

Extra-Curricular Activities

The fees for extra-curricular activities are released during the first week of each academic school year. It is the responsibility of the parent/guardian to keep the fees for these activities up to date or to write a letter of withdrawal and submit it to the administration office.

Kool Kicks (Football and Netball)

Football and Netball develop agility, speed, and stamina, it also teaches children the importance of working as a team. It can play an important part in a child's physical and social development.

Through various football/netball drills and skills, your child will learn the basics of football/netball. They will learn to work with their teammates and the importance of listening to the coach's instructions as well as knowing the rules that govern the game. They will learn to love the game.

Children will be encouraged to improve their fitness skills through drills that will provide aerobic exercise for them as they move up and down the field. They will learn to properly kick/throw the ball which will help to develop better coordination and agility in your child. They will learn to cooperate and interact with other children increasing their social skills as they learn to work as a team and communicate well to be successful. Each child will be encouraged and build a strong self-image as they learn that it is the team that succeeds and not an individual.

School practices take place on Monday (during school hours) participation in Monday practices allows your child to participate in any matches that are scheduled as long as term fees are up to date. Additionally, the coach and the assistants will offer additional practice time for parents who wish to enrol their learners on Wednesday (Football only) from 14:30 to 17:00. Parents are responsible for ensuring their children are collected from these practices on time.

Kid's Clay (Pottery)

Kid's Clay is an educational extramural activity offered during school terms at the school where learners create, shape, and mould with lots of fun. Kids as young as Pre-Grade R can participate in this activity. Playing with clay benefits children as follows:

- Stimulates senses, mind, creativity, imagination, expression.
- Strengthens muscles, thumbs, hands, fingers, and forearms.
- Develops gross, fine-motor coordination skills, and three-dimensional perception.
- Builds and forms self-esteem and develops perseverance.
- Encourages social interaction and development.

Clay art encourages the kids to work independently, as they constantly make their own decisions on what and how to create their own masterpieces. Classes meet once a week and last for approximately 30 minutes.

Ju-Jitsu

Ju-Jitsu is the ultimate form of self-defence. The program teaches discipline, and coordination increases flexibility, rhythm, and timing. The classes also assist in improving concentration and self-confidence.

Learners practice twice a week, and each session is 30 minutes.

Swimming (1st and 4th term only)

Swimming is lots of fun for people of all ages and children especially love getting in the water and enjoying themselves. But it is not just fun, it also provides several health benefits which keep children healthy and happy at the same time. Water safety skills kids learn during swimming lessons will remain with them for the rest of their lives! This is a huge benefit for children learning to swim. Besides learning about water safety swimming is a fun activity that provides excellent low-impact cardio exercise. It improves strength, endurance, flexibility, and balance. Swimming also improves sleep patterns, reduces stress, and improves concentration and memory.

Swimming is taught by coaches who are approved by Swimming SA and takes place once a week for 30 minutes.

Learners enrolled in swimming need to bring a towel, swim cap, and flip-flops (sandals) for each lesson.

NO LEARNER IS ALLOWED TO SWIM IF THE SWIMMING IDENTITY HAS NOT BEEN SIGNED AND RETURNED TO THE SCHOOL FOR EACH SWIM SESSION.

After Care

Aftercare is provided for both learners off Noah's Ark and to other community members seeking a safe and fun Childcare Centre after normal school hours. Learners play together and are monitored by staff members of the school. Learners also engage in a variety of activities such as tumbling, chess, aerobics/dance, etc.

Learners in Grades 1 and upwards are monitored as they complete their homework or classwork activities.

Aftercare is available from the time learners are released from school until 17:00 each day.

Learners collected after 17:15 are required to pay a late collection fee of R100 for every 15 minutes.