

# South African Hockey

## Long Term Participant Development Framework



### GROWTH STRATEGY FRAMEWORK 2018 -2022

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# Programme Strategy Modified Hockey

## OBJECTIVES

- To establish and activate modified hockey structures in all 52 districts in the 9 geo-political provinces throughout the country by 2022.
- To train primary school teachers, club coaches and community based volunteers to conduct modified hockey sessions : **ANYWHERE & ANYTIME & ON ANY SURFACE**
- To train regional modified hockey facilitators in the 9 geo-political provinces
- Each district to organise not formalise a district based modified hockey structure.
- To supply and train all SAHA affiliated clubs with a modified hockey resource kit.
- Each geo-political province to host a modified hockey workshop annually to evaluate and plan.
- SA Hockey to host a national modified hockey workshop annually.



# GRADE 3

## SECOND TERM WEEKLY TEACHING PLAN: LIFE SKILLS

CONTENT COVERAGE	Week 1 8 - 12 APRIL	Week 2 15 - 19 APRIL	Week 3 22 - 26 APRIL	Week 4 29 APRIL - 3 MAY	Week 5 6 - 10 MAY	Week 6 13 - 17 MAY	Week 7 20 - 24 MAY	Week 8 27 - 31 MAY	Week 9 3 - 7 JUNE	Week 10 10 - 14 JUNE
	<b>Physical Development</b>	Spatial Orientation	Spatial Orientation	Spatial Orientation	Spatial Orientation	Spatial Orientation	Spatial Orientation	Spatial Orientation	Spatial Orientation FAT 1: Prac Complex obstacle course	Spatial Orientation FAT 1: Prac Complex obstacle course
Laterality		Laterality	Laterality	Laterality	Laterality	Laterality	Laterality	Laterality FAT 1: Prac Hand apparatus sequences such as hoola hoops or ribbons that require left and right actions	Laterality FAT 1: Prac Hand apparatus sequences such as hoola hoops or ribbons that require left and right Laterality	Laterality FAT 1: Prac Hand apparatus sequences such as hoola hoops or ribbons that require left and right Laterality
Sports and Games  Organize a race day - groups compete		Sports and Games  Play games involving catching and throwing	Sports and Games	Sports and Games  Play mini-basketball, mini-netball, mini- rugby, mini-soccer and mini-hockey	Sports and Games  Play mini-basketball, mini-netball, mini- rugby, mini-soccer and mini-hockey	Sports and Games	Sports and Games	Sports and Games  Play mini-basketball, mini-netball, mini- rugby, mini-soccer and mini-hockey	Sports and Games	Sports and Games

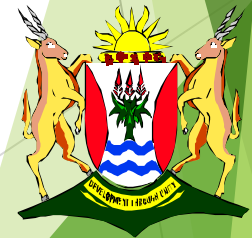
# ENDORSEMENT

## DIRECTORATE: CURRICULUM GET

The modified hockey programme is aligned to the CAPS Physical Education curriculum and therefore makes implementation easier

## NELSON MANDELA DISTRICT FOUNDATION PHASE CURRICULUM

## DEPARTMENT OF EDUCATION



# Structure

- **National Modified Hockey Coordinator**
- **9 Geo - Political Provincial Coordinators**
- **52 District Coordinators**
- **Educational Cluster Coordinators**



# Republic of South Africa

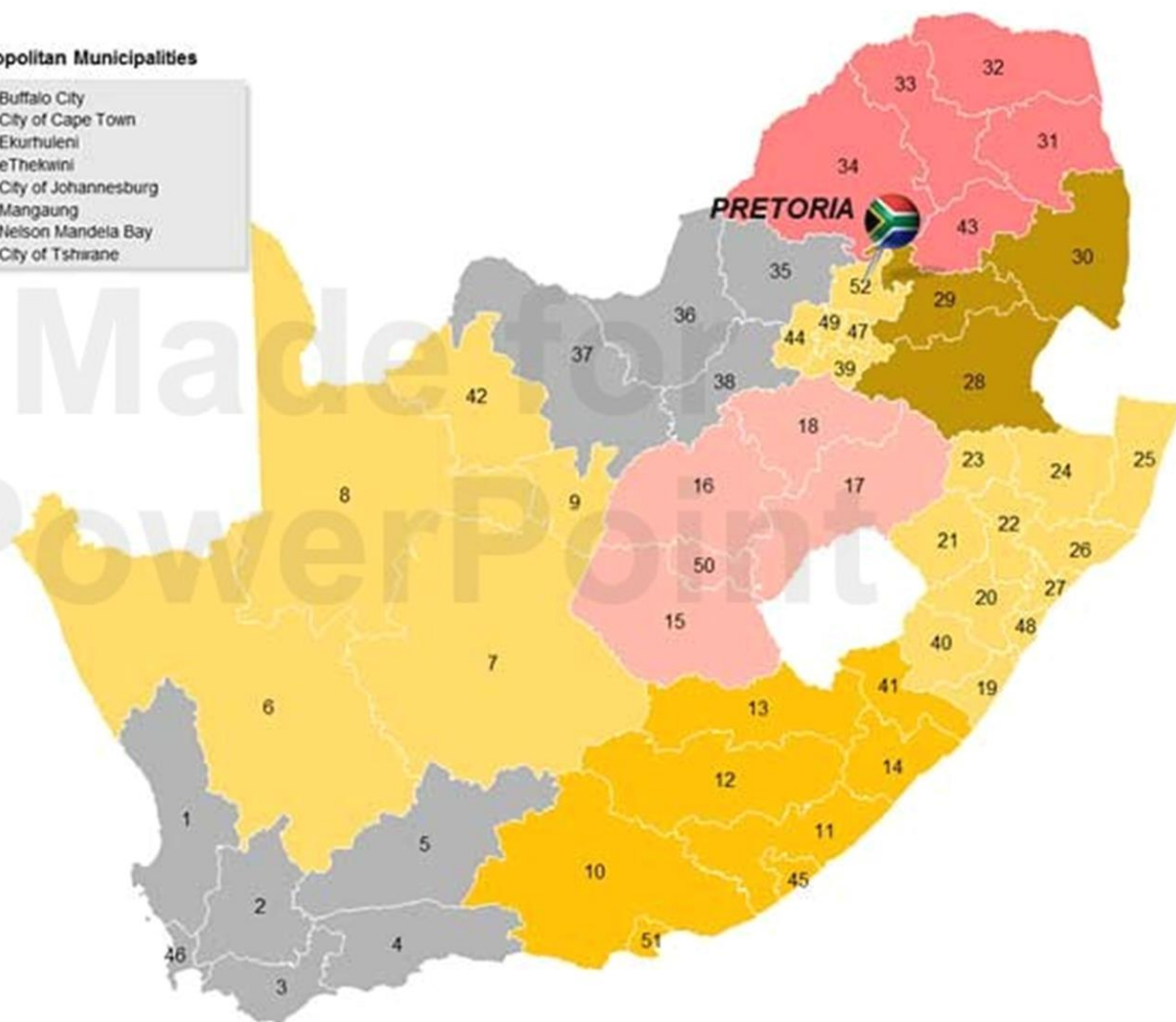
## *District Municipalities and Metropolitan Municipalities*

### District Municipalities

1. West Coast
2. Cape Winelands
3. Overberg
4. Eden
5. Central Karoo
6. Namakwa
7. Pódey ka Seme
8. Siyanda
9. Frances Baard
10. Cacadu
11. Amathole
12. Chris Hani
13. Joe Gqabi
14. OR Tambo
15. Xhariep
16. Lejweleputswa
17. Thabo Mofutsanyana
18. Fezile Dabi
19. Ugu
20. uMgungundlovu
21. uThukela
22. uMzinyathi
23. Amajuba
24. Zululand
25. uMkhanyakude
26. uThungulu
27. iLembe
28. Gert Sibande
29. Nkangala
30. Ehlanzeni
31. Mopani
32. Vhembe
33. Capricorn
34. Waterberg
35. Bojanala Platinum
36. Ngaka Modiri Molema
37. Dr Ruth Segomotsi Mompati
38. Dr Kenneth Kaunda
39. Sedibeng
40. Sisonke
41. Alfred Nzo
42. ohni Taolo Gaetsewe
43. Sekhukhune
44. West Rand

### Metropolitan Municipalities

45. Buffalo City
46. City of Cape Town
47. Ekurhuleni
48. eThekweni
49. City of Johannesburg
50. Mangaung
51. Nelson Mandela Bay
52. City of Tshirane

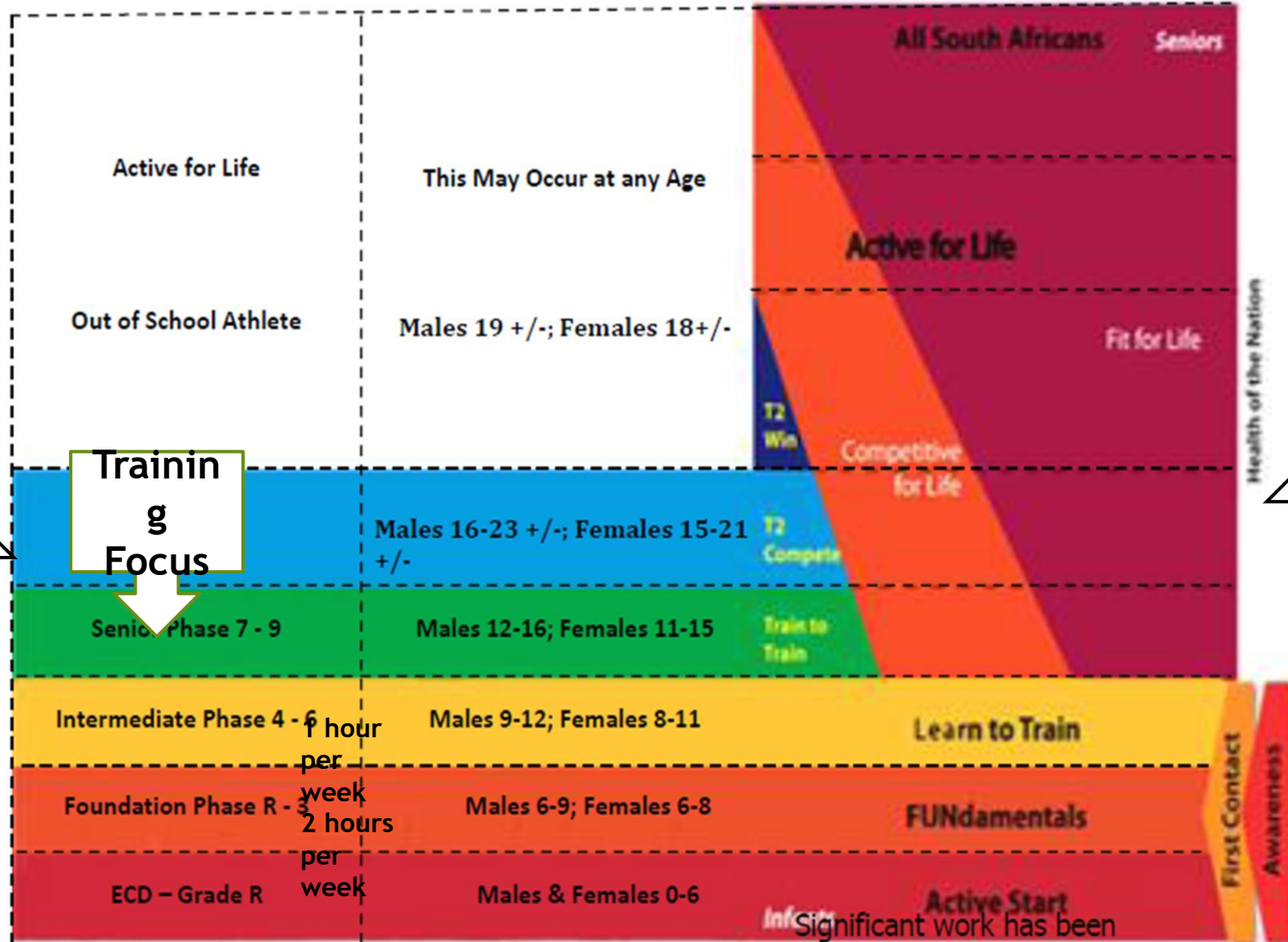


# South African Sport for Life Related to Physical Education

Education Structure

Age Categories

South African Sport for Life



25 000 SCHOOLS  
12,5 MILLION PARTICIPANTS

2 500 SCHOOLS  
250 000 PARTICIPANTS

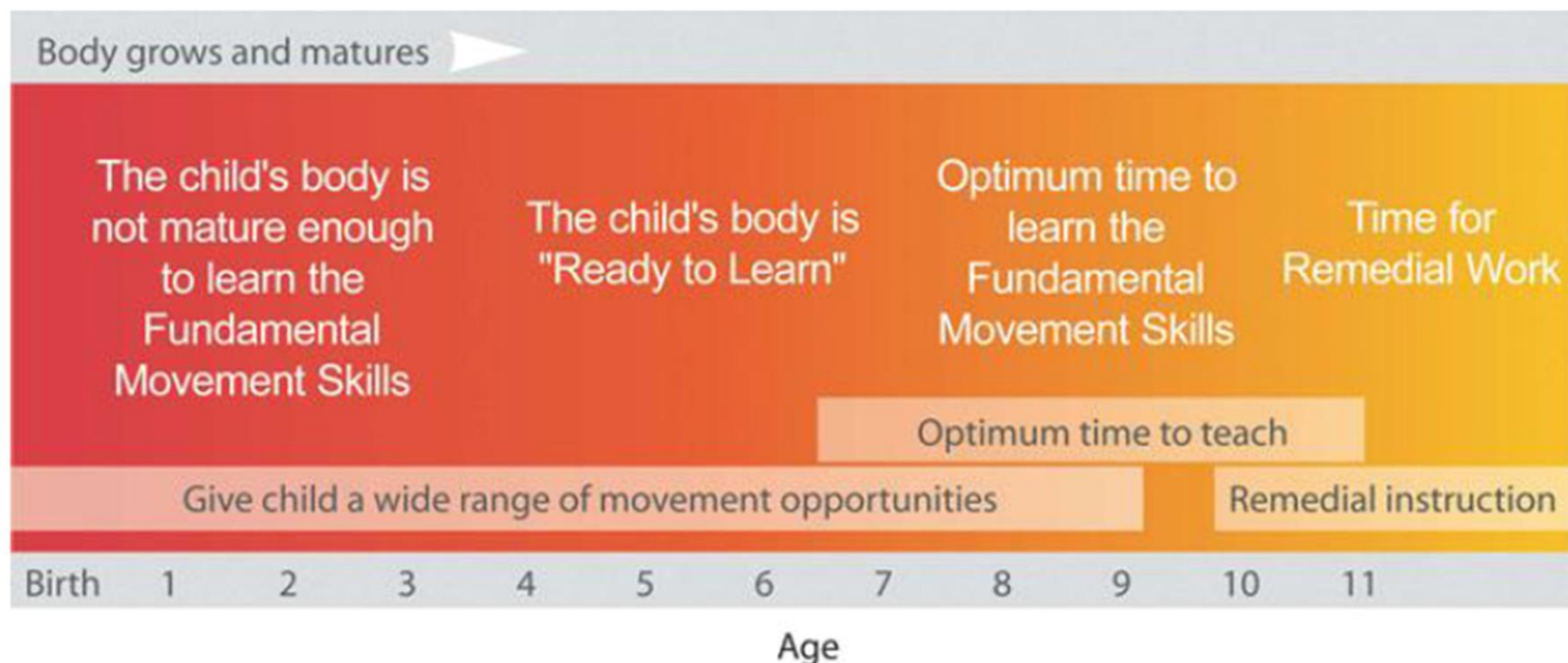
COMPONENT	NOODLE STRIKE	FMS & MODIFIED HOCKEY	MODIFIED HOCKEY	MODIFIED JUNIOR CLUB HOCKEY	PITCH & GET HOOKED
TARGET	ECD	FOUNDATION PHASE	INTERMEDIATE PHASE	UNDER 10 GIRLS&BOYS	JUNIOR HIGH SCHOOL [GRADE8&9&10]
WHEN	ANY TIME	HOCKEY STATION -PE	PE & AFTER SCHOOL	WEEKENDS EVENING HOLIDAYS	PE & AFTER SCHOOL HOLIDAYS
HOW		INTER CLASS PARTICIPATION	INTER CLASS COMPETITION NEIGHBOURHOOD LEAGUES	INTER CLUB LEAGUES & FESTIVALS	INTER CLASS COMPETITION NEIGHBOURHOOD LEAGUES
ROLL OUT TOOLS	RESOURCE PACK	RESOURCE PACK	RESOURCE PACK	RESOURCE PACK	RESOURCES PACK
POSSIBLE FUNDERS	CSI	CSI LOTTO NDSR	CSI LOTTO NDSR	CSI LOTTO NDSR	CSI LOTTO NDSR
IMPLEMENTATION	2019	2019	2018 2019	2020	2021
OUTCOME			100 NEW SCHOOLS 52 DISTRICTS 2022	200 JUNIOR CLUBS	



# Resource Pack

- ▶ Modified stick & ball - branded
- ▶ Beacons
- ▶ String bag - branded
- ▶ Teachers manual
- ▶ Coaching PowerPoint Presentation
- ▶ Modified Information Booklet

# The Optimum Time



CS4L (Developing Physical Literacy) A Guide for Parents of Children Ages 0-12