Personal Development, Health and Physical Education (PDHPE)

Personal Development, Health and Physical Education (PDHPE) is a compulsory subject for Years 7-10. The units covered consist of both practical lessons where students have opportunities to explore different movement situations and experience new skills and theoretical lessons where students cover a wide range of issues relating to their health.

Sport

At Aquinas Catholic College, sport is seen as being an integral part of a students overall development of both the mind and body. Sport takes place every Friday afternoon for all students.

Students have the opportunity to be selected for a representative sports team. Aquinas students compete against other Catholic schools in the Shire Combined Catholic Colleges Competition.

### Representative Sports

<table>
<thead>
<tr>
<th>Summer Sports</th>
<th>Winter Sports</th>
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</thead>
<tbody>
<tr>
<td>Water polo</td>
<td>Mixed Oz Tag</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Basketball</td>
</tr>
<tr>
<td>Basketball</td>
<td>Soccer</td>
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<tr>
<td>Oz Tag</td>
<td>Netball</td>
</tr>
<tr>
<td>Super 10 Cricket</td>
<td>Hockey</td>
</tr>
<tr>
<td>Softball</td>
<td>Rugby League</td>
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<tr>
<td>Mixed Netball</td>
<td>AFL</td>
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</tbody>
</table>

Students that do not participate in representative sport take part in the recreational sporting program which includes a wide variety of sporting activities for students to experience. Some examples include Indoor Sports, Ten Pin Bowling, Mountain Biking, Tennis and Fishing.

Students who excel at any particular sport have the opportunity to represent the College in that sport. The competitions that the College currently enter each year are listed below.

**NSWCCC Rugby League KO**
NSWCCC Soccer Opens (M/F)  

**NSWCCC Soccer Year 10**
Berg Shield Junior Cricket  
Champions (M) 2014, Champions (M) 2013, Runners Up 2011, Champions (M) 2007

**Arrive Alive Opens Rugby League**
Downie Trophy Opens Cricket  

**GIO Schoolboy Rugby League**
Arrive Alive Opens Rugby League  

**Cochrane Cup U/14 Rugby League**
GIO Schoolboy Rugby League  
City Champs 2015

**Cronulla Rugby League Knockout**
Cochrane Cup U/14 Rugby League  
State Finalists 2009

**CCC Open Rugby League**
Cronulla Rugby League Knockout  

**Penrith Netball Gala Day**
CCC Open Rugby League  
Quarterfinalist 2015

Senior & Intermediate Quarterfinalists 2011, 2006/07, Senior Champions 2009, Finalists 2008

Students who represent the College at sport have the opportunity to move through the pathways to higher representative honours, namely Southern Sydney, NSWCCC and NSW All Schools.

**Carnivals**
The College has an annual Athletics Carnival, Swimming Carnival and Cross Country Competition which enables students of all abilities to compete and represent their houses (MacKillop, Nagle, Rice and La Salle).