

P.E. and Sport at St. Anthony's Girls' Catholic Academy



P.E. Staff:

- Subject Leader PE : Mrs A. Roddam
- School Sports Manager: Miss L. Hanson
- PE Teachers: Miss E. Lachs, Miss T. Horner, Miss A. Simpson, Miss L. Thompson

St. Anthony's Staff Volunteers:

- Miss E. Brown (Year Leader 12)
- Mrs V. Taroni (Examination Officer)
- Mrs K. Almond (History Teacher)

Girls have the opportunity to take part in many, varied activities. If you are interested in any of these activities please contact a member of staff.

1. Outdoor Adventure 2003 to the present:

Pupils participate in outdoor, adventurous and water sports activities, including sailing, kayaking, windsurfing, white water rafting and hydro-speeding, canyoning, climbing, abseiling and high ropes.

2017 - Ardeche, France
2016 - Tossa De Mar, Spain
2015 - Ardeche, France
2014 - Argeles Sur Mer, France
2013 - Ardeche, France
2012 - Les deux Alps, France
2011 - Tossa De Mar, Spain
2010 - Ardeche, France
2009 - Embrum - Spain
2008 - Ardeche _ Spain
2007 - Ardeche - Spain
2006 - Italy
2005 - Ardeche - Spain
2004 - Ardres - France
2003 - Ardres - France

2. Ski Club and Ski Visits 1995 to the present:

Ski Club provides an excellent opportunity for pupils to learn a new skill, enjoy physical exercise, make friends with fellow skiers throughout the school and possibly travel abroad to ski on snow. St. Anthony's Ski Club takes place each Friday evening at Silksworth Ski Centre. Annual Ski Visits have also taken place for over twenty five years:

YEAR	COUNTRY	RESORT	CITY VISIT
2017	Austria	Oetz-Solden	Innsbruck
2015	Austria	Oetz-Solden	Innsbruck
2013	Italy	Civetta	Venice
2012	Switzerland	Jungfrau	Lucerne
2011	USA	Sierra, Tahoe	San Francisco
2010	Austria	Imst	Innsbruck
2009	Italy	Civetta	Venice
2008	Austria	Zell am See	Salzburg
2007	Italy	Civetta	Venice
2006	Italy	Civetta	Venice
2005 (Easter)	Austria	Itter	Salzburg
2005 (Feb)	Austria	Worgl	Salzburg
2004	USA	Heavenly	San Francisco
2003 (Easter)	Italy	Passo Tonale	Milan
2003 (Feb)	Italy	Cesana	Milan
2002	USA	Sugarloaf	New York, Boston
2001 (Easter)	Switzerland	Grindelwald	Lucerne
2001 (Feb)	Switzerland	Grindelwald	Lucerne
2000	Canada	Mont St Anne	Quebec and Niagara
1999	Austria	Scheffau	Salzburg
1998	USA	Sugarloaf	Boston
1997	Italy	Folgaria	Venice
1996	Italy	Bellamonte	Verona
1995	Austria	Zell am See	

3. Derwent Hill Outdoor Activity Centre 2006 to the present:

During May half term, students from all year groups have the opportunity to participate in an activity week at Derwent Hill. The activities available are hill walking, kayaking, canoeing, climbing, abseiling, orienteering, gorge walking, a high ropes challenge and other team building activities. This is an annual visit which has been organised since 2006.

4. Wimbledon Championship 2013 to the present:

Students have the opportunity to attend the world's premier Grand Slam tennis championships every July. As well as watching the action courtside, they are also able to join the crowds on 'Henman Hill' and watch play on Centre Court on the huge TV screen. This is coupled with a sightseeing tour of London. This tour has been running annually since 2013.

5. Hexham and Newcastle Catholic Partnership Outdoor Activity Weekend 2010 to the present:

Students from year 7 have the opportunity to participate in an activity weekend at Dukeshousewood, Hexham. The activities available are climbing, abseiling, orienteering, a high ropes challenge, 3G swing and other team building activities. The venue has changed this year, we are going to Ford Castle, Bishop Auckland. This is an annual visit which has been organised since 2010.

6. Lakeside Challenge 2017 onwards:

Pupil premium girls from years 9 & 10 will be attending an activity challenge weekend, they will be awarded points for their teamwork and leadership skills. The competition is held over 4 weekends and the winners of the challenge will be notified and given a prize. The activities on offer are chosen by the girls whilst they are on the challenge, the harder the challenge the greater the points. 2017 is the first year for this event.

7. St. Anthony's pupils regularly participate in sporting events:

In the city:

- Netball
- Cross-Country
- Trampoline
- Sports Hall Athletics
- Tennis
- Football
- Badminton
- Rounders
- Track and Field Athletics
- Swimming
- Cricket
- Dance
- "Sportsability" Festival

In the region:

Tyne & Wear Netball:

- Tyne & Wear Trampoline Competition
- Tyne and Wear Badminton
- Tyne and Wear Rounders

- Tyne & Wear Swimming
- Tyne and Wear Cross Country
- Tyne and Wear Athletics
- Tyne and Wear Dance and Gymnastics
- Catholic Partnership Netball:
- Catholic Partnership Sports Hall Athletics Competition
- Catholic Partnership Badminton
- Catholic Partnership Rounders
- Catholic Partnership Athletics
- Catholic Partnership Swimming
- Catholic Partnership Regatta
- Catholic Partnership Cross Country
- Catholic Partnership Dance Festival

At national level:

- Over many years at St. Anthony's girls have participated in their sport at city, regional and even national level.

8. The popularity of PE & Sport at St. Anthony's:

Participating in extra-curricular activities - 538 girls are playing school sport or are participating in physical activity outside of the curriculum.

We offer netball, trampolining, dance, tennis, sports hall athletics, Football, Badminton, Rounders, Athletics, Health related fitness, Zumba, Cricket, Cross Country

- Netball teams - 95 girls
- Trampoline Club - 130 girls
- Dance Club - 10 girls
- Sports Hall Athletics - 20 girls
- Ski club - 60 girls
- Football - 30 girls
- Zumba - 20 girls
- Fitness - 15 girls
- Badminton - 35 girls
- Cross Country - 33 girls
- Cricket - 30 girls
- Tennis - 60 girls

9. Awards:

2013/14 - Silver: Sainsbury's School Games

2014/15 - Gold: Sainsbury's School Games

2015/16 - Silver: Sainsbury's School Games

We offer a range of inter-house competitions throughout the year, including badminton, football, netball, rounders and tennis.

We also hold an annual Sports Day.

10. Student Sports Leadership opportunities:

We deliver a leadership pathway to key Stage 4 pupils and organise the following Primary school festivals:

Autumn Term

- Year 3&4 Quick sticks Hockey
- Year 5 Football
- Year 1&2 Key Steps Gymnastics

Spring Term

- Year 4 Skipping
- Year 3&4 Tennis
- Year 5 Netball
- Year 5 Kwik Cricket
- Year 1&2 Teddy Bear Olympics

Summer Term

- Year 6 Rounders
- Year 6 Sports day

11. Charitable Work:

Staff and pupils in the PE department also take part in annual charity events:

- "Wear it pink in PE" - pupils are allowed to wear it pink in PE for one week during October to raise awareness and funds for the Breast Cancer Now charity.
- "Place for a Race" - all pupils are invited to a lunchtime fun run to raise money for cancer research during the summer term.