



SPORT

Applewood offers a diverse range of sporting opportunities for our children. We firmly believe that most children are capable of participation, and we have committed ourselves to provide a comprehensive sporting programme, designed to ensure maximum participation. It is our firm belief that this model will enhance our children's physical abilities, while also developing self-confidence.

In Grade R, Playball classes are attended on a weekly basis, where children are introduced to various sporting codes, and basic ball skills are taught.

Sport not only promotes physical fitness, builds self-esteem and introduces children to a healthy lifestyle, but also encourages teamwork and the development of self-control, co-operation, loyalty, determination, commitment and leadership. By offering and exposing our children to a wide variety of sports and activities, rather than focussing on a few, we hope to enable our children to make informed choices about their sport of preference at high school. Our relatively small numbers preclude us from participating in major events, but we aim to be competitive against schools of similar size

Applewood has a system of compulsory participation and our dedicated staff members therefore have an obligation to develop every child who participates in this programme as much as possible. Children and their coaches are encouraged to be actively and enthusiastically involved, from the daily practice to the regular fixtures that are arranged.

A strong emphasis is placed on sportsmanship and enjoyment, as we firmly believe that at Primary School, a fierce, competitive nature is less important than learning new skills and techniques. Our Cricket and Hockey teams have entered into the Helderberg Leagues and are regularly very successful when competing against much bigger schools.

At Applewood, all the coaches strive to ensure that every child is given a fair opportunity to compete, whilst also identifying and nurturing obvious talent.

At present all sport practice sessions are from 14:00- 15:00 on Mondays – Thursdays. Applewood has become well known for the range of activities on offer. These include:

SUMMER	WINTER
Playball Swimming League Cricket Mini-Cricket Tennis Athletics League Hockey	Playball Cross Country Netball Football Hockey – League for whole school Triathlon

Our children also successfully compete in the following extra mural activities offered by external coaches after school hours:

Karate, Ballet, Hip-hop, Modern & Tap Dancing and Equestrian Sports.

The pupils are divided into house groups: Goldens (yellow) or Royals (red).

