The PE and sport program component of the curriculum requires students to participate in both individual and team sports. Gymnastics, self-defence, athletics, fundamental skills and minor games are focus areas in the Year 7 program whilst floorball, cricket, softball, table tennis and trampoline are focus areas in Year 8.

Student safety is a priority so it is essential that the correct sports uniform is worn every time. The regulation sports uniform for all students at the College includes:

- PE Hat (optional, but recommended for all outdoor activities)
- Cerise polo sports shirt
- Sports shorts

**Please note** the royal blue netball skirt worn by students in the past has been deleted because it is inappropriate for many of the listed activities in the College’s sporting program.

- Tracksuit pants
- College jersey
- Sports shoes – white (predominately) lace-up sport shoe with firm gym style sole with tread and shoes that provide clear support for arches.

**Please note** – white canvas shoes, slip-on jiffy shoes or Dunlop Volleys are not permitted as these styles provide little to no support for developing bones during high impact activities.

- Swimming costume – The College costume is recommended, however an alternative costume must be a one piece club racing/training style.

Students are to wear the correct sports uniform on the day sport is timetabled for their Year group. The College tracksuit pant and jersey are to be worn when the weather is cool. Students are not to wear a non-regulation jumper, fleece, or ‘hoodie’ with the uniform.

The swim program is run in conjunction with Gosford Olympic Pool and Royal Life Saving NSW. The program caters for the level of competence of each student and therefore, suits both weak and strong swimmers. Students are to bring goggles, towel, sunscreen and swimming costume in a sports bag when swimming is scheduled.

St. Joseph’s Catholic College offers opportunities for students to represent their school in a variety of sports including swimming, touch football, athletics, soccer, netball and basketball. There are pathways to State representation through BBSSA and NSWCCC. Students wanting to know more about representative opportunities should see Mrs Northey, the rep sport Coordinator, or Mrs Bartholomew, the PDHPE Coordinator.