

## EXTRA MURUAL COMMITMENT

The school offers a wide variety of extra-murual activities. We expect from each child to at least take part in one of the activities through out the year. Mark your choice with an X.

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|---------------------|---|--------------------------|
| 1. Athletics        | Interhouse- all Navalsig learners. 9 Medals in SFS Championships; 2 in FS Junior Championships. SA Schools we had 9 FS Juniors  | <input type="checkbox"/> |
| 2. Basketball       | Boys and Girls – 8 in FS Team.<br>3 Girls participated in the WNBA camp and participated in the National Camp<br>1 Girl Participated in the National Zone 6 Game's in Zambia                            | <input type="checkbox"/> |
| 3. Drummies         | 8 Titles at SYRAC Schools Championship.<br>2 in FS Team   | <input type="checkbox"/> |
| 4. Netball          | Teams take part in Bloemfontein leagues.<br>3 in SFS Teams. Quarter finals in the Development Schools   | <input type="checkbox"/> |
| 5. Rugby            | Developing sports   | <input type="checkbox"/> |
| 3. Cricket          | Play league matches. Enter trials one learner in the FS teams.  | <input type="checkbox"/> |
| 7. Hockey           | Girls take part in Bloemfontein leagues.  | <input type="checkbox"/> |
| 3. Soccer           | We offer Boys and Girls soccer. U/18 – Winners sone and regional Coca-Cola section. 1 SA Soccer Academy Squad; 1 in FS team. u/15 Soccer boys got 1st place in the plate at the Brebner Tournament 2013 | <input type="checkbox"/> |
| 3. Cross Country    | Leagues races, 2 in FS and SA Championships.  | <input type="checkbox"/> |
| 10. Squash          | A fast developing sport.  | <input type="checkbox"/> |
| 11. Table tennis    | 3 in FS Team  | <input type="checkbox"/> |
| 12. Choir           | Take part in several competitions. Second position FS Leagues   | <input type="checkbox"/> |
| 13. Debate          | Debate league to improve your debating skills. 4 in FS team and 4 National Championships and 2 best speakers in FS team.  | <input type="checkbox"/> |
| 14. Pegasus         | School newspaper.   | <input type="checkbox"/> |
| 15. Chess           | 20 Players in SF trails. 6 in SFS Team  | <input type="checkbox"/> |
| 16. Mr. Miss Naledi | Beauty-contest; Great fun. Opportunity to improve your modelling career.  | <input type="checkbox"/> |
| 17. TADA            | Teenagers against alcohol + Drug abuse  | <input type="checkbox"/> |
| 18. SCA             | Regular meetings.   | <input type="checkbox"/> |
| 19. YFU             | Youth for Understanding – opportunity to be educated aboard. (Terms and conditions apply)   | <input type="checkbox"/> |