

The Appleton School PE Department **Extra-Curricular Successes 2023-24**



- Year 7 Netball Essex Cup - Last 8
- Year 7 Netball CPR League - 2nd
- U16 Netball Essex Plate - Champions
- U16 Netball CPR League - Champions
- U13 Girls Football Essex Cup - Last 8
- U14 Girls Football CPR tournament - 2nd
- U14 Girls Football National Cup - Last 64
- Year 8 Boys Football - Last 64 in the National Cup
- Year 9 Boys Football CPR Cup - Champions
- Year 9 Boys Football CPR League - Champions
- Year 9 Boys Football South East Essex Cup - Champions
- U16 Boys Football South East Essex Plate - Champions
- U13 Boys Handball Essex Championships - 3rd Overall
- Junior Gymnastics Team - District Champions
- Senior Gymnastics Team - District Champions
- Junior Trampolining Team - District Champions
- Senior Trampolining Team - District Champions
- District Cross Country - 4th Overall
- Inter Girls District Cross Country - 2nd
- Year 8 Girls Essex Cross-Country Championships - 7th
- Junior Boys and Girls ESAA Track and Field Cup - Regional Finalists
- Junior Boys 18th in the East Anglian Region
- Junior Girls 27th in the East Anglian Region
- CPR District Athletics - 3rd Place Overall
- Year 7 Girls Athletics Team - 3rd place CPR District Athletics
- Year 8 Boys Athletics Team - 3rd place CPR District Athletics
- Over 100 students attended Interhouse Athletics
- Senior Girls Badminton CPR tournament - 2nd
- Swimming CPR Competition - 5th Overall
- Year 7 CPR District Rounders Tournament - 2nd Overall
- Year 8 CPR District Rounders Tournament - 2nd Overall