

GRADE 1 & 2 EXAMPLE DEVELOPMENT PROGRAM

Rotational Summer Sports:

Swimming, Tennis and Splash polo (Term 1)

Tag Rugby, Running (Term 4)

The girls will need their RGJS swimming costumes, caps and towels for swimming and splash polo and their RGJS PE kit with trainers and RGJS white socks for Tennis, Tag and Running. If the girls have their own tennis rackets they may bring then otherwise school raquets will be provided.

Tuesday – Grade 1 “Long Day” once a week

CLASS	TIME	SPORT	DURATION
1a	13:30 – 14:30	Swimming	3 weeks
1b	13:30 – 14:30	Tennis	3 weeks
1c	13:30 – 14:30	Splash Polo Skills	3 weeks

Wednesday – Grade 2 “Long Day” once a week

CLASS	TIME	SPORT	DURATION
2a	13:30 – 14:30	Swimming	3 weeks
2b	13:30 – 14:30	Tennis	3 weeks
2c	13:30 – 14:30	Splash Polo Skills	3 weeks

At the end of the 3 weeks, the Grade 1 & 2 classes will rotate onto the next sport.

At the end of the 3 week cycle the class teacher will communicate which sport your daughter’s class will be moving on to.

Rotational Winter Sports:

Hockey, Netball and Cross Country

Girls will need their own gum guards and shin guards. If they don’t have a hockey stick a school stick will be provided.

RGJS Cultural & Musical Activities

Xhosa / Drama Dance	
Art Club	
Mandarin	
Music Appreciation	Grade 1 only
Junior Choir	Grade 2 only