

NOTRE  
DAME  
SCHOOL



SPORT

FOR LIFE





## SPORT FOR LIFE

At Notre Dame our ambition for every student is that they leave us with a love of sport for life and that we give everyone a chance to find their sport.



At Notre Dame we know that access to and enjoyment of physical exercise can benefit every aspect of a student's school life and beyond.

It will:

- Improve physical strength, stamina and general health
- Increase self-confidence, resilience and self-belief
- Enhance mental health and wellbeing
- Build friendships, teamwork and leadership skills
- Engender positive behaviour and a 'can do' attitude
- Create openness to learn new skills and embrace new experiences

But above all, at Notre Dame we ensure that sport is a lot of fun!

The wonderful facilities we have at Notre Dame allow all our students, from Nursery to Sixth Form, to access the widest range of sports as part of the curriculum – netball, hockey, swimming, football, lacrosse, cricket, rounders, tennis, gymnastics, trampolining, badminton, basketball, volleyball, athletics and cross country can all be delivered on site in our fantastic grounds. In partnership with Walton Firs Activity Centre (just across the lane), the girls are also able to enjoy rock climbing, archery, caving, high ropes and many other activities. This enables all our students to experience the widest possible range of sporting activities as part of their PE lessons and games afternoons.

Our extra-curricular sports clubs encourage girls to practise skills and techniques and be part of our competitive teams. We have also fostered strong links with other local sports clubs which ensures that those girls who want to take their passion for sport to the next level can be guided both in and outside school.

At Notre Dame we ensure that every student will enjoy and reap the benefits of sport – from our elite sportswomen and sports scholars to our 'just for fun' girls, we will find the right sport for them and will support them in fulfilling their sporting ambitions, whatever they may be!



**Terry-Lee Purgavie**  
Head of PE  
Prep School



**Frankie Paul**  
Director of Sport  
Senior School





Netball



Climbing



Athletics

The variety of sports on offer at Notre Dame is unrivalled, and ensures that everyone can find one or more activities they can pursue competitively, recreationally or just for fun!



Badminton



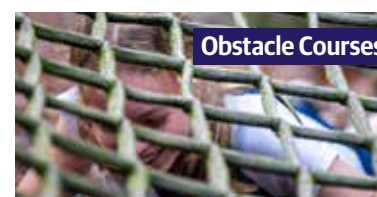
Gymnastics



Swimming



Track Running



Obstacle Courses



Yoga



Trampolining



Hockey



Volleyball



Football



Rounders



Cricket



Tennis



Cross-Country

*"Competing is exciting and winning is exhilarating, but the true prize will always be the self-knowledge and understanding that you have gained along the way."*

**Lord Sebastian Coe**  
Olympic Gold Medalist





## THINKING SPACE

The theory of physical education goes hand-in-hand with the practical lessons from the start. The understanding of the physiology, biology and physics of, for example, throwing a ball, is discussed and explained in an age appropriate way. This also helps the students become more technically proficient, able to take risks and practice their chosen sports more safely. Many girls take this to the next level and choose to study PE at GCSE and A-level.



## GROWING SPACE

At Notre Dame we introduce new sports every year as students progress through the school. This challenges all our students to learn new skills and push themselves out of their comfort zone. Our traditional sport curriculum also grows in complexity and challenge. For example, our swimming curriculum starts in Nursery with water confidence and progresses to learning to swim, learning individual strokes, breathing and technique, diving and tumble turns, life-saving skills, water polo and finally Aquafit in the Sixth Form.



## BREATHING SPACE

We know that sport and physical activity help build character and resilience, community and belonging. Integrity, respect, justice, care, hope, perseverance, creativity and an ability to work to the greater good are all found in abundance in all forms of sport, and experienced by all those who take part. This in turn generates a feeling of wellbeing and a healthier outlook on life.







# SPORTING FACILITIES AT NOTRE DAME

Set in 26 acres of parkland, at Notre Dame all our sporting facilities are on site: a floodlit all-weather hockey pitch and 4 netball / tennis courts, a 25m indoor heated swimming pool, running tracks and cross-country courses, playing fields and indoor facilities. This means that our girls can be playing sport all year round, whatever the weather.



1

## Floodlit All-Weather Pitch

- Netball
- Hockey
- Tennis
- Football
- Lacrosse
- Sprinting
- Hurdles



2

## 25m Indoor Heated Swimming Pool

- Swimming
- Life saving
- Water Polo
- Aquafit



3

## Senior Gymnasium

- Trampolining
- Gymnastics
- Basketball
- Volleyball
- Badminton



4

## Sports Hall

- Gymnastics
- Netball
- Sports Skills
- Badminton



5

## Field Sports Hub

- Cross Country Track
- 200m Running Track
- Rounders
- Cricket

7

To Walton Firs  
Activity Centre

4

1

6

5

8

3

2

We offer  
a full GCSE and  
A Level Sport curriculum  
for those students who  
wish to pursue the study  
and enjoyment of  
sport to a higher level

*"You miss  
100% of the  
opportunities you don't  
take. I believe that both  
on and off the pitch."*

**Alex Danson - England  
and GB Hockey Player**



6

## Playing Field

- Cricket
- Rounders
- Athletics
- Cross-Country
- Long-Jump Pit



7

## Walton Firs Activity Centre

- Low Ropes
- High Ropes
- Rock Climbing
- Caving
- Crating
- Rifle Shooting
- Archery
- Obstacle Course



8

## Fitness Suite

- Running Machine
- Cross Trainer
- Rowing Machine
- Weight Bench
- Exercise space and equipment



# ENCOURAGING EXCELLENCE

At Notre Dame we enjoy competition so fixtures are a big part of our sporting life. Matches generally take place after school in netball, hockey, football, tennis, cricket and rounders from Year 1 upwards.

Matches against other schools are not just for the 'A' team; we will always look to field as many teams as there are girls looking to compete. We punch above our weight in county and national competitions in hockey, netball, swimming and biathlon and our Prep girls have only lost one home swimming gala since 2009!

The highlight of the sporting year is our Annual Sports Day, when every girl takes part and competes for her House. Every student – from Nursery, Prep and Senior School – compete in a wide range of sports and it is a day where personal bests are achieved, school records are broken and everyone finishes the day with a smile on their face.



## GCSE, A LEVEL & CLUBS

Girls have the option to pursue PE at both GCSE and A Level. These rigorous, demanding courses enable girls to develop deep knowledge and analytical skills in both practical and theoretical aspects of the subject through classroom study, active engagement and mentoring younger girls.

For those girls who are keen to develop their sporting aspirations further we have a network of affiliated clubs, including Surbiton Hockey Club, where girls can train and compete outside school.

## SIXTH FORM SPORT

All our Sixth Formers benefit from an ambitious competitive and recreational Sixth Form Sports Programme. Specialist coaching and training prepares students for high-level sport at university and beyond.

## AWARDS

2019 IAPS National Hockey U11 finalist.

2019 National Prep School Cross Country 5th Place

2019 IAPS National Swimming U10 team finishes 2nd and individual 4th place in the U10 freestyle

2019 Elmbridge School Cricket league - Notre Dame won the Plate Competition

2019 British Biathlon Championships - U11 individual 2nd/3rd place and U9 Team 2nd Place

2019 Guildford High School 'Splash & Dash' - 2nd place

2019 Surrey Athletics Championships - 2nd in Junior Girls 800m, 1st in Inter Girls 300m hurdles, 2nd in Junior Girls 100m

2019 Surrey Schools Tennis League - U15 Team semi-finalists

2019 Surrey Swimming Championships - 1st in 100m Front Crawl, 3rd in Junior 100m Breaststroke



## ELITE SPORT

At Notre Dame we are experienced in nurturing elite sportswomen. We are not only equipped to support them in training, strength and conditioning but with understanding and academic support from our teaching staff, flexible timetabling enables them to keep pace with their academic work while pursuing their chosen sport at elite level and beyond.



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A Foundation of the Company of Mary Our Lady

