



St Catherine's School
Sydney

Beyond the Curriculum

Beyond the Curriculum offers an extensive extra-curricular program for students from Kindergarten to Year 12.



Beyond the Curriculum

Fun, friendship and learning that extends beyond the curriculum

The Beyond the Curriculum department which is affectionately known as the BTC, provides an extensive extra-curricular program for students from Kindergarten to Year 12 and an Outside of School Hours Care (OSHC) program for the junior school. The purpose of our programs is to complement and enhance students schooling experience by encouraging participation, fun, friendship and learning that extends beyond the curriculum. Through our wide range of BTC programs students can discover a new passion and develop lifelong skills to support them through their academic career and beyond. All of our programs are guided by our expert staff in a safe and social environment where students can thrive.

If you would like any further information on any of the programs, please contact us:

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BTC programs

An extensive extra-curricular program for students from Kindergarten to Year 12

Yoga

Our yoga classes incorporate stories, themes, music and yoga games to develop body awareness, self-esteem, flexibility and strength.

Available to students in Kindergarten-Year 6.

Pilates

This general program is for any girl who would like to try floor Pilates to improve flexibility, increase muscle strength, improve physical coordination and balance. Aside from the clear physical benefits this class can assist with improving concentration, breathing techniques, relaxation and encouraging a balanced relationship between body and mind. Available to students in Years 7-12.



Chess

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practise games with personal feedback and advice from the coach. Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop. Our junior chess class is available to students in Years 1-6.

Visual Arts

In our visual arts program students create works inspired by famous artists, nature, animals, imagination and the students themselves. Students will gain confidence in their ability to create by exploring art processes which include drawing, painting, printmaking, ceramics, textiles, graphic design and sculpture. *Classes are available every day after school for students in Years 2-6.*





Snowsports

The annual BTC snowsports trip is a recreational snowsports trip to Smiggin Holes and Perisher Valley, held in the first week of the winter school holidays. Students of all levels of experience are welcome to attend, even beginners! Students can opt to ski or snowboard and with all lessons, equipment, meals and accommodation included. Places are limited.



Tennis

Our coaching team are world class, delivering a high performance environment with a holistic approach to our students' tennis development. The goal of the program is to provide a pathway that caters for all levels of play while developing a positive and competitive culture.



Aces Tennis

In this class, low pressurised balls are used to work on improving gross motor skills whilst introducing tennis skills in a modified format. Students work on stroke production, play fun games and develop confidence. *Aces tennis is available to students in Kindergarten - Year 6.*

Junior Development Squads

For students in Years 3-6 with competition experience eg IPSHA or aspiring to play in competitions. These lessons are structured with drills focused on match-play situations. All lessons involve stroke analysis and correction which challenge the girls to ensure improvement within a fun environment.

Senior Development Squads

For senior school students with competition experience or aspiring to play in competitions. These lessons are structured with drills focused on match-play situations. All lessons involve stroke analysis and correction which challenge the girls to ensure improvement within a fun environment.

Tournament Training Squad

This is a selective squad for girls that show high ability and work ethic and are competing in Australian ranking tournaments.

Private, semi private and group lessons

Lessons are tailored to focus on specific areas of a girl's game which have room for improvement. A private, semi-private (2 students) or group lesson (3-4 students) of 30, 45, 60 minutes can be arranged for students in all year groups.



Duke of Edinburgh

The Duke of Edinburgh Award is a leading youth development program which comprises of four sections; physical recreation, skills, voluntary service and adventurous journey. To earn an Award, students must learn a skill, improve their physical wellbeing, volunteer in their community and experience a team adventure in a new environment.

Students, in conjunction with adult helpers, devise an individual program of activities, which is flexible enough to satisfy their enthusiasm and meet their aptitudes, capabilities and available resources. Many girls will find that their sport, music and other activities can be included in the Award. The responsibility is very much on the student to develop a program, determine its suitability and feasibility, organise instructors/assessors and progress accordingly. As such students develop valuable skills including goal setting, initiative and persistence. Participation in the Award is highly regarded by many employers and organisations.

There are three award levels: Bronze, Silver and Gold, each progressively more challenging.

Available to senior school students in Years 9-12.

Surf Life Saving Bronze Medallion

In partnership with the Bondi Surf Club, students have the opportunity to complete their Surf Life Saving Bronze Medallion course in Term 4.

Students will learn valuable life saving techniques, first aid skills, communication signals and gain greater surf awareness. Involvement in the program will also improve fitness, develop leadership and teamwork skills and allow students to be of service to our wider community. Once qualified, students will patrol at Bondi Beach on weekends as volunteer lifesavers, half a day approximately every four weeks.

Available to senior school students in Years 9-11.



Australian Army Cadets



Australian Army Cadets is offered in a professional co-educational environment with the Waverley College Cadet Unit (WCCU). Cadets offers students a fantastic opportunity to extend themselves beyond their self-imposed limits and develop self-reliance, self-esteem and self-discipline as well as teamwork and leadership skills.

Students attend a weekly parade to learn about military systems, rank structures, drill movements, communication, team work and leadership. Cadets will attend an annual camp where they learn vital skills to survive 'in the field' and participate in a variety of fun and vigorous outdoor education activities. As well as having the opportunity to attend additional camps during the school holidays.
Available to senior school students in Years 8-12.



Drama

Theatre has the ability to create new worlds through different lenses. In BTC drama students will delve into characters through diverse approaches to scripts, improvisation, style and imagination. We encourage our students to build upon their creative skills and techniques, helping them reach beyond their known world, gaining an understanding of the intentions and motivations of others.

Group Drama Classes

Group Drama

Group drama classes cover a broad range of theatre skills including improvisation, storytelling, poetry, physical theatre, script writing, vocal techniques and character development. All group drama classes prepare a scene to perform at our annual BTC drama showcase. *Group drama classes are available to students in Years 1-6.*

Theatresports

Learn the art of improvisation through a series of games to create and perform original, unscripted and entertaining scenes on the spot. Students will improve their teamwork, character development, narrative and stagecraft skills whilst gaining confidence in these very fun and often hilarious classes. Theatresports students will have the opportunity to put their skills to the test and compete against other schools in Impro Australia's illustrious Theatresports Schools Challenge. *Theatresports classes are available to students in Years 5-12.*

Broadway

Aladdin, Mary Poppins, Annie, The Sound of Music... you might have seen one or more of these musicals. And what do they have in common? Singing! Acting! Dancing! Our Broadway classes offer students the opportunity to work on a piece of music from a Broadway production with a focus on acting through music and dance. *Our junior Broadway class is for students in Years 2-6 and our senior Broadway class is for students in Years 7-12.*



ASCA Drama

Individual, pair or small group classes that follow an Australian Speech Communication Association (ASCA) syllabus in either Communication Through Performance or Musical Theatre. Throughout the year students prepare for a graded examination conducted by an ASCA examiner.

Our teachers will work with students to choose the most appropriate subject area and grade for their exam based on the students' interests, experience, previous grades and goals. Students will be awarded a certificate upon attainment of each grade. Students can progress through the grades from Junior Preliminary through to Grade 8 year to year.

Students will also perform in our annual BTC Drama Showcase.

Drama and Speech classes are available to students in Years 3-12.



Dance

At St Catherine's we believe dance creates confident young women. By providing a supportive atmosphere students explore new ways of moving and performing, foster a love of dance and freedom of expression. We aspire to make every class fun, dynamic, creative and stimulating to the student's imagination.

Kindy Dance - Kindy Dance classes provide a fun environment for young dancers to learn the fundamentals of dance and explore different styles of dance such as Jazz and Ballet. *Available to Kindergarten students only.*

Jazz - Jazz is a fast paced, high energy class that incorporates jazz technique such as kicks and turns with strong and sharp movements. *Available to students in Years 1-12.*

Ballet - We offer ballet classes for all levels which follow the Royal Academy of Dance syllabus. *Available to students in Years 1-12.*

Tap - Our tap classes are taught in the style of stomp tap. This style of tap uses heavy beats and body percussion. Tap is available for the beginner through to the advanced. *Available to students in Years 1-12.*

Lyrical/Contemporary - This class concentrates on the technique base of contemporary dance, focusing on strength, balance and agility. This is coupled with expressive interpretation of lyrical and contemporary pieces of music. *Available to students in Years 2-12.*

Hip Hop - Hip Hop is a high energy style that incorporates techniques of popping and locking, tutting and more. *Available to students in Years 2-12.*

Triple Threat/Musical Theatre - This class is ideal for any student who wants to specialise in the three disciplines of singing, dancing and acting. Many industry professionals are now required to do all three of these disciplines in professional productions. *Triple Threat available to student in Years 2-6. Musical Theatre available to students in Years 7-12.*



Private lessons - Private lessons are offered to students who wish to develop technique, or to choreograph a solo, duo or trio routine to perform in Eisteddfods and community events.

Technique and Conditioning - This class is based on the development of foundational dance technique. Students will improve their strength, flexibility, coordination, stamina and dance technique. *Available to students in Years 7-12.*



Dance representative opportunities

Our dance teams and company allow St Catherine's students the opportunity to represent the school in competitions around Sydney. All students are welcome to audition for dance teams, even if your child dances at an external dance school. As a member of the dance teams or company, students must attend two weekly classes. *Our junior dance team is open to students in Years 3-4, our intermediate dance team is open to students in Years 5-6 and our company is open to students in Years 7-12.*

All dance students have the opportunity to perform in our annual RAW dance performance as well as the annual showcase at the end of the year.



Gymnastics

Gymnastics is the school of sport and physical activity; you can start here and go anywhere. Gymnastics helps to develop balance, coordination, flexibility and strength, which provides an excellent foundation for all ages and abilities.

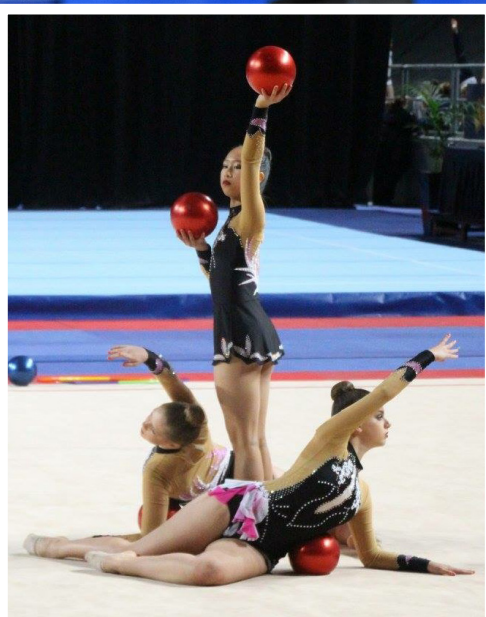
Gym Fun - These classes are focused on all the fun gymnastics has to offer. Classes are delivered in a non-competitive environment with the aim to prepare them for long term participation in all sports. Students can expect a large variety of movement experiences from both Artistic and Rhythmic Gymnastics and can look forward to learning new skills with a mix of apparatus and hand held equipment. Available to students in Kindergarten - Year 1.

Artistic Gymnastics

Women's artistic gymnastics is for students of all ages. Artistic gymnastics builds power and skill, as well as grace and creativity. It also develops coordination, body awareness, and discipline. If you find your daughter always cartwheeling or doing a handstand, then artistic gymnastics is the class for her. Artistic gymnastics is performed on various apparatus including the floor, uneven bars, beam and vault.

Levels - Looking for more of a challenge? Perhaps you're interested in competitive sports? BTC provides competitive classes in Artistic Gymnastics following the Gymnastics NSW pathway. Entry into levels requires a skill assessment and classes focus on set skills performed on bars, beam, floor and vault. As well as representing St Catherine's at school carnivals, students will have the opportunity to be selected for Club, Regional, State and National representation.





Rhythmic Gymnastics

Does your daughter love to dance and perform? Rhythmic Gymnastics is a fantastic blend of gymnastics, dance, acrobatics and music using hand held equipment – rope, hoop, ball, clubs and ribbon. BTC offers classes for all ages and abilities, so whether you're after a fun, after school activity, or keen to experience competitive sport, we have a class for you.

Levels - Looking for more of a challenge? Perhaps you're interested in competitive sports? BTC provides competitive classes in Rhythmic Gymnastics following the Gymnastics NSW pathway. Entry into levels requires a skill assessment and classes focus on performing routines to music with hand held equipment. As well as representing St Catherine's at school carnivals, students will have the opportunity to be selected for Club, Regional, State and National representation.

Rhythmic Gymnastics Groups

The Rhythmic Gymnastics Groups program is a wonderful addition to our individual program. Students will develop the skills to work collaboratively as a member of a team in a creative performance environment. Students will improve their apparatus and performance skills, confidence and technique in an exciting and fun team setting. Routines are performed in trios or groups of four. Students will have the opportunity to represent St Catherine's at school carnivals as well as compete at state competitions. Senior school students will also have the opportunity to compete at a national level.

Rhythmic Freehand Groups

Rhythmic freehand groups (RFG) is a division of the Rhythmic Gymnastics groups program. It involves six or more students performing a routine together without the use of apparatus. Students will learn versatile and varied body movements encompassing elements of both Rhythmic Gymnastics and dance. Movements include; swings, waves, balances, pivots, jumps and leaps, as well as incorporating collaborative work between the team members. Students will have the opportunity to represent St Catherine's at school carnivals as well as compete at state competitions. Senior school students will also have the opportunity to compete at a national level.

Out of School Hours Care (OSHC)

Parents can have peace of mind knowing that their children are well cared for and engaged in safe, healthy activities before and after school. As we believe the learning extends beyond the classroom, we offer our students the opportunity to continue to learn in fun and exciting ways about themselves, their community and the world around us.



Our Out of School Hours Care (OSHC) service is available for all junior school students to support families.

Before School Care

Operating hours: 7am-7.50am

Our before school care program offers students:

- A warm and welcoming environment to start their school day
- Homework assistance
- Quiet activities including art and craft, reading, board games, imaginative play and building and construction.

After School Care

Operating hours: 3pm-6pm

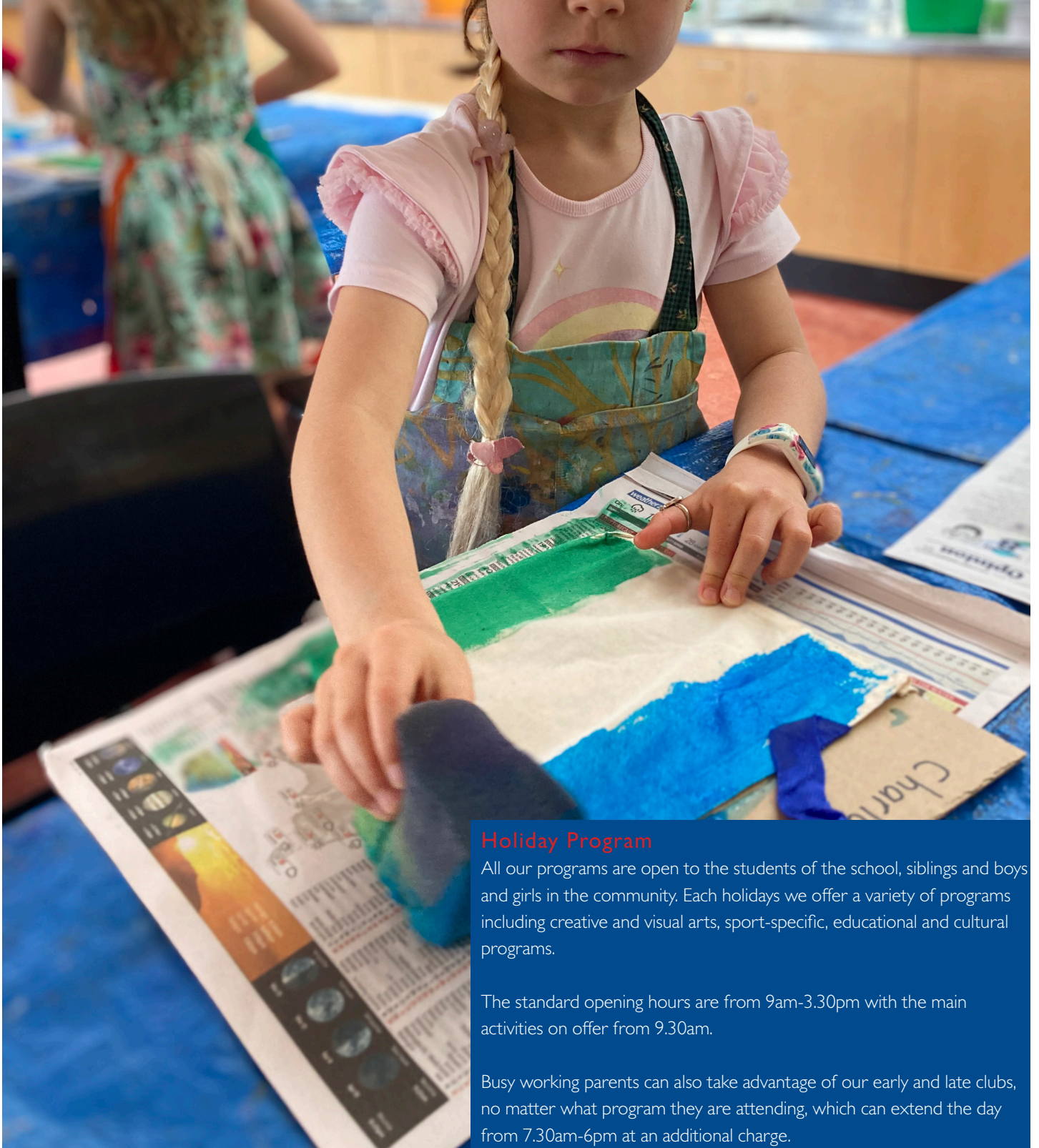
Our after school care program offers students:

- Study club for students in Years 5-6 in the library from 3pm – 4pm where they will work on their homework supervised by a member of staff
- Homework assistance for all students
- Art and craft activities
- Outdoor sports and games

- Imaginative play opportunities
- Quiet activities including reading, board games, drawing, building and construction
- Teacher led and child directed play and activities
- Afternoon tea and snack
- Pick up and drop to extra-curricular activities.

Holiday Program

St Catherine's holiday programs aim to provide a safe and stimulating environment where children can go during the school holidays to play, relax and learn new skills.



Holiday Program

All our programs are open to the students of the school, siblings and boys and girls in the community. Each holidays we offer a variety of programs including creative and visual arts, sport-specific, educational and cultural programs.

The standard opening hours are from 9am-3.30pm with the main activities on offer from 9.30am.

Busy working parents can also take advantage of our early and late clubs, no matter what program they are attending, which can extend the day from 7.30am-6pm at an additional charge.



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