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# EXTRA-MURAL PROGRAMME

## 1<sup>ST</sup> TERM 2023



**Helderberg  
Primary  
School**

### GRADES R TO 3

<b>MONDAY</b>	Playball - Grade R	12h30-13h00	A Hayward
	Playball - Grade 1 -2	13h15-14h15	A Hayward
<b>TUESDAY</b>	Swimming - Grade 1	13h00-14h00	D Roodt / S Potgieter/I Gouws
	Cricket – Grade 3 Boys	14h30-15h30	D Roodt
	Netball skills – Gr 3 Girls	14h30-15h30	T Neuhoff
<b>WEDNESDAY</b>	Experi-Buddies	13h15-14h00	C Conradie
<b>THURSDAY</b>	Swimming – Grade 2	13h00-14h00	D Roodt / A Fletcher

### GRADES 4 TO 7

<b>MONDAY</b>	<b>Bible Class - Grades 6-7</b>		<b>TO BE CONFIRMED</b>
<b>TUESDAY</b>	Cricket - Grades 4	14h30-15h30	D Roodt
	Netball skills – Grade 4 Girls	14h30-15h30	T Neuhoff
	Endurance Swimming - <b>by selection</b> <b>Competent Swimmers only</b>	14h30-15h15	D du Plessis / J Muñoz / B Calvert
	Singing Group – Grade 4-7 – <b>by selection</b>	14h30-15h15	P Ngqanya
<b>WEDNESDAY</b>	Afrikaans Enrichment Grade 5-7	14h30-15h15	B Calvert
<b>THURSDAY</b>	Cricket - Grades 5-7	14h30-15h30	D Roodt
	Netball – Grades 5-7	14h30-15h30	B Ockhuis / J Muñoz

**Please complete the consent form and note the commitment is for the term.  
Extra-Mural Activities starts on Monday, 23 January 2023 and ends 3 March 2023.**