



THE JOY OF LEARNING

Oakhill Prep Sport

Grade 1 - 7

Guide Book 2026

Welcome & Values

Welcome to Oakhill Sport

This quick guide is designed to help families understand how sport works at Oakhill — what to expect, how to stay informed, and how your child can get involved.

Our Values in Sport

- Respect – for coaches, teammates, opponents
- Commitment – show up and give your best
- Effort & Fair Play – always try hard and play honestly

Quick Reference:

- **Fixtures and Events:** Check the Prep Calendar & Weekly Planner
- **Key Contacts:** MICs of each sport (see last page)
- **Where to Find Info:** Calendar, Weekly Planner, and WhatsApp Community (for urgent updates)

Integrated Sport and the Co-Curricular Programme (Grade 1-3)

The Oakhill Foundation Phase Sports Development Programme provides a structured yet flexible pathway for children to explore movement, build confidence, and develop a lifelong love of sport and physical activity. All Foundation Phase children will participate in Physical Education lessons integrated into their weekly school schedule. Additionally, they are encouraged to engage in at least one extracurricular sport each week.

Our aim is to equip every child with the confidence and enthusiasm to enjoy sport for life by nurturing a lifelong love of movement, fair play, and participation.

👉 **Oakhill Foundation Phase Sport Policy:** [Click Here](#).

Sport Seasons by Term

Term	Season	Sports Offered
Term 1	Summer	Cricket, Tennis, and Grade 3 swimming
Term 2	Winter	Hockey, Netball, and Rugby
Term 3	Winter	Hockey and Soccer
Term 4	Summer	Cricket, Tennis, and Grade 3 swimming

👉 **Oakhill Foundation Phase Co-curricular Programme:** [Click Here](#).

Integrated Day and the Co-Curricular Programme (Grade 4-7)

At Oakhill, our goal is to nurture well-rounded students who value both **personal excellence** and **teamwork**. The **Integrated Sports Programme** brings sport into the **school day**, ensuring that every child benefits from structured physical activity, regardless of skill level or sporting background.

By starting sport slightly earlier on certain days, we:

- Make physical activity part of the natural rhythm of the school day
- Create balanced schedules that support wellbeing and meaningful team involvement
- Ensure all students are active more often, with purpose and structure

Integrated Sports Day (ID) takes place during school hours and flows directly into the **afternoon co-curricular programme**, making for a seamless transition between school, sport, and enrichment.

Students are encouraged to join **clubs and cultural activities** offered straight after school, before afternoon sport begins.

👉 **Oakhill Intermediate Phase Sport Policy:** [Click Here](#).

Integrated Day (ID) Schedule

Students will register for their Integrated Sport, and attendance will be taken at every session. If a student wishes to change their selection, a request must be emailed to the Head of Sport

- All students in Grades 4–7 must choose one of the following Integrated Day options each season:
 - Active Oaks (*all year*)
 - Tennis (*Summer*)
 - Water Polo (*Summer*)
 - Hockey (*Winter*)

	Grade 4 & 5 (Tuesdays 13:00-14:00)	Grade 6 & 7 (Thursday 13:00-14:00)
Summer	Tennis, Water Polo, or Active Oaks	Tennis, Water Polo, or Active Oaks
Winter	Hockey or Active Oaks	Hockey or Active Oaks

Students will choose one Integrated Day activity each season and sign up at the start of that term. These activities will carry an assessment mark each term as part of the Life Orientation requirements.

Sport Seasons by Term

Term	Season	Sports Offered
Term 1A (20 Jan – 28 Feb)	Summer	Active Oaks, Athletics, Cricket, Tennis, Swimming, Water Polo
Term 1B (2 Mar – 28 Mar)	Winter	Active Oaks, Cricket, Hockey, Netball, Rugby
Term 2 (14 Apr – 26 Jun)	Winter	Active Oaks, Hockey, Mountain Biking, Netball, Rugby, Pre-Season Soccer
Term 3A (21 Jul – 21 Aug)	Winter	Active Oaks, Hockey, Mountain Biking, Netball, Rugby, Soccer, Pre-Season Water Polo
Term 3B (24 Aug – 23 Sep)	Summer	Active Oaks, Hockey, Mountain Biking, Soccer, Pre-Season Cricket, Pre-Season Tennis, Water Polo
Term 4 (13 Oct – 27 Nov)	Summer	Active Oaks, Athletics, Cricket, Tennis, Swimming, Water Polo

👉 **Oakhill Intermediate Phase Co-Curricular Programme:** [Click Here.](#)

Fixtures & Logistics (Grade 3-7)

Fixtures & Schedules

- All fixtures are loaded on the **Prep Calendar** at the start of term.
- Details may change based on confirmations from other schools or sporting bodies.
- **Weekly Planner** has confirmed team lists and match details.

Transport

- **Weekday Training & Fixtures:** Students transported by school bus.
- Students **cannot wait at OSC**; late pickups are returned to school.
- **Whole-school Derby Days:** Plett bus available by sign-up only.

Attendance

- Practice and match attendance is **compulsory** unless excused by the coach/Sports Office.
- Notify MIC/coach at least **24 hours in advance** if absent.
- Extended health-related absences require a **doctor's note**.

Match Kit & Conduct (Grade 3-7)

Match Kit

- Correct Oakhill kit is **mandatory** for all fixtures.
- Safety gear: **helmets, mouthguards, shin guards** (where required).
- **No jewellery or caps** allowed.
- Travel in the **Oakhill tracksuit**.
- For full details: [Prep Sport Attire](#)

Conduct

- Players, coaches, and supporters must demonstrate **pride, respect, and sportsmanship**.
- Unacceptable behaviour: foul language, dissent, verbal abuse, aggression.
- **Technical area/dugout** restricted to players, coaches, managers, first aiders, and tech table assistants.

Team Selection (Grade 3-7)

Team Selection

- **U13 A Teams:** selected on merit.
- **Other Teams:** prioritise participation.
- Movement between teams is **performance-based**.
- Players are encouraged to seek **coach feedback**.
- Parental support should focus on **resilience and growth**.

Staying Informed (Grade 3-7)

Communication

- The Weekly Planner will remain the primary source of information regarding fixtures, team lists, key dates and general updates. It will continue to be emailed to parents and staff every Friday.
- Important updates or urgent announcements will be shared via WhatsApp Communities.
 - Parents will be able to join the specific communities relevant to the sports their child participates in, ensuring they receive instant notifications without unnecessary messages.
 - All communities will have privacy settings enabled, and only the sports department will be able to post.
 - [Click Here](#) to join the Oakhill Prep Sport Parents Community
- For any queries relating to a particular sporting code, parents must contact the MIC directly via email.

Staying Informed

- **Prep Calendar:** fixtures and sporting events are added termly
- **Tours:** 2 weeks before the tour/festival departs an email will be sent to parents detailing the tour and important information.
- **Derby day/fixtures:** Every Friday, a week before the fixture. Information will be communicated via the weekly planner and the school app.

Resources & Links (Grade 1-7)

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| <ul style="list-style-type: none">● Intermediate Phase Sport Policy (Grades 4-7)● Foundation Phase Sport Policy (Grade 3)● Co-Curricular Programme (Grade 4-7)● Co-Curricular Programme (Grade 1-3)● Prep Sport Attire (Grade 3-7)● Prep Calendar (Grade 3-7)● WhatsApp Community (Grade 3-7) | <p>Dates to Diarise (fixtures are added termly)</p> <ul style="list-style-type: none">● 2026 Overview (Grade 3-7)● Summer Sport - Term 1 (Grade 3-7)● Winter Sport - Term 2 & 3 (Grade 3-7)● Summer Sport - Term 4 (Grade 3-7) |
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Partnering With Parents (Grade 1-7)

At Oakhill, we believe that when parents and coaches work together, children experience sport as it should be — active, enjoyable, and focused on growth. In Prep School, students are developing skills, confidence, and teamwork. They learn best when the environment is calm, consistent, and supportive.

How Parents Can Help

1. Treat Students as Young Athletes

All children, regardless of experience, deserve the space to learn and take ownership of their sport. Encourage independence with kit, teamwork, and effort.

2. Give Space During Training

Training sessions are for learning. To avoid distractions, we ask parents to allow coaches to lead the session without sideline input or nearby conversations. This helps students stay focused and builds confidence.

3. Support Fixtures Respectfully

Match days are exciting, and students value your support. Please wait until after the coach's team talk before approaching your child. Cheer positively and avoid coaching from the sidelines — one clear voice helps the whole team.

4. Model Positive Sportsmanship

Celebrate effort, improvement, and teamwork. Your reactions shape how your child views sport and competition.

5. Encourage an Active, Balanced Lifestyle

Help your child stay active at home, arrive prepared, stay hydrated, and get enough rest — these small habits make a big difference.

Oakhill Prep Sport Options (Grade 4-7)

More information on the Co-curricular Sport options available to students in Grade 4-7.

Active Oaks

An inclusive sport option for students not participating in traditional team sports. Active Oaks runs year round during Integrated Lessons and focuses on fitness, teamwork, and exploration through non-traditional and outdoor activities. Students build confidence, resilience, and a sense of belonging in a fun, supportive environment.

Contact: Kim Ransom, kim.ransom@oakhill.co.za

Athletics

Training takes place at the OSC every Friday during summer, with opportunities to participate in Inter-House events and the Knysna Schools Athletics Meet. Students develop running, jumping, and throwing skills while learning about dedication, teamwork, and goal-setting. Athletics provides a platform for personal achievement and building lifelong fitness habits.

Contact: Pieter Maritz p.maritz@oakhill.co.za

Cricket

Oakhill fields U9, U11, and U13 mixed (boys' and girls') teams, with growing opportunities for girls to participate. The program teaches batting, bowling, and fielding skills, alongside teamwork, strategy, and sportsmanship. Students compete in the KPSSS Cricket League and inter-school fixtures, gaining confidence and a love for the game.

Contact: Irvin Campher i.campher@oakhill.co.za

Tennis

Open to beginners, intermediate players, and top-level students. Integrated Day sessions are available for all, while Top 8 players are invited to squad training for league competitions and festivals. The tennis team (Top 4 boys and girls) represent Oakhill in the CX Tennis League, where they compete against local schools. Emphasises skill development, match play, and sportsmanship, with the opportunity to represent Oakhill in local leagues and tournaments.

Contact: Rod Anderson r.anderson@oakhill.co.za

Swimming

Students of all levels are welcome, with early morning and Aqua Fins sessions for grade 3, 4 and 5 swimmers. Training focuses on stroke development, fitness, and water safety. Swimmers participate in inter-school galas (Term 1) and the annual Inter-House Gala (Term 4), building confidence, discipline, and a love for swimming.

Contact: Kim Ransom kim.ransom@oakhill.co.za

Water Polo

Develops swimming fitness, teamwork, and game-specific skills. Training is age-appropriate, with U10/U11 focusing on basic skills and an understanding of the game, and U12/U13 squads working on advanced tactics, teamwork, and competitive match preparation. U13A sides participate in the Oakhill Waterfront Chukka Festival, the Makenzie Cup Water Polo, SACS Water Polo Tournament, Kingswood Water Polo Festival, and Clarendon Water Polo Tour

Contact: René Korsten r.korsten@oakhill.co.za

Rugby

Open to beginners and experienced players, with U9, U11, and U13 teams. Training focuses on basic skills, teamwork, and tactical understanding, creating a safe and positive environment. Fixtures take place in Term 2, giving students the chance to develop confidence and enjoy the camaraderie of the game.

Contact: Pieter Maritz p.maritz@oakhill.co.za

Netball

Encourages all skill levels to participate, emphasizing commitment, teamwork, and sportsmanship. Students develop passing, shooting, and defensive skills in practices and fixtures. The U9, U10, U11, U12 and U13 Teams compete locally in the KPSSS Netball League. U13 teams can look forward to the Reddam House Constantia Netball Tour and the Oakhill Netball Festival.

Contact: Chandré Cullingworth c.cullingworth@oakhill.co.za

Hockey

Students of all abilities are welcome. Training emphasizes skill development, teamwork, and enjoyment of the game. All U9, U11, and U13 teams compete against local schools. The A Teams are entered into the Eden Hockey League, and the U13 A Teams can look forward to opportunities to attend the MEGA Hockey Festival and Oakhill Co-Ed Hockey Festival. The program promotes lifelong engagement with hockey while encouraging commitment, discipline, and sportsmanship.

Contact: Mechake Fanelo m.fanelo@oakhill.co.za

Soccer

Pre-season training starts in Term 2, with official fixtures in Term 3. Emphasis is placed on skill development, teamwork, and sportsmanship, with opportunities to compete in local fixtures, inter-house competitions, and festivals. Students learn resilience, cooperation, and fair play in a positive, inclusive environment.

Contact: Irvin Campher i.campher@oakhill.co.za

Mountain Biking

Fun, outdoor adventure on the OSC MTB track. Students develop endurance, bike handling skills, and confidence in a supportive environment. Opportunities exist to compete in the Southern Cape Schools MTB XCO Series. Parents are warmly invited to join in on Friday rides (during the Winter months).

Contact: Kim Ransom kim.ransom@oakhill.co.za

Potential Clashes

Tennis and Water Polo (Summer). If your child plays both sports:

- During Integrated Day, attend water polo from 13:00–14:00, then join squad tennis training from 14:30–15:30.
- Tennis fixtures will occasionally clash with water polo training, attend the fixture, but inform your water polo coach.

“Every child belongs on a team. Sport is for learning, fun, and growth.”