



## **Stone House Independent Preparatory Sport Policy 2024**

### **Grade R- 6**

Stone House seeks to promote healthy lifestyle choices through participation and fun. Our Grade R, 1 and 2 programme is designed around the establishment of basic skills and the development of coordination.

We pride ourselves in our ability to develop skills in our children, to teach them about sportsmanship and to reach their potential in terms of their own sporting ability. Parents are requested to be mindful of their child's capabilities. We understand that not everyone is able to perform at the same level and we therefore work at an appropriate level with all children.

Stone House at present does not offer competitive sport owing to the small numbers in each age group.

Three times a week all the children ( Grade 1-6) venture out to the fields to complete the Hambela Impilo (walk for health) 1km circuit to enhance fitness, build muscle coordination and cross the midline to assist learning.

As from 2024 a company—Wolf Pack Academy has been contracted to the school. This is compulsory for all children Gr R to Gr 1. Seasonal sports such as rugby, hockey and cricket will be done by a

private coach every Friday in small groups. Girls are welcome to participate in rugby. Gum guards are a definite requirement for hockey.

A compulsory sports fee of R500 per term is required the first week of each new term.

Thank you