



# SUNLANDS PRIMARY SCHOOL



## Extramural Programme: Term 4 2025

### SPORTS

| CODE                              | DAY                  | TIME                     | VENUE                                   | TEACHER-IN-CHARGE (TIC)   |
|-----------------------------------|----------------------|--------------------------|-----------------------------------------|---------------------------|
| ATHLETICS<br>[TRAINING SQUAD]     | Tuesdays& Wednesdays | 14:45-15:45              | Jan Koker                               | Mr S Hendricks            |
|                                   |                      |                          |                                         | Ms Davids                 |
|                                   |                      |                          |                                         |                           |
|                                   |                      |                          |                                         | Mr N Hendricks            |
|                                   |                      |                          |                                         |                           |
| CHESS<br>Gr. 3-7                  | Tuesday & Wednesday  | 14:45 - 15:45            | Room 31 Gr.5LA                          | Mrs L. Alexander          |
|                                   |                      |                          |                                         | Alex Howill /Coach Lyle   |
| DANCE FITNESS                     | Tuesday              | 14:45 - 15:45            | Room 56 (6SJ)                           | Mrs Bredenkamp            |
| DARTS ( Gr. 4-7)                  | Tuesday & Wednesday  | 14:45 - 15:45            | Hall                                    | Mr Jacobs                 |
| DODGEBALL<br>Gr. 4-7              | Wednesday            | 14:45 - 15:45            | Hall                                    | Dodgeball Academy         |
|                                   |                      |                          |                                         | Coach Darren              |
| CRICKET (U11)                     | Tuesday & Wednesday  | 14:45 - 15:45            | Victoria Cricket Club<br>(Chukker Road) | Coach Liam                |
|                                   |                      |                          |                                         |                           |
| CRICKET (U13)                     | Tuesday & Wednesday  | 14:45 - 15:45            |                                         | Coach Marco               |
|                                   |                      |                          |                                         | Mr Petersen               |
| JUNIOR MOVEMENT<br>SKILLS Gr. R-2 | Wednesday            | 13:15 - 13:45 (Gr R)     | Hall                                    | RB6 (outside coach)       |
|                                   |                      | 14:00 - 14:45 (Gr 1 & 2) |                                         |                           |
| MINI CRICKET (Gr. 1)              | Tuesday              | 13:45 - 14:45            | School field                            | Coach Liam                |
|                                   |                      |                          |                                         | Mrs Wicomb (Gr1)          |
| MINI CRICKET (Gr. 2)              | Wednesday            | 13:45 - 14:45            | School field                            | Coach Marco               |
|                                   |                      |                          |                                         | Ms S Alexander (Gr2)      |
| MINI CRICKET (Gr. 3)              | Wednesday            | 14:45 - 15:45            | School field                            |                           |
|                                   |                      |                          |                                         | Mrs Kannemeyer            |
| NETBALL<br>JUNIOR SKILLS Gr. 3    | Wednesday            | 14:45 - 15:45            | Grade 3 Quad                            | Ms Broadway               |
|                                   |                      |                          |                                         | Intern                    |
| NETBALL U10                       | Wednesday            | 14:45 - 15:45            | Netball Court                           | Mrs van der Bijl          |
| NETBALL U11                       |                      |                          |                                         | Mrs T Jacobs              |
|                                   |                      |                          |                                         | Mrs Arendse/ Coach Nadine |
| NETBALL U12                       |                      |                          |                                         | Mrs Bredenkamp            |
| Social Swimming GR 3-7            | Wednesday            | 14:45-15:45              | Swimming Pool Area                      | Coach Joshua/ Mrs Bowers  |
| LEARN TO SWIM<br>GR. 3-7          | Tuesday              | 14:45 - 15:45            | Swimming Pool Area                      | Coach Allie               |
|                                   |                      |                          |                                         | Coach Joshua              |
| SQUAD SWIMMING<br>Gr. 3-7         | Tuesday & Wednesday  | 06:30 - 07:30            | Swimming Pool Area                      | Mrs Bowers                |
|                                   |                      |                          |                                         | Coach Allie               |

### ARTS & CULTURE

| CODE               | DAY       | TIME          | VENUE      | TEACHER-IN-CHARGE (TIC) |
|--------------------|-----------|---------------|------------|-------------------------|
| ART CLUB           | Tuesday   | 14:45 - 15:45 | Art room   | Ms Louw                 |
|                    | Wednesday |               |            |                         |
| CHOIR - JUNIORS    | Monday    | 13:45 - 14:45 | Music Room | Mr Clayton              |
| CHOIR - SENIORS    | Thursday  | 14:45 - 15:45 | Music Room | Mr Clayton              |
| MARIMBA<br>Gr. 3-7 | Tuesday   | 14:45 - 15:45 | Music room | Mr Clayton              |

|                                |                     |               |                   |                           |
|--------------------------------|---------------------|---------------|-------------------|---------------------------|
| DRAMA CLUB<br>Gr. 4-5          | Tuesday             | 14:45 - 15:45 | Drama room        | Ms Isaacs                 |
|                                |                     |               |                   | Ms Alfino                 |
| DRAMA CLUB<br>GR. 6-7          | Wednesday           | 14:45 - 15:45 | Drama room        | Ms Isaacs                 |
|                                |                     |               |                   | Ms Alfino                 |
| RECREATION, CLUBS & INNOVATION |                     |               |                   |                           |
| CODE                           | DAY                 | TIME          | VENUE             | TEACHER-IN-CHARGE (TIC)   |
| CODING<br>Gr. 4-7              | Tuesday (Gr 4-5)    | 14:45 - 15:45 | Computer Lab      | Mrs Van Heerden/Mr Jacobs |
|                                | Wednesday (Gr 6-7)  |               |                   |                           |
| CRAFTS                         | Tuesday & Wednesday | 14:45 - 15:45 | Room 44 Gr.3VR    | Mrs Ross                  |
| LEADERS & DETENTION            |                     |               |                   |                           |
| CODE                           | DAY                 | TIME          | VENUE             | TEACHER-IN-CHARGE (TIC)   |
| MONITORS<br>Gr. 7              | Thursday            | 14:45 - 15:45 | Computer Lab/Hall | Ms Boys                   |
|                                |                     |               |                   | Mrs Z Hendricks           |
| DETENTION FP<br>[Gr. R - 2]    | Wednesday           | 13:45 - 14:45 | Room 27 Gr.2HA    | Mrs H Adams               |
| DETENTION ISP<br>[Gr.3 – 7]    | Wednesday           | 14:45 - 15:45 | Room 56 Gr.6CK    | Mrs Murphy                |
| EXTRA LESSONS                  |                     |               |                   |                           |
| GRADE 6 EXTRA MATHS            | Tuesday             | 14:45 - 15:45 | Room 57 Gr.6NC    | Mrs Charles               |
| GRADE 7 EXTRA MATHS            | Tuesday             | 14:45 - 15:45 | Room 59 Gr.7MB    | Mrs Boys                  |
| GRADE 7 EXTRA AFRIKAANS        | Wednesday           | 14:45 - 15:45 | Room 61 Gr.7ZH    | Mrs Z Hendricks           |
| GRADE 7 EXTRA ENGLISH          | Tuesday             | 14:45 - 15:45 | Room 60 Gr.7PP    | Mrs Murphy                |