



KWARTAAL 1 TERM 1

Take your time....

Neem jou tyd....

GR 1

WATER SAFETY/

WATERVEILIGHEID



GR 2

**STROKE SKILLS /
SLAGVAARDIGHEDE**

GR 3

**SWIMMING SKILLS/
SWEMVAARDIGHEDE**



GR 4/5

**LIFE SAVING
LEWENSREDDING**



GR 6

**WATER POLO /
WATERPOLO**



FIRST AID

NOODHULP



FITNESS/FIKSHEID

GR 7



BIATHLE / TWEEKAMP

SYNCHRO/GESINKRONISEERDE

SWEM

FITNESS/FIKSHEID

KOMMUNIKEER

COMMUNICATE

DUIDELIK

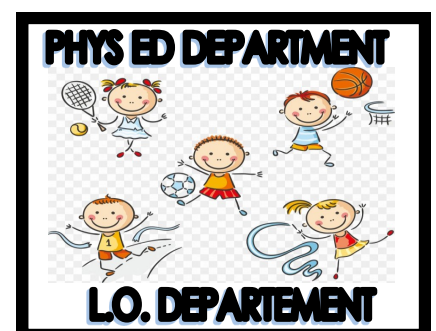
TERM 2

CLEARLY

KWARTAAL 2



A winner never
stops trying.



TERM 3



Can I do a ...

Forward roll

Backward roll

Handstand

Rope Jumping



Work together / Werk saam

gymnastics
gimnastiek
Gr 1-5

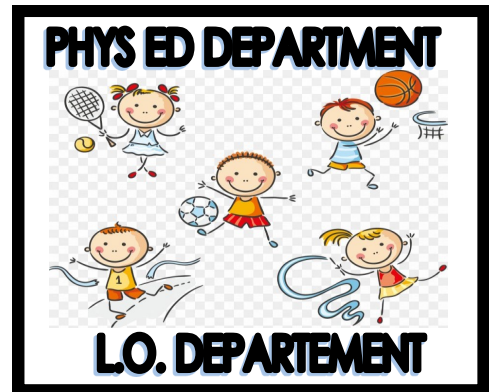
rhythmic gymnastics
ritmiese gimnastiek
Gr 6-7 Girls

Body Weight
Training
Gr 6-7 Boys



Kwartaal 4

Term 4



PINK buigzaam
THINK flexibly

