

Sanelise van der Spuy

Sports Science Student & Foundation Phase Teacher

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Lynnwood, Pretoria

About Me

I am 25 years old and have a passion for working with children, sports and volunteering. My hobbies include baking, cooking, reading, gym, volunteering, watching and playing sports. I am currently pursuing a career in Sports Science to work with young children and their physical and motor development. I am SACE registered and plan to do my B.Ed honours part-time in 2025.

Work Experience

Sales & Administration | Econo Cartridge Empangeni

2017-2023 (Holiday work)

- Shop sales
- Filing & administration
- Stock take & pricing

Education & Child Care Experience | Various

2018-Present

- Tutoring (in person & online): students of various ages, namely Grades 2-5, 7, 8 & 11 in Afrikaans, English, Geography & Mathematics.
- Au Pair: 3 children in Grades 4, 7 & 9 (2020).
- Gr R Teaching Experience: Crawford La Lucia (2018).
- Gr 1 Teaching Experience: Reddam House Umhlanga (2019).
- Gr 2 & 3 Teaching Experience: St Catherine's Empangeni (2021).

Coaching & Extra-Curricular Activities | Various

2018-Present

- PE & Movement: Crawford La Lucia (2018).
- PE & Athletics: St Catherine's Empangeni (2021).
- Sports Practical: Swimming, Netball, Gym & Athletics Coaching (2022); Tennis, Cricket, Hockey & Rugby (2023).
- u7 & u8 Hockey Coach : Lynnwood Laerskool (2023-present)
- 45 hours Sports First Aid

Skills Summary

- MS Word
- MS Excel
- MS PowerPoint
- MS Office
- Pro Presenter
- Planning Centre and Services
- Basic Emergency Care (2023)

Education and Courses

National Senior Certificate | Felixton College

Matriculated 2017

- English Home Language (B), Afrikaans First Additional Language (A), Mathematics Core (D), Life Orientation (A), Geography (B), History (B), Life Sciences (B).

Bachelor of Education | Varsity College Durban

Completed 2021

- In Foundation Phase (with distinction).

TEFL Course | The TEFL Academy

Completed 2021

- Level 5, 168 hours.

Play Course | Play SA

Completed 2021

- Gr 1-3 Play Based Learning Course (15CPTD credits).

Bachelor of Sports Science | University of Pretoria

2022-Present

- Sports Science Committee (2022-2023)
- Class Representative (2022 & 2024)
- Athletics Orientation Coaching Course ASA (2022)
- Mentor (2023-2024)

Volunteer Work

Kids Church Gr R | Grace Family Church

2019-2020

Youth Leader | Grace Family Church

2018-2020

Volunteer | Red Frogs South Africa

2017-Present

Pretoria Location Leader | Red Frogs South Africa

2022-2023

Languages Spoken

- English: home language & language of learning & teaching
- Afrikaans: home language
- isiZulu: communicative