

THE ROCK ACADEMY SPORT INFORMATION 2018

Term 1 after school sport starts on 22 January 2018.

The Rock Academy encourages all learners to participate in at least one school sport per Term.

All sports listed below are inclusive of school fees.

NB: PLEASE TAKE NOTE OF NEW SPORTS AND THE NEW TIMETABLE:

BALL SKILLS at THE ROCK is for Girls and Boys in Grade 1-3. Learn the fundamentals of throwing, catching, kicking, striking, balancing, hand-eye coordination, agility.

MINI CRICKET at THE ROCK is for Girls and Boys in Grade 1-3. Learn the skills of batting, bowling, fielding, wicket-keeping. Fun matches will be arranged.

ATHLETICS, SUMMER BALL SPORTS is for Girls and Boys grade 4-7. Sessions are at CAPELLA HOUSE SPORTS FIELDS.

Get fit and ready for The Rock Athletic sports day at the end of term 1. Also learn skills and drills of cricket, volleyball, baseball, tag rugby.

MOVEMENT GYMNASTICS at THE ROCK is a mix of dynamic movement sequences together with basic gymnastic springs, cartwheels, rolls, stands, balances. For grade 1-3 and 4-7 Boys and Girls.

TENNIS at CAPELLA HOUSE TENNIS COURT is for grade 4-7 Girls and Boys. Learn play and stay tennis and get the opportunity to play fun matches against other schools.

Please note: **SQUASH** is a winter sport and due to low numbers at sessions during summer terms we will offer squash in terms 2 and 3 only.

SPORT and GRADE	DAY, TIME, VENUE
MONDAY MOVEMENT GYMNASTICS GRADE 1, 2, 3	MONDAY 14:00-15:00 THE ROCK ACADEMY
MONDAY TENNIS GRADE 4-7	MONDAY 14:30-15:30 CAPELLA HOUSE TENNIS COURT
TUESDAY MINI CRICKET GRADE 1,2,3	TUESDAY 14:00-15:00 THE ROCK ACADEMY
TUESDAY ATHLETICS AND SUMMER BALL SPORTS GRADE 4-7	TUESDAY 14:30-15:30 CAPELLA HOUSE FIELDS
WEDNESDAY BALL SKILLS GRADE 1-3	WEDNESDAY 14:00-15:00 THE ROCK ACADEMY
WEDNESDAY MOVEMENT GYMNASTICS GRADE 4-7	WEDNESDAY 14:00-15:00 THE ROCK ACADEMY

THE ROCK ACADEMY SPORT TIMETABLE TERM 1 2018

ENROLMENT FORM - All sports listed are inclusive of school fees.

Please complete the form below with your sport options and return to your school teacher

MONDAY GRADE 1-3 MOVEMENT GYM	MONDAY GRADE 4-7 TENNIS	TUESDAY GRADE 1-3 MINI CRICKET	TUESDAY GRADE 4-7 ATHLETICS AND BALL SPORTS	WEDNESDAY GRADE 1-3 BALL SKILLS	WEDNESDAY GRADE 4-7 MOVEMENT GYM
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The Rock Academy encourages all learners to enrol in at least one sport per term.

Please sign up:

CHILDS NAME & SURNAME:

GRADE: _____

PARENTS NAME &
SURNAME _____

CONTACT NUMBER _____

Signed _____

If your child does not participate in a school sport we are interested to know if they are active. Please note below the activity, where the practice is held, and the name of their coach.

Queries: Helen Davies 0845877455 - helendavies053@gmail.com

