

Oakhill FP Winter Sport 2026
Building Belonging, Joy, and Excellence — Together

27 March 2026

Dear Parents, Guardians and Caregivers,

As we prepare to transition into the winter sporting season, it is a wonderful opportunity to reflect on the energetic start to the year across our Foundation Phase sports programme.

Inter-House Athletics provided an exciting beginning to the term. The Foundation Phase set the tone with their sprint events, producing incredibly close finishes that had the crowd cheering right until the line. Thank you to our students, parents and staff for the enthusiasm and support that made the event such a success.

Our tennis players have been working hard to build a strong foundation of skills, while our young cricketers have shown great progress throughout the season. Our Under-9 teams have already played three matches, recording one win, one draw and one loss, a promising start that reflects their growing confidence and teamwork.

As we move into the winter season, we look forward to an exciting programme of sport and activity. The Foundation Phase Sports Programme is designed to provide a structured yet enjoyable pathway for children to explore movement, build confidence and develop a lifelong love of sport and physical activity. Through play-based learning and age-appropriate activities, children develop essential movement skills, teamwork, resilience and an understanding of the basic principles of games in a supportive and nurturing environment.

Participation in sport at this level is **strongly encouraged**, as it plays an important role in each child's physical, social and emotional development, while also strengthening their sense of belonging within the Oakhill community.

Yours sincerely

Kim Ransom

Prep: Head of Sport

Please see below important information for the Winter Programme

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Oakhill Foundation Phase - Winter Programme

The **Winter Sports Co-Curricular Programme** begins on **Tuesday, 14 April**, please find below the Oakhill Co-Curricular Programme, Dates to Diaries and overview of the winter sporting codes offered in **Term 2 - Term 3**.

Physical Education Programme

- **Theme:** Our Physical Education program focuses on developing **fundamental sport skills** essential for early physical literacy. Through structured activities and playful engagement, students build skills that enhance **physical control, coordination, and object control**. These are key building blocks for future sports participation.
- **Attire:** Oakhill white PE shirt or house shirt, Oakhill blue shorts or skort and active shoes.

Foundation Phase Co-curricular programme

- *Grades 1-3:* [Click Here](#)

Terms 2 & 3 are winter sports terms and co-curricular activities are offered Monday to Thursday from 13:30–14:30 for Grades 1, 2 and 3 learners. There are no activities on a Friday, collection is at 13:30.

To gain the full benefit of the programme, learners are expected to commit to their chosen activity/activities for the duration of the term and to attend the full session each day.

Attire: Oakhill white PE shirt, Oakhill blue skort/shorts and active shoes. For full details: [Prep Sport Attire](#)

Sport Specific attire and equipment (Grade 3 - U9):

- **Hockey:** Shin pads and gum guard (compulsory), PE kit, long blue socks, hockey stick (a few available to borrow)
- **Netball:** PE kit
- **Rugby:** Gum guard (compulsory), PE kit for training. Match kit for fixtures - blue sports socks, white rugby shorts, Oakhill white rugby jersey
- **Soccer:** PE kit, long blue socks, shin pads (compulsory)

Collection Arrangements (Monday-Thursday):

13:30 Collection (No Activity) | Parents may collect from:

- Syringa Street Entrance,
- The circle (Grade 3), or
- Foundation Phase Classrooms.


14:30 Collection (After Activity) | Parents may collect from:

- Syringa Street Entrance, or
- Foundation Phase Classrooms / Playground.

Please note: Learners will not wait at the Circle after 14:30.

Afternoon Plett Bus Departure times from Oakhill:

- Monday - Thursday **14:45**
- Friday **14:15**



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Dates to Diarise (U9)

NB: These dates are for your planning and are subject to change. Confirmed fixtures will be added to the calendar and reminders will go out on the Weekly Planner along with the team lists. [Term 2&3](#)

Oakhill Winter Sports Code of Conduct

Matches (U9):

- Players must wear the correct Oakhill match kit for their respective sport. For the Oakhill Prep Sport Attire document, [click here](#).
- **Mouthguards and shin guards (where applicable) are mandatory—players may not participate without them.**
- No jewellery or caps may be worn during fixtures.

Team Selection (Grades 1-3):

Sport in the Foundation Phase is designed to foster a lifelong love of movement, teamwork, and healthy competition. Competitive fixtures are introduced only when a child is developmentally ready (physically, cognitively, and emotionally). The emphasis remains on **participation, enjoyment, and learning**, rather than results.

U7-U8 (Grades 1-2):

- Participate centres on internal games and skill-based activities focused on enjoyment, exploration, and inclusive play.
- Emphasis is placed on developing core movement skills, teamwork, game awareness, and confidence, not on results.
- No formal inter-school competitive fixtures are played at these levels.
- Students will participate in internal fixtures and inter-house events.

Exceptional Participation:

- **Grade 2 students** who show advanced readiness may be invited to participate at U9 level.
- Selections will be made collaboratively by the Foundation Phase Teachers, Coaching Staff and Head of Sport, prioritising the child's wellbeing and long-term enjoyment.

U9 (Grades 3):

- **Inter-school (competitive) fixtures** are introduced as pupils transition to more structured competition.
- Teams will primarily consist of **Grade 3 students** who have demonstrated readiness through:
 - Consistent participation in practices
 - Positive attitude and teamwork
 - Emotional maturity and resilience
 - Foundational technical and tactical understanding.
- Rotational participation continues to ensure that all committed pupils experience match play and the opportunity to represent Oakhill.