Physical Education and Sport play an important role in children’s development at St. Francis de Sales. The curriculum helps them to be resilient, and make decisions and take actions to promote their health, safety and physical activity and participation.

Our Junior School Program aims to equip students with key motor skills and coordinated movement patterns.

The Senior School Curriculum aims to incorporate movement and motor skills developed in the junior year’s program with various sports and activities using a game sense approach.

The St Francis de Sales senior students program is enhanced with involvement in Interschool Sports, Swimming, Cross Country and Bike Education Programs.

Participation is a key focus of the Health and Physical Education learning area and all are encouraged to achieve their personal best at St Francis de Sales.