



Sportprogram / Sports Programme 1e Kwartaal / 1st Term 2020

Krieket / Cricket

Span / Team	Oefendag en Tyd Practice Day and time	Match Days Wedstryddag
u.7	Maandae/Mondays: 13:30 – 14:10 Dinsdae/Tuesdays: 13:30 – 14:10	Donderdae Thursdays
o.8	Maandae/Mondays: 13:30 – 14:10 Dinsdae/Tuesdays: 13:30 – 14:10	Donderdae Thursdays
u.9	Maandae/Mondays: 14:15 – 14:55 Dinsdae/Tuesdays: 13:30 – 14:10	Donderdae Thursdays
o.10	Donderdae/Thursdays: 14:30 – 16:00 (Nets / nette)	Maandae Mondays
u.11	Dinsdae/Tuesdays: 14:30 – 16:00 (Nets / nette)	Woensdae Wednesdays
o.13	Woensdae/Wednesdays: 14:30 – 16:00 (Nets / nette)	Donderdae Thursdays 13C Tuesdays
u.10 – u.13	Vrydae / Fridays 14:30 – 15:30 & 15:30 – 16:30 Boulmasjiensessies Bowling machine sessions Boys have to book sessions by Thursday 12:00 (to make it worthwhile we need a minimum of 6 boys per session)	



Jip de Jager Rylaan | Drive, Welgemoed
t 021 913 2571 | f 021 913 2571
sport@welgemoedprimary.co.za
welgemoedprimary.co.za





Atletiek / Athletics (A field)

Maandae	07:00 – 07:30	Spiesgooi (gr 6, 7), diskus (gr 6, 7), hoogspring (gr 4-7), langafstande (gr 3-7)
	14:15 – 14:45	Naellope (gr 1-2)
	14:30 – 15:00	Verspring (gr 4-7), hekkies (gr 4-7), gewigstoot (gr 4-7)
Dinsdae	07:00 – 07:30	Naelope (gr 3-7)
	14:15 – 14:45	Naellope (gr 1-2)
Woensdae	07:00 – 07:30	Spiesgooi (gr 6, 7), diskus (gr 6, 7), hoogspring (gr 4-7), langafstande (gr 3-7)
	14:30 – 15:00	Verspring (gr 4-7), hekkies (gr 4-7), gewigstoot (gr 4-7)
Donderdae	07:00 – 07:30	Naelope (gr 3-7)

Mondays	07:00 – 07:30	Javelin (gr 6, 7), discus (gr 6, 7), high jump (gr 4-7), longer distances (gr 3-7)
	14:15 – 14:45	Sprints (Gr 1 – 2)
	14:30 – 15:00	Long jump (gr 4-7), hurdles (gr 4-7), shot put (gr 4-7)
Tuesdays	07:00 – 07:30	Sprints (Gr 3 – 7)
	14:15 – 14:45	Sprints (Gr 1 – 2)
Wednesdays	07:00 – 07:30	Javelin (gr 6, 7), discus (gr 6, 7), high jump (gr 4-7), longer distances (gr 3-7)
	14:30 – 15:00	Long jump (gr 4-7), hurdles (gr 4-7), shot put (gr 4-7)
Thursdays	07:00 – 07:30	Sprints (Gr 3 – 7)



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Swem / Swimming

- Swem word aangebied aan alle leerders wat waterveilig is (gr 1 – gr 7) en sal op op Maandae by Hoërskool Settlers en Woensdae by die swembad van Laerskool Boston en aangebied word. Leerders het 'n keuse van watter dag hulle wil swem. Indien u kind 'n ekstra dag wil swem sal die koste R400 vir die kwartaal beloop. Indien u kind gekies word om die skool by 'n swemgala te verteenwoordig moet u die Welgemoed swemklere en pet aankoop.
- Vir verdere inligting en ekstra lesse kan Jutine Scholtz 913-1173 geskakel word.
- Klein groepe oefening 16:15 – 17:15
- Span oefening 17:15 – 18:00

- Swimming is offered to all learners (Gr 1 – Gr 7) on Mondays at High School Settlers and Wednesdays at Boston Primary School on . Learners can choose any of the two days. If you choose to do an extra day a fee of R400 is payable for the term. If your child is selected to represent Welgemoed at a swimming gala you will have to buy the Welgemoed swimming costume and cap.
- For further information and extra lessons, phone Jutine Scholtz at 913-1173
- Small groups practice 16:15 – 17:15
- Swimming squad practice 17:15 – 18:00

Skaak / Chess

- **Thursdays**
Gr 1, 2 & 3 14:30 – 15:30
Gr 4 – 7 15:30 – 16:30
Teams 16:30 – 18:00 (by invitation only)
- **Venue** School hall



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Tennis

- **Groepe word ingedeel volgens sportspyskaart wat ingegee is.**
- Oefentye word op kennisgewingbord en D6 Connect aangebring.
- Tenniswedstryde vind plaas op Woensdae.

- **Groups compiled according grades and sport menus submitted.**
- Practice times/groups will be put on the notice board & D6 Connect.
- Tennis matches will take place on Wednesdays.



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