

St Anthony's Sports/Physical Education Programme

The P.E./Sport programme at St. Anthony's has three fundamental components; Fitness, Skill acquisition and Major sports

A specialist physical education teacher is employed to implement the programme, also ensuring the school meets government requirements of providing a minimum, two hours/week of physical activity for primary school children. All children are expected to participate in the P.E./Sport programme and a written explanation from a parent/guardian is expected in the event of non-participation.

Children should wear correct P.E./Sports uniform on their assigned lesson days. Correct uniform does not include camp or 'leavers' t-shirts.

In Term swimming lessons are conducted for all students from years 1-7. Years 1 to 3 participate in term 4 of each year while years 4 to 7 participate in term 1. Standard Education Dept swimming certificates are issued at the conclusion of lessons.

'Options' are held for students in years 4 to 7 in Term 4 as part of their Wednesday (4&5) and Friday (6&7) sports programme. Students participate in a variety of different sports over a four week period. Options are designed to expose students to sports other than the traditional, providing them with alternative choices of physical activity.

Cross country is held during Term 3 of each year and is for students from years 4 to 7. Cross country is voluntary and training is conducted during lunch breaks for those interested.