged to continue in the sporting arena and challenged to achieve the Victor or Victrix Ludorum in their final years at the school.

SPORTS PERSONALITY AWARD

- The Sports Personality award goes to the child who makes the most difference to the sports he or she participates in. Not only is the candidate a good sport but he or she is totally committed to the sport and the team they represent. The runner up will be called to award the recipient who in turn will award the winner.

VICTOR AND VICTRIX LUDORUM CRITERIA

- The sportsman and sportswoman who has excelled as a sports person in the U13/ 14 age group.
- The participant must have competed for the school at the highest possible level in the greatest number of sports. Where there is a tie, non-school sports will be considered.
- Participation in the Inter-house events is compulsory.
- Leadership roles in each sport will give the candidate more credibility.

