

 WYNBERG GIRLS' JUNIOR SCHOOL	DOC REF	EXTRA-CURRICULAR POLICIES
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WYNBERG GIRLS' JUNIOR SCHOOL

SPORTS POLICY (Extra-Mural Sports)

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1. PREFACE

The sports programme at Wynberg Girls' Junior School (WGJS) is integral to holistic education. The school recognises the life skills learners gain through sport and are committed to providing a relevant, engaging sports programme supported by dedicated coaches and regular fixtures. WGJS encourages all learners to participate in extra-mural activities across all pillars, sport, cultural, academic and service.

2. SPORTS PHILOSOPHY

At Wynberg Girls' Junior School, we believe sport plays a vital role in developing well-rounded learners who embody teamwork, commitment, resilience and school spirit.

Our sports programme is designed to promote participation, sportsmanship and skill development, while reinforcing our core values of integrity, courage, ubuntu, empathy, and responsibility towards one's team.

We are committed to ensuring that every learner has the opportunity to participate in sport and gain meaningful experience during her time at WGJS.

While it is not always possible to accommodate every learner in every term, we strive to expose the learners to a wide range of sporting codes as possible, fostering a love for physical activity and supporting them in discovering and growing their passion.

Through sports, we strive to instill life skills that extend beyond the playing field, fostering self-discipline, respect, resilience, and a lifelong love for physical activity.

3. WGJS SPORTS CODE OF CONDUCT

All WGJS pupils are expected to uphold the highest standards of sportsmanship, both on and off the field. A true sportsperson respects the **spirit of the game**, including its unwritten rules:

- Play to win, but never at all costs. Always maintain a healthy sense of balance.
- Know and respect all rules of the game. Do not bend them to suit the team.
- Accept umpire/referee decisions gracefully, without complaint or backchat.
- Always maintain self-control and composure-no temper or poor conduct.
- Support your team captain and follow their leadership.
- Accept defeat without excuses; acknowledge the strength of your opponents.
- Be courteous and welcoming to visiting teams-display good hospitality.
- Wear the correct and full sports uniform with pride.

4. PHYSICAL EDUCATION PHILOSOPHY

A Holistic Approach

At Wynberg Girls' Junior School, Physical Education (PE) is grounded in a **holistic philosophy**, that supports the **physical, social, cognitive, and emotional** development of every learner. PE is not merely physical training; it is an **educational subject** that nurtures the whole child and equips learners with essential life skills.

While competitive sport often receives significant emphasis in schools, it involves a limited number of learners. In contrast, PE ensures that **every child participates**, providing exposure to a wide range of **foundational movement skills**. These skills form a critical platform for later participation in afternoon sport and may ultimately support the identification and nurturing of sporting talent.

PE is not a "non-academic" subject. It involves both **practical and theoretical learning**, fostering creativity, teamwork, problem-solving, and personal responsibility. The focus is on **participation, enjoyment, and skill development**, rather than winning at all costs. Through structured, and inclusive lessons, learners are taught the values of **sportsmanship, honesty, respect, adherence to rules, and emotional regulation**.

Excellence in sport begins with a strong foundation in movement. By mastering fundamental skills through focused, age-appropriate instruction, learners are better prepared to pursue **lifelong active lifestyles** - whether recreationally or competitively.

5. SPORTS OFFERED

WGJS offers the following sports across winter and summer seasons:

- Swimming
- Water Polo/Splash Polo
- Tennis
- Hockey
- Netball
- Soccer
- Chess
- Drum Majorettes
- Sports Development (Sports Games)
- Social Dance
- Debating (Team and Development)
- Robotics and eSports

Participation is encouraged. Awards are earned and based on commitment, performance, and loyalty. No learner is automatically entitled to an award and allocation of awards is based on the discretion of the Head of Sport and coaching team.

6. SELECTION & PARTICIPATION

6.1 Participation

- Learners must participate in at least one extra-mural per season.
- Commitment is required for the full season.

- Non-committed learners may lose their place and award eligibility.
- Learners absent from school due to illness may not participate in sport that day.
- Unexcused absences from practice may disqualify learners from a match at the coach's discretion.

6.2 Selection

- Selections follow each sporting codes policy and are made by coaches/managers only.
- Concerns should be addressed to the Teacher in Charge (TIC), (Head of Code) or Head of Sport.
- Teams (Squads) are selected based on merit, skills, performance commitment, and sportsmanship.
- Learners may only play in older age groups with approval from the Head of Sport.
- A and B teams, are selected by coaches and managers and development squads are formed based on numbers.
- Learners who demonstrate progress in development squads may be invited to trial for higher teams.
- Not every learner will make a team or be selected to participate in the development squad.

7. ROLES & RESPONSIBILITIES

7.1 Learners

- Must demonstrate full commitment to the sporting code they have been selected to play for at least one season.
- Valid exemption (provided by the coach in charge) is required for missed practices/matches. The attendance of another extra-mural is not a valid reason to miss practice.
- Where possible injured learners should attend practices in order to observe training and in some cases, assist the coach (sit on the sideline and help the coach).
- Are expected to show respect, sportsmanship, humility and care for all teams, players and coaches.
- Must ensure they wear the correct uniform specified for each code – where incorrect uniform is worn learners will not be allowed to play.

7.2 Teacher in Charge / Manager

- Attend all practices, matches and festivals where required
- Keep and upload attendance registers monthly.
- Follow up on absentees and update learners and parents on fixtures.
- Support with coach
- where necessary, assist with team selections and fixture updates weekly.

7.3 Coaches

- Are appointed by the Principal and Head of Sport.
- Should plan and lead safe, impactful, and encouraging sessions – striking a balance between competition and participation.
- Promote teamwork, commitment, and good sportsmanship.

- Number of learners per team will determine the number of coaches employed by WGJS.
- **Swimming** - 1 coach will be employed for the code and if numbers exceed 16 swimmers per age group another coach will be employed.
- **Water polo** -1 coach per age group team will be employed and if numbers exceed 10 per team or an additional C team is created.
- **Tennis** -1 coach per team, if numbers exceed 16 per age group another coach will be employed.
- **Hockey** -1 coach per team will be employed and if numbers exceed 14 per team or an additional team is created, another coach will be employed.
- **Netball** - 1 coach per A&B and 1 coach per C&D team, another coach will be hired with every additional team created.
- **Football** - 2 coaches per age group (A&B teams) will be employed and another coach will be hired for additional teams created.

7.4 Parents/Guardians

- Ensure learners attend all practices and matches.
- Communicate valid absences in advance.
- Support their learner with respectful behaviour.
- Provide correct uniforms and follow the Code of Conduct.

7.5 Head of Sport

- Facilitate communication among, Heads of Codes, TICs, coaches, and parents.
- Ensure alignment with sports philosophy and school vision.
- Address issues and maintain programme standards.
- Notify stakeholders promptly of changes.

8. AWARDS-Refer to Awards Policy

8.1 Grades 1–3

- Focus on exposure to multiple sports.
- Awards (Bronze, Silver, Gold Certificates) are based on effort and potential to encourage motivation.

8.2 Grades 4–7

- Learners should have foundational sport skills.
- Awards recognise talent, sportsmanship, and commitment.
- Award categories include:
 - Merit Certificates (Grades 4–7)
 - Half Colours (Grades 6–7)
 - Full Colours (Grades 6–7)
 - Most Valuable Player/Swimmer
 - Most Promising Player/Swimmer

Awards are presented at the end-of-season Sports Awards Ceremony.

9. SPORT-SPECIFIC POLICIES

9.1 CHESS

Aim

Chess is open to learners in Grades 1-7 and includes weekly practices. Team selection is based on trials held at the beginning of each term. A development squad focuses on fundamentals and does not compete in matches.

Season

All year (subject to change).

Fixtures

Distributed via D6 at the start of the season. Updates communicated promptly.

Attendance

Learners must attend at least one training session weekly and matches as scheduled.

Team Selection

Teams are chosen based on merit, participation, and potential. All learners may trial. Development squad members showing improvement may be promoted temporarily or permanently.

Uniform

Learners must wear school uniform to represent the school.

Responsibilities

- Learners: Full commitment to practices/matches. Attend even when injured. Show respect and sportsmanship.
- TIC/Manager: Take registers, confirm selections with the Head Coach/Head of Sport, and submit match results by 08:00 the following day.

9.2 HOCKEY

Aim

Hockey is offered from U9–U13. U7–U8 participate in hockey skills only during their designated Sports Hour.

Teams: A, B, and (C) development (if numbers allow).

A, B & C Teams participate in matches depending on numbers from other schools.

Structure

- U9–U10: 6-a-side
- U11: 8-a-side
- U12–U13: 11-a-side (Open team)

Season (Competitive Season)

Terms 2 & 3

Trials & Fixtures

Held at term start or the end of Term 1. Fixtures and team lists shared via D6.

Attendance

Minimum one training per week and matches as required.

Team Selection

Based on merit and opportunity. U12s may play in the Open team. Development squad learners may be promoted as appropriate.

Uniform

P.E. kit, white socks, shin pads, mouthguard. Match players must purchase red vest **or shirt**, red skort, and appropriate footwear and safety gear.

Responsibilities

- Learners: Commit fully, attend even when injured, maintain respect and pride.
- TIC/Manager: Upload registers monthly, communicate selections, and report match results promptly.

9.3 NETBALL**Aim**

Competitive netball for U9–U13. U7–U8 develop skills during their designated Sports Hour.

Teams

A, B, C and (D) development squad if participation allows.

Season (Competitive Season)

Term 2 & 3 (League dependent)

Trials & Fixtures

Held at the start of the term or at the end of Term 1. Communicated via D6.

Attendance

At least one training session and one match per week.

Team Selection

Based on merit and opportunity. Learners may not play up an age group (must play in their correct age group). Learners may be promoted.

Uniform

P.E. kit for practices; red vest or shirt and skort for matches with appropriate court footwear.

Responsibilities

- Learners: Attend all sessions, show commitment, respect, and sportsmanship.
- TIC/Manager: Keep registers, discuss selections with Head of Sport, and report results by 08:00 the next day.

9.4 SOCCER

Aim

Soccer for U8 U9–U13. Teams grouped into U9, U10–U11, and U12–U13.

Season (Competitive Season)

Term 2 & 3

Trials & Fixtures

Held at season start or at the end of Term 1. Updates via D6.

Attendance

Minimum one training and one match per week.

Team Selection

Merit-based. No learner may play up an age group unless approved. Development squad learners may be promoted.

Number of teams per age group will be dependent on the league entered.

Uniform

P.E. kit, white socks, shin pads, appropriate footwear. Match kit includes red vest or shirt and skort.

Responsibilities

- Learners: Commit to full season, attend even when injured, and display good conduct.
- TIC/Manager: Maintain registers, confirm selections, and submit results, attend weekly fixtures and festivals if required.
- Coach: Create and hold intentional practice sessions, provide weekly feedback on to TICs about team selection and progress, attend weekly fixtures and festivals.

9.5 SWIMMING

Aim

Two squads:

- A Squad and Pre-Squad.
- Based on times, the fastest 8 learners (time specific) of each age group will be selected to represent the A Squad.
- The second fastest 8 learners will be selected to represent the pre-squad.
- Squad learners participate in weekly galas (A and B teams). Selection of races is at the discretion of the coach and Head of Swimming based on time trials. Numbers dependent
- Pre-Squad swimming should expect to focus on technical progress including the development of strokes and safety. While they do not participate in galas they have the opportunity to move into the A squad if they meet the required standard and there is a position available.

Season

Term 1 & 4 (off-season training possible in Terms 2 & 3)

Fixtures & Attendance

Minimum two sessions per week plus gala attendance. Club swimmers may submit exemption letters but must attend at least one school session (not time trials). Water polo players may qualify for modified attendance with approval.

Team Selection

Top 15 (8) per age group based on time trials. Weekly trials determine gala placement. Learners and/or parents of learners may not change their races with other learners or withdraw from a gala if unhappy with their race.

Gala Participation

All (Selected) squad members are expected to compete unless exempted in advance.

Uniform

Practice: black costume, yellow cap.

Galas: school Squad swimsuit, black WGJS cap, and P.E. kit must be worn to and from the pool. Learners must not leave the pool in costume and towel only.

Responsibilities

- Learners: Sign a commitment certificate, attend sessions, show sportsmanship.
- TIC/Manager: Maintain registers, confirm selections, and submit results, attend weekly fixtures and festivals if required.
- Coach: Create and hold intentional practice sessions, provide weekly feedback on to TICs about team selection and progress, attend weekly fixtures and festivals.

9.6 TENNIS**Aim**

Offered to U8–U13.

Teams

1st, 2nd, 3rd, 4th, U11A, U11B. Others focus on skills development (If numbers allow)

Season

Term 1 & 4

Trials & Fixtures

Trials at term start; ladder system used. Match schedule via D6.

Attendance

Minimum one session and one match weekly (U9s: one session only).

Team Selection

Based on merit and participation. Learners may play up an age group and not below. No learners may play out of their age group. Development squad learners may be promoted.

Uniform

P.E. kit and appropriate non-marking footwear for practice. Match kit includes red vest and skort.

Responsibilities:

- Learners: Attend consistently, show commitment and good conduct.
- TIC/Manager: Manage registers and match results.
- Coach: Create and hold intentional practice sessions, provide weekly feedback on to TICs about team selection and progress.

9.7 WATER POLO**Aim**

Offered to U10–U13.

Teams include A and B squads.

Season

Term 1 & 4

Trials & Fixtures

Held at term start. Communication via D6.

Attendance

Minimum one training session and one match per week.

Team Selection

Merit-based, all learners may trial. No playing out of age group. Learners may play up an age group, but not down.

Age groups are broken up into U10, U11 and U13 (includes Grade 6 learners)

Uniform

Black one-piece costume and yellow or black cap for practice. School water polo costume and cap are compulsory for matches.

Responsibilities

- Learners: Full commitment, respectful behaviour, attend when injured.
- TIC/Manager: Take registers, communicate selections, and submit results on time, attend weekly fixtures and festivals if required.
- Coach: Create and hold intentional practice sessions, provide weekly feedback on to TICs about team selection and progress, attend weekly fixtures and festivals.

9.8 SPLASH POLO**Aim**

U9s will be assessed during their swimming lesson in Term 1&4 and certain players will be invited to attend these sessions based on if they meet the requirements. Splash Polo is an introduction to

Water Polo. No matches are played, and no teams are selected. U9s may be invited to play in the U10 matches if the team is short on players or if numbers allow and the learners' skills are appropriate.

Season

Term 1 & 4

Trials & Fixtures

Held at term start. Communication via D6.

Attendance

Minimum one training session and one match per week.

Team Selection

Merit-based, all learners may trial. No playing out of age group.

Uniform

Black one-piece costume and yellow cap for practice. School water polo costume and cap are compulsory for matches.

Responsibilities

- Learners: Full commitment, respectful behaviour, attend when injured.
- TIC/Manager: Take registers, communicate selections, and submit results on time.

9.9 SPORTS DEVELOPMENT TRAINING (SPORTS GAMES)

Aim

Offered to Grades 3-7.

This skills-based training is for learners not selected for a team in their chosen sport. The programme focuses on developing key skills to improve their chances of selection in the next season.

Season

Run year-round with no formal competitions.

Attendance

Learners must commit for a full term. Practices must be attended even when injured.

Responsibilities

- Learners: Full-term commitment and respectful participation.
- TIC/Manager: Keep registers and manage attendance records.

9.10 SOCIAL DANCE

Aim

Offered to Grades 2-7.

Season

Run year-round with no formal competitions.

Attendance

Learners must commit for a full term. Practices must be attended even when injured.

Responsibilities

- Learners: Full-term commitment and respectful participation.
- TIC/Manager: Keep registers and manage attendance records.
- Coach: Create and hold intentional practice sessions, provide weekly feedback.

9.11 DEBATING**DEVELOPMENT DEBATING****Aim**

Offered to Grades 4-7.

This is skills-based training for debating, and the pool from which the debating team is selected. The programme focuses on developing key skills to improve their chances of selection in the next season.

Season

Run year-round with no formal competitions.

Attendance

Learners must commit for a full term. Practices must be attended unless excused by a parent or the learner is absent from school.

Responsibilities

- Learners: Full-term commitment and respectful participation.
- TIC/Manager: Keep registers and manage attendance records, attend weekly fixtures and festivals if required.
- Coach: Create and hold intentional practice sessions, provide weekly feedback on to TICs about team selection and progress, attend weekly fixtures and festivals.

DEBATING TEAM**Aim**

Grades 4-7 are selected from the development debaters. Talent is identified by the Development Debating coach and put forward to the TIC for consideration for the team. The team aims to represent the school in formal competition and league-level debates.

Season

Runs year-round with multiple preliminary rounds of debate, followed by Nationals. Season often includes additional tournaments throughout the year.

Attendance

Learners must commit for the full year. Coaching sessions must be attended unless excused by a parent or the learner is absent from school.

Responsibilities

- Learners: Full year commitment, respectful participation, and thorough preparation for all debates and coaching sessions
- TIC/Manager: Keep registers, manage attendance records, step in to coach when needed and liaise with external coaches, attend weekly fixtures and festivals if required.
- Coach: Create and hold intentional practice sessions, provide weekly feedback on to TICs about team selection and progress, attend weekly fixtures and festivals.

9.12 DRUM MAJORETTES**Aim**

Offered to Grades 4-7.

Season

Run year-round with formal competitions.

Uniform

Practices: PE kit with appropriate footwear.

Attendance

Learners must commit for a full term. Practices must be attended even when injured.

Responsibilities

- Learners: Full year commitment, respectful participation, and thorough preparation for all coaching sessions
- TIC/Manager: Keep registers, manage attendance records, step in to coach when needed and liaise with external coaches, attend weekly fixtures and festivals if required.
- Coach: Create and hold intentional practice sessions, provide weekly feedback on to TICs about team selection and progress, attend weekly fixtures and festivals.

9.13 ROBOTICS AND CODING**Aim**

Grade 5-7

Competitive robotics aims to develop learners' problem-solving, creativity, teamwork, and resilience by engaging them in designing, building, and programming robots to solve missions.

Season

All year (subject to change).

Fixtures

Distributed via D6 as competitions arise. Updates communicated promptly.

Attendance

Learners must commit to a season (year) and must attend weekly practices.

Team Selection

Learners are able to sign up for competitive robotics. Teams are then created within the practice sessions.

Uniform

Learners must wear school uniform when representing the school in competitions. Learners may wear school uniform or PE kit for practices.

Responsibilities

- Learners: Full commitment to practices/matches. Attend even when injured. Show respect and sportsmanship.
- TIC/Manager: Take registers, confirm selections with the Head of Code/Head of Sport.

10. SPORTS PROCEDURES

10.1. Communication

All communication will be sent via D6 unless otherwise specified. Fixture details (matches, galas, etc.) will be shared as soon as confirmed. Changes will be communicated promptly.

10.2. Sport During Examination Periods

The Head of Sport, in consultation with the Principal, may adjust or suspend extra-mural sports during academic test weeks.

10.3. Bad Weather

If weather prevents outdoor practice:

- Indoor or theory-based sessions will be arranged if possible.
- If no alternative is available, the session will be cancelled, and parents/guardians will be notified via D6.

10.4. Transport to Fixtures (Also see Transport Policy)

- Transport will be arranged when needed for away fixtures. Learners are expected to travel with the team. All learners are to travel with the transport provided by the school to fixtures, unless otherwise communicated.
- If no transport is arranged, parents may be asked to assist with transport.
- Learners should return on school transport to promote team spirit. If collected from the venue, written notice is required **at least four days in advance**. A Microsoft Form will be sent to parents with the fixtures information to indicate whether their daughter will be collected at the fixture venue or return to WGJS to be collected.
- Register is to be taken before and after getting into the vehicles.
- Teacher in Charge, Head of Code or Head of the Sport may take register, no coaches are permitted to allow learners to enter the vehicle if the learner's name is not on the list.
- Communication of when teams arrive and depart the venue must be communicated to the parents via D6.

10.5. Safety of Personal Property

Learners are responsible for their belongings. Parents are advised to insure devices such as laptops and where possible encourage learners to leave these in a secure place rather than take them to sporting events. The school is not liable for loss or damage, but reasonable precautions will be taken.

10.6 Matches at WGJS

- School bags and devices must be stored in the sports office, in learners' lockers or locked cage.
- Learners must collect their belongings immediately after the match.

10.7 Away Matches

For learners returning to school:

- Belongings may be stored securely in the sports office, in learners' lockers or locked cage and collected upon return.

10.8 For learners collected from the venue:

- Bags and devices may remain in the hired transport (with the driver present) or be handed to parents.
- Parents must inform the Teacher in Charge and sign out their learner after the match.



Governing Body Chairperson

13 March 2026

Date



Principal

13.03.26

Date

