



# Michael Oak Waldorf School

## Sports and Extramural Programme for Term 3 2024

**Dear Michael Oak Parents & Guardians,**

Welcome to a new term of sport and extramurals at Michael Oak. Please see the options for the term 3 offerings on the next few pages.

### Registration

There is a requirement of **one compulsory extramural per term**. Sport and extramurals **begin on the 22 July and end on the 13 September 2024**. **Please note that a minimum of 7 students (registered) is required for each sport/extramural to continue for the term**. Week 1 (22- 26 July) is an open week for students to trial any sport. Thereafter we ask that parents/ guardians update the registration form by Friday, 26 July at 5pm with the final choices. A revised version of the timetable will be sent thereafter. **Please note children who are not registered for a sport will not be able to participate in any sport.**

Make sure to only choose an activity that is allocated to your specific class.

- If you have more than one child at school, then you will need to fill in a separate form for each child.
- For a smooth-running programme, the best results and in the interests of security, please advise your child to choose activities they intend to commit to for the whole term.
- Please note that children who are not registered for a sport will not be allowed to participate until the online registration form has been submitted.

### Cancelled sports and extramurals

If any changes or cancellations need to happen – such as in the case of inclement weather – parents/guardians will be informed as soon as possible via an SMS. Most activities do have an indoor backup in case of rain and will continue.

**\*Public holiday: Friday, 9 August 2024 (No sport)**

### Coaches

You will find the list of term 3 coaches for 2024 and their qualifications further down in this document.

### Billing

Children may join as many extra murals as they wish. The first activity is INCLUDED in school fees. Each additional activity will be billed at R365 for the term. Marimba will be billed at R840 per term.

- High School Students may participate in the Open Evening Classes as part of the extramural programme.
- Some activities, such as Art Classes, are run by external facilitators, and booking and payment are to be done directly with the facilitator. See information below.
- Parents will be billed according to the online registration form so please do update the form with any changes.

### Collection of your child

Please collect children promptly after each session at school.

### Absence or inability to attend sport

In the event of your child not being able to attend a session, please inform the school office by 10:00 AM via WhatsApp (063 073 7042), Phone (021 797 9728) or email ([info@michaeloak.org.za](mailto:info@michaeloak.org.za)).

### Uniform

The school sports uniform consists of the Michael Oak t-shirt or any **plain** (no large logos, character prints or stripes) t-shirt (short or long sleeved) and tracksuit pants, leggings or shorts in navy blue, dark green, black or white. Takkies or proper sports shoes are required.

### Indemnity

An Indemnity Form needs to be completed for all activities that take place off-campus.

### Queries

Please direct any questions to Nicky Moodley via email at [extramurals@michaeloak.org.za](mailto:extramurals@michaeloak.org.za)



## PRIMARY SCHOOL – SPORT AND EXTRAMURAL PROGRAMME TERM 3 2024

*REVISED: 7 July 2024*

Day	Activity	Class	Time	Venue
<b>Monday</b>	<b>Drama Games</b>	2	12:30- 13:00	Big hall
	<b>Volleyball</b>	4	13:45- 14:30	Side court
	<b>Soccer (Girls)</b>	5, 6 & 7	14:30- 15:30	The Oval
	<b>Marimba</b>	6 & 7	14:35- 15:35	Movement room
<b>Tuesday</b>	<b>Story Yoga</b>	3 & 4	12:30- 13:15	Upstairs meeting room
	<b>Volleyball</b>	5	13:45-14:30	Side court
	<b>Dance</b>	5, 6 & 7	13:45- 14:30	Small hall
	<b>Basketball</b>	6 & 7	13:45-14:30	Basketball court
	<b>Chess session 1</b>	5, 6 & 7	13:45- 14:30	Classroom 8
	<b>Chess session 2</b>	5, 6 & 7	14:30-15:15	Classroom 8
<b>Wednesday</b>	<b>Ball skills</b>	2	12:30- 13:15	Big hall
	<b>Ball Skills</b>	3	13:45-14:30	The Oval
	<b>Basketball</b>	4 5	13:45-14:30 14:30-15:15	Basketball court Basketball court
	<b>Table tennis</b>	4, 5 & 6	14:30- 15:15	Small hall
	<b>Volleyball</b>	6 & 7	14:30- 15:15	Side court
<b>Thursday</b>	<b>Games</b>	1	12:30- 13:00	Big hall
	<b>Basketball</b>	3	13:45- 14:30	Basketball court
	<b>Netball</b>	5- 7	14:30- 15:15	Side court
	<b>Table tennis</b>	6 & 7	14:30- 15:15	Small hall
	<b>Marimba</b>	6 & 7	14:35- 15:35	Movement room
<b>Friday</b>	<b>Creative movement</b>	1 & 2	12:30-13:15	Big Hall
	<b>Drama Games</b>	3 & 4	13:45- 14:30	Big hall
	<b>Soccer (boys)</b>	5, 6 & 7	14:30- 15:30	The Oval



## HIGH SCHOOL – SPORT AND EXTRAMURAL PROGRAMME TERM 3 2024

REVISED: 7 July 2024

Day	Activity	Class	Time	Venue
<b>Monday</b>	<b>Basketball</b>	ALL	14:30-15:15	Basketball court
	<b>Dance</b>	ALL	14:30- 15:15	Small hall
	<b>Volleyball</b> <i>(U19 School league training)</i>	10- 12	14:30- 16:00	Big hall
<b>Tuesday</b>	<b>Fitness Bootcamp</b>	8 & 9	13:45- 14:30	Big hall
	<b>Ultimate Frisbee</b>	ALL	14:30- 15:30	The Oval
	<b>Chess session 1</b>	ALL	13:45- 14:30	Classroom 8
	<b>Chess session 2</b>	ALL	14:30-15:15	Classroom 8
<b>Wednesday</b>	<b>Soccer</b>	ALL	15:15- 16:45	The Oval
<b>Thursday</b>	<b>Volleyball</b>	9	15:15- 16:00	Big hall
	<b>Table tennis</b>	ALL	15:15- 16:00	Small hall
<b>Friday</b>	<b>Volleyball</b>	8	14:30- 15:30	Big hall
	<b>Marimba</b>	ALL	14:35- 15:35	Movement room



### **EXTRAMURAL ART CLASSES AT MICHAEL OAK FOR TERM 3 2024.**

The varied and stimulating art classes will continue to be held at Michael Oak on Fridays and Saturdays (times and venue below), with dates to be announced. There will also be catch-up lessons to begin for the last 9<sup>th</sup> lessons which could not be held last term (finishing off and handing-out lessons). Children can come to the classroom for art straight after school or other extramural activities, and wait under guidance (eat their lunch, read or draw), or join the art class. They may arrive a little late after class or other extramurals, as the beginning of the lesson is mainly settling in time.

**What we did in the 2nd term:** Outdoor sketching in warmer weather in special garden spots using various pencils, paints and pastels; painting the fired clay sculptures created in the 1<sup>st</sup> term (see below for unpainted ones), with all pupils also creating additional artworks on the theme; also pictures on our hopes and dreams for South Africans and ourselves.



**Projects for the 3rd term:** These will be chosen from: paper mâché project when the weather is cooler (we'll enjoy lovely warm starch); portraits and landscapes, using well-known artist Maggie Loubser's artworks on exhibition at Norval Art Museum to inspire in a current way; an outing to the studio of a well-known sculptor or an outing to the Norval sculpture garden; as well as other creative ideas. Projects are age appropriate, with interesting introductions. Do put in requests.

#### **Days and times, 3rd term's classes (Dates TBA; Ms Carter-Bolus's garden classroom)**

- Friday 12.50pm – 1.45 pm (Kindergarten, Classes 1 and 2; children may arrive at 1pm after ball skills)
- Friday 1.45pm – 2.45pm (Kindergarten, Classes 1 to 4)
- Friday 2.45pm - 3.45pm (Classes 5, 6 and 7 mainly or higher; also Classes 1 to 4)
- Saturday 10.30am – 11.30am, or 11.45am for tidying up (all ages)

Also in Constantia (off Brommersvlei Road) for all age groups on Thursdays.

Fees include materials and firing, and are R150 per lesson. Visitors or 'try-out' pupils are welcome at the same rate. Detailed newsletters and flyers can be found in the foyer or emailed on request. For more information, contact Sue [MPhil in Education (Teaching) UCT and trained Waldorf teacher].

Phone: 021-7946609; WhatsApp messages: 083-2377242; email: [snepgen@xsinet.co.za](mailto:snepgen@xsinet.co.za)



## **Some descriptions of what we are offering this term:**

**Basketball:** Our very popular and social sport at Michael Oak will help students develop their communication and social skills. Children will participate in friendly games against neighbouring schools and the high school will be entered into a few tournaments this year. Lessons will be facilitated by Coach Koffi.

**Table tennis:** An indoor sport that helps strengthen muscles, mobilises the joints and, importantly, sharpens reaction times and hugely improves hand-eye coordination. Facilitated by renowned South African player, Coach Theo.

**Ball Skills:** This activity focuses on learning the fundamental movements to provide students with the necessary skills to play specific sports in the future. Ball skills is a fun way to teach the basics of sports. Lessons will be facilitated by Coach Caleb and Coach Ali.

**Chess:** Learn to excel in a sport where age or gender does not matter. Children can compete against a parent or an equal footing and win. The value this has on the child's self-esteem is immeasurable and is the prime drive behind the methodology employed by renowned Coach Cecil.

**Drama Games:** This class is a fun balance of speech warm-ups and improvised drama games to help develop confidence and spontaneity. A healthy environment for students to express themselves creatively and openly. Lessons are facilitated by Coach Nicky.

**Ultimate Frisbee:** This is a combination of American football and Netball but with a frisbee disc. It is a non-contact, gender neutral sport, with the objective being to catch the disc in your opponent's end zone. Lessons will be facilitated by Coach Justin

**Fitness Bootcamp:** A full body strength and conditioning workout with bursts of high intensity interval training (HIIT) alternated with intervals of lighter activity. Dress code: Exercise gear or leggings and t-shirt with trainers/ sneakers. Sessions are facilitated by Coach Nicky

### **Movement program**

**Story Yoga:** A gentle introduction to yoga stretches using storytelling and music. Our story takes us on a walk through the jungle meeting all the different animals and imitating how they stretch. This is a wonderful way for children to explore balance, stretching and toning with positive reinforcement.

**Creative Movement:** A joyful ballet inspired movement practice that develops the imagination through live classical music, story and dance. Dress: ballet leotards and skirts. Hair to be tied up and off the face. No shoes required.

**Dance:** This is a versatile dance class where we will learn the fundamentals of various dance techniques such as flamenco, modern contemporary and musical theatre. Guest teachers may be invited to share choreography for performance opportunities during the year. Spanish shoes and castanets are required for flamenco dance. Skirts will be provided.



**OPEN EVENING CLASSES**  
**Term 3 2024 for adults & high school students**

[CLICK HERE TO OPEN THE EVENING CLASSES REGISTRATION FORM](#)

Day	Activity	Teacher	Time	Venue
Monday	Yoga	Philippa	18:00 - 19:00	TBC
Tuesday	Flamenco	Zethu	18:00 - 19:00	Movement Room
Wednesday	Pilates Core	Philippa	18:00 - 19:00	TBC
Thursday	Swing Dance	TBC	18:00 - 19:00	Movement Room

- Evening Classes are offered by an external service provider: Body Sense Studio
- The classes are part of the school extramural program for high school students, so the cost is either included in school fees or will be billed as an additional activity at R330 per term.
- Classes are offered to adults for a termly fee of R1600, which gives you access to **unlimited** morning and evening classes in studio and on zoom, **plus** your teenager can attend free of charge!
- Receive a private Gyrotonic voucher valued at R550 when you refer a friend.
- Alternatively, you can sign up for a weekly classes at R650 per month.
- Trial classes are free and Drop in classes are R190.

*Note: For Movement program options, please contact Philippa 084 269 9884 for more information*



## SPORT AND EXTRAMURAL COACHES - TERM 3 2024

### BASKETBALL

#### Koffi Mvumbi



In 2003, Coach Koffi was on the National Team for Angola representing the country in the World Cup Men's basketball. In 2004, Koffi played in the African Club Championship.

In 2014, he was in the BNL for SA playing for WC Mountaineers. For 13 years to date, Koffi has been a Club basketball player for the Montana Vikings. He participates in the Super League Team.

This will be Coach Koffi's 16th year coaching basketball at Michael Oak. He has seen children developing from not knowing how to bounce the ball to becoming skillful players.

### VOLLEYBALL

#### Tapiwa Gondo



Tapiwa is currently studying a BEd at the University of the Western Cape. He plays on the 1<sup>st</sup> team for UWC, who are currently ranked the best senior males' team in the Western Cape for Volleyball. He has previously worked as the volleyball coach at Star College and felt that his experience there was a great opportunity for him to teach and learn how to teach. Coach Tapiwa has recently won MVP at the 2023 Cape Town Volleyball Federation awards.

In his own words, "I am an ambitious, motivated and adventurous person who enjoys a challenge and can-do attitude."

### DRAMA GAMES, GAMES & FITNESS BOOTCAMP




#### Nicky Moodley



Nicky is a qualified personal and group trainer and has been in the fitness industry for the past six years. She is also a qualified Speech and Drama Specialist and has taught in several schools across Cape Town, prior to pursuing fitness. She has always felt a strong connection to teaching and working with youth. Nicky completed her Bachelor of Education degree at The Centre for Creative Education and graduated in March 2024.


Nicky is the Sports & Extramural Coordinator at Michael Oak. She oversees all aspects of the programme and works closely with the coaches and sports mandate group. Her responsibility is to ensure that a diverse, dynamic and well-managed programme is in place for all our students, and that they receive the best possible experience with our qualified coaches. Her motto is "Inspiring a love of movement".



<p><b>BALL SKILLS</b></p> <p><b>Alizwa Majambe</b></p> 	<p>Alizwa Majambe has been a part of the Waldorf community since childhood, attending Zenzeleni. Gaia and completing his matric at Stellenbosch Waldorf School. He then went on to study for a Bachelor of Education degree at the Centre for Creative Education and graduated in March 2024.</p> <p>Alizwa has played several sports throughout his schooling career which include cricket, touch rugby and soccer.</p> <p>Alizwa also volunteers at Vulamasango as an aftercare facilitator and assists children with homework and has a particular interest in Mathematics. Alizwa is also a Michael Oak Holiday Club facilitator.</p>
<p><b>VOLLEYBALL</b></p> <p><b>Hayden Eaves</b></p> 	<p>Hayden is currently studying Law at UWC and is also a volleyball player and coach. He coaches the UWC 2nd team and plays for the 1st team.</p> <p>At the age of 17, he represented the senior WP team that went on to win gold at the National Volleyball League. In the past 2 years he has also won best setter as well as best defender in the CTVF league. The UWC team won gold in the past 2 years in which last year they were undefeated.</p> <p>Hayden takes a lot of pride in doing what he loves, and volleyball is number one in his heart.</p>
<p><b>SOCCER &amp; BALL SKILLS</b></p> <p><b>Caleb Gallant</b></p> 	<p>Caleb is an ex- Michael Oak student, and we are so glad to have him back at school coaching our upper primary soccer and high school soccer and balls skills for class 3. He is an avid soccer player himself and has played semi - professionally and is currently playing at university level. Caleb is currently doing his PGCE at UWC this year.</p> <p>In his own words “I absolutely love the sense of community created through sports and the possibility it creates for all participants to express themselves”</p>





<p><b>ULTIMATE FRISBEE</b></p> <p><b>Luke Reinbach</b></p> 	<p>Luke has recently joined Michael Oak in term 2 as the new Ultimate Frisbee coach and is excited to be a part of the team. He is originally from Maine, USA and is currently a student at the University of Cape Town where he is studying Computer Science. He has played Ultimate Frisbee for the past 4 years at both school and university level.</p>
<p><b>NETBALL</b></p> <p><b>Nathi Luthuli</b></p> 	<p>Nathi holds a diploma in Sport Management, complemented by a qualification in Marketing Management.</p> <p>She has been actively involved in coaching netball at various schools in the Southern Suburbs since 2022 through HPC (High Performance Coaching), an organisation that provides multi-sport coaching services. Through her coaching endeavours, she has honed her ability to tailor training programs to suit the developmental needs of primary school students, fostering their skills and fostering a passion for the sport. With a dedication to fostering holistic development, she prioritizes instilling values of teamwork, sportsmanship, and perseverance in her coaching approach. She believes in creating a positive and supportive environment where every student feels empowered both on and off the field.</p> <p>Nathi is head of Netball for HPC Sport which is a company which provides coaches, consultancy and coaching programmes which aid the growth of sport organisations, school sports and sports clubs.</p>
<p><b>MOVEMENT</b></p> <p><b>Philippa Esmonde-White</b></p> 	<p>Philippa is the founder of Body Sense Studio in Kenilworth, situated a stone's throw away from the school. Philippa began her career as a professional ballet dancer and went on to train in various teaching methods including Pilates, Hatha Yoga, Nia, Gyrokinesis® and Gyrotonic® She taught at SSISA for 10 years working closely with sports and spine rehabilitation and has worked at Constantia Waldorf School more recently as a Sports Coordinator whilst also teaching body conditioning to the first year U.C.T dance and drama students.</p> <p>She is passionate about bringing movement to our children in a lighthearted, wholesome way that is mindful of our Waldorf ideals.</p>



<p><b>DANCE</b></p> <p><b>Zethu Mtati</b></p> 	<p>Dance teacher diploma, uct - Awarded the UCT entrance merit scholarship in 2001 and UCT entrance scholarship in 2002.</p> <p>Spanish dance module lecturer, UCT - Teaching Spanish dance to 1st and 2nd year dance students for a semester. Enhancing the theoretical aspect of the dance form. Dance educator grade 9-12, Zonnebloem Nest Senior School and Chris Hani Arts And Culture School. Manager – bookkeeper, outreach training and development, la rosa Spanish dance theatre dance teacher, dance for all. Teaching of contemporary dance BODY SENSE STUDIO teaching children's flamenco classes at schools since 2015.</p>
<p><b>CHESS</b></p> <p><b>Cecil Ohlson</b></p> 	<p>Cecil James Ohlson is a past Youth Director of Chess Western Province in South Africa. As a coach, his students have excelled, achieving gold medals at the South African Junior Chess Championships (SAJCC) and several proceeding to obtain colours to represent their country in international events. (The SAJCC is quite a prestigious event and guests have included GM Hikaru Nakamura, GM Wesley So and GM Levon Aronian!) South Africa has twice sent a team to the World Senior Team Chess Championships and coach Cecil is the only player to have represented the country both times!</p> <p>He first coached at Kronendal Primary School in 2008 and has since coached age groups ranging from preschool to high school. His students not only perform well in their age groups but often excel where they compete against adults. Two prestigious tournaments (The Cape Of Good Hope 2022 and the Cape Winelands Open 2022) saw each Championship Section won by a different student of his. He remains humbled and grateful to his students for continuing to reward his passion in this manner.</p>
<p><b>TABLE TENNIS</b></p> <p><b>Theo Cogill</b></p> 	<p>First male in SA to win an African medal for South Africa.</p> <p>First male in SA to get scholarship from International Table Tennis Federation. Winner Gold at Taiwan open championships. African championship runner up, Silver medalist. Only SA male to qualify for Olympics and Commonwealth games in Table Tennis. First SA male to attend numerous training camps in China, Japan, Austria, Slovenia, Ghana, Egypt, Mauritius, Algeria, Tunisia, Canada, England, Scotland, Poland. First SA male to win an African medal – in Egypt. First SA male to represent Africa for World cadet challenge.</p> <p>First SA male to receive Butterfly Table Tennis brand sponsor for 5 years First SA male to win nationals without losing a single set in singles.</p> <p>First SA male to take all titles for singles, doubles, team event, and mix doubles, first senior African Doubles Champions, World championships. Attended high performance Centre for 5 years</p> <p>Head coach in UMG for 3 years in KZN. Head coach at Boundary Table Tennis club for 10 years. National player for last 20 years.</p>



## MULTI- SPORT

### Charlton Brink



I am Charlton, a hardworking and dedicated coach. I was involved in sport as an athlete, rugby player & cricket player from an early age. Since 1996 I have been involved in sport at various levels: being a coach, organizer of sport events and assisting in Physical Education lessons at Lavender Hill High and Zerilda Park Primary School, and working as coach for the Department of Sport and Recreation.

I presently coach at club level and schools in soccer and athletics. I am extremely passionate and enjoy coaching young children with the aim of developing hidden talents. I thoroughly enjoy coaching at Michael Oak.

## MARIMBA BAND



Held by Marimba Jam. For more information, see <https://marimbajam.co.za>.