



EFFECTIVE DATE: 1 FEBRUARY 2022

REVIEWED: 11 MAY 2024

EXTRACURRICULAR POLICY

INTRODUCTION

Country House School, endeavors to offer a range of extracurricular activities to cater to diverse student interests.

We will make every effort to organize friendly matches and tournaments, taking into account all relevant factors such as number of scholars and resources available. As our school grows, we aim to expand our sports offerings, but may need to prioritize activities based on student interest and feasibility. Please note that changes may occur during the selection of sports, we prioritize quality over quantity, focusing on fewer activities and excellence in those we offer. We encourage parents to recognize the importance of commitment when enrolling their child in extracurricular activities. Country House School expects full dedication and respect from participants for the duration of the term, given our limited student population, the school relies heavily on student attendance and active participation in extracurricular activities.

ACADEMIC PRIORITIZATION & WITHDRAWAL

CHS is committed to supporting students' academic success and well-being. In cases where students are struggling academically, the following policy will apply:

1. Academic Override: Academic performance takes priority over extracurricular activities.
2. Intervention and Support: Students who are struggling academically will be required to attend intervention and support lessons to address areas of concern. These lessons will take priority over extracurricular activities.
3. Prioritization of Academics: Students must demonstrate satisfactory academic progress and be up-to-date with their schoolwork before participating in extracurricular activities.
4. Resumption of Extracurricular Activities: Once students have demonstrated satisfactory academic progress and are up-to-date with their schoolwork, they may resume participation in extracurricular activities.

Participation in extracurricular activities may be temporarily suspended or withdrawn if a student is found to have engaged in misconduct or displayed unacceptable behaviour, pending a review of their actions. Resumption of sports activities will be considered once a significant improvement in their behavior has been demonstrated.

Please note that involvement in extracurricular activities is a privilege, not a right, and is contingent upon adherence to the school's code of conduct and behavioral expectations.

AIMS

GRADE 000 - R

Our school embraces a participatory and enjoyable approach to physical education, focusing on the development of fundamental movement skills through play-based activities. We believe that physical literacy is a vital aspect of a child's overall development, and our goal is to instill a lifelong love for movement and physical activity.

OBJECTIVES:

- Foster a positive and inclusive environment that encourages participation and enjoyment
- Provide a progressive and structured approach to movement skills development
- Link movement skills to play and daily life activities to promote transfer of learning
- Locomotive Skills: crawling, running, galloping, hopping, skipping, dodging, leaping, jumping (height and distance), twisting
- Body Control Skills: landing, stretching, climbing, balancing, turning, rolling, stopping, bending, twisting, swinging
- Object Control Skills: throwing, catching, striking, bouncing, dribbling, kicking, rolling

PRINCIPLES:

- Participation and enjoyment are valued over competition and team-specific activities
- Physical activity and movement are essential components of daily life and forms part of the school's curriculum

GRADE 1 UP

OBJECTIVES:

- Develop fundamental movement skills and overall motor skills through play-based activities and various sport-specific codes
- Emphasize the importance of water safety and swimming proficiency
- Develop a knowledge base for various sports and athletic development
- Development of all fundamental movement skills and overall motor skills
- Focus on the ABC'S of sport: athleticism, balance, coordination, and speed
- Learn to Train and acquire overall sport-specific skills
- Friendly tournaments, clinics, and matches with a focus on participation and enjoyment

PRINCIPLES:

- Participation and enjoyment are valued over competition and outcome-based success
- Physical education and sports development are essential components of a well-rounded education

If a student is younger than her grade or team, it is her choice to either participate with her age group or an older age group based on her developmental age. This decision then applies to the full season.

If a student is older than her grade, she needs to participate with her age group.

SPORT CODE OF CONDUCT

The conduct outlines the responsibilities, expectations, and contributions of players/students, captains, coaches, staff, spectators, and parents in promoting a positive and respectful sporting environment at our school.

PLAYERS/STUDENTS:

1. Demonstrate good sportsmanship and respect towards opponents, umpires, and fellow team-mates at all times.
2. Arrive on time and stay until the end of all team practices, matches, and tournaments.
3. Respect and follow the coaching methods and decisions of school-appointed coaches.
4. Take care of school equipment and wear the correct uniform to practices and matches.
5. Show commitment to the sport and complete the full season once signed up.
6. Follow channels of communication and attend all practices and matches unless excused by authorized personnel.
7. Check notice boards, D6 and whataspp groups daily for sport-related information.
8. Students may not excuse themselves from sport sessions or tournaments, a parent/gurdian must inform the school or coach in writing.

CONSEQUENCES OF NON-COMPLIANCE:

- Missed lessons without valid excuse
- Incorrect attire (refer to the UNIFORM POLICY)
- Equipment forgotten
- behaviour, poor attitude
- arriving late for lessons without an adequate excuse and accompanying letter from a relevant teaching excusing tardiness
- missed tournaments
- general non compliance

STEPS THAT WILL FOLLOW

1. Verbal warning
2. Parents informed
3. Written warning for repeat offense (further refer to our code of conduct)
4. Temporary Suspension of activity (3 repeated offenses)
5. Meeting held with all parties to discuss further action and outcome

EXTERNAL OR SCHOOL-APPOINTED COACHES

- ✓ Act as role models regarding courtesy, respect, and sportsman-like behavior
- ✓ Familiarize themselves with the school's "Sport Code of Conduct" and support the school's ethos and core values
- ✓ Raise the level of players' performance and teach them to be competitive, appropriate to their age group and level
- ✓ Benefit parents, students, and staff through their involvement

GENERAL RESPONSIBILITIES:

1. Arrive 15 minutes before practices to prepare and collect registers
2. Keep records of registers, results, and progress
3. Structure practices to include skills development and ensure all players are busy
4. Make team selections transparent and fair
5. Assess players' ability levels at least once a term
6. Prepare players for matches and maintain a professional approach
7. Show good sportsmanship and respect for the opposition and officials
8. Compete fairly and do not undermine decisions made by school staff or visiting coaches
9. No direct communication with parents regarding team selections, timetable issues, transport arrangements, complaints, or excuses from practices
10. No informal or extra practices and/or socials may be organized without the knowledge and permission of the Heads
11. No posting of photos of any CHS student on any public forum
12. Coaches may not communicate directly with students or players via WhatsApp or other social media, unless it is a group chat approved by the Heads.
13. Coaches must find their own replacement amongst the staff or reschedule if they are going to be absent (Heads to approve and be informed)

SETUP & PREPARATION FOR HOME GAMES/TOURNAMENTS AND VISITORS

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|---|----------------------------|
| ✓ Gazebo | ✓ Tables and branded cloth |
| ✓ Snacks | ✓ Welcome & Thank you card |
| ✓ Water or beverages for visiting staff | ✓ List above (applicable) |

PARENTS/GUARDIANS/SPECTATORS

1. Ensure students wear the correct sporting uniform and provide the necessary equipment.
2. Take responsibility for ensuring students wear protective gear and take sun protection measures.
3. download D6 or be attentive to the classroom whatsapp groups to access extracurricular-related information.
4. Communicate with the School and coaches through approved channels (school cellphone, whatsapp email, or scheduled appointments).
5. Refrain from direct communication with appointed coaches, paper trail is important in a discrepancy.
6. Understand that school sport is not about "winning at all cost" and:

7. Encourage and motivate from the side of the field.
8. Acknowledge good performances by players from both teams.
9. Do not be critical, abusive, or threatening to players, coaches, umpires, or officials.
10. Respect the decision/s of the match officials.
11. Accentuate the positive and do not point out the negative.
12. Understand that learning to lose with dignity is an important aspect of player development.
13. Support players remaining with their teams until the end of matches, prize-giving ceremonies, tournaments, etc.
14. Support students positively in overcoming disappointment, including:
 - Understanding selection criteria and procedures before making judgments.
 - Requesting meetings with the Heads and coaches to discuss concerns in a positive, dignified, and respectful manner.

NB. Any costs or fees required for the activity are the responsibility of the parents if not subsidised by either the institution organising the activity or the school itself (transport, registration levies, entry fees, etc.).

AFTERCARE AND COLLECTION TIME

In instances where extramural activities do not commence immediately after school hours, parents are kindly requested to make necessary arrangements for aftercare or late pick-up for their child. Alternatively, parents may choose to collect and drop off their child again when the extramural activity begins.

Please note that the presence of an extramural activity does not automatically extend the designated pick-up time. Therefore, we kindly request that parents do not assume they can stay beyond the scheduled pick-up time without prior arrangements. Aftercare fees may be charged for late pick-ups. We appreciate your cooperation and understanding in adhering to this policy.

TRANSPORTATION (refer further to the TOURS, EXCURSION & TRANSPORTATION POLICY)

Country House School provides a school bus for transporting students to and from outings, sports tournaments, games, and tours. The school bus will be supervised by a designated staff member at all times during transportation.

MAINTENANCE AND SAFETY

The school bus will undergo regular maintenance and checks to ensure it is in good working condition. The school takes the safety of its students very seriously and will prioritize the maintenance and safety of the bus at all times.

AVAILABILITY

The school bus is available for use by students whose parents are unable to provide transportation. Due to limited space, parents are asked to only utilize the service when absolutely necessary. Space on the bus will be allocated on a first come, first served basis.

TRAVELLING FEE

A fee may be applicable for the use of the school bus, depending on the location, roundtrip and distance of the outing. The fee will be communicated to parents in advance.

HEALTH AND SAFETY

All extra-curricular activities must be organised with the safety of participants as the major consideration. The school will endeavour to send at least one adult per ten learners (rounded to the nearest ten) to all events/fixtures/outings, or a minimum of two coaches to mind and oversee the students. In the event of a student requiring immediate medical attention, the accompanying teacher should notify the school/Heads and initiate procedure in terms of the EMERGENCY PROCEDURE POLICY (available in the CHS application form, pg. 4) and remain with the student until contact and arrangements have been made. Strict adherence to any safety and health precautions associated with a particular activity is necessary. Parents or guardians need to sign indemnity forms for each event that learners participate in.

SIGNATURE APPROVAL

BEHALF OF HEADS		DATE	
BEHALF OF SGB		DATE	
PRINCIPAL		DATE	