

SPORT FOR ALL

By Lisa McGuigan, Director of Sport at St Catherine's Prep School, Surrey

From a very young age sport has moulded me into the person I am today. As a result of this, I have been inspired to teach because of the motivation and transformation that sports has brought to me and those around me. I believe that sport has the power to change lives and it is our role to inspire and enthuse children to develop a love of PE.

I believe in an inclusive approach to sports and providing opportunities at many different levels where we can celebrate everyone's success, regardless of ability. From athletes in the very early stages of a successful sports career performing to National level, to providing all children with the opportunities to play proudly represent their school, I believe our aim is to develop self-belief, confidence and a desire for the children to achieve their very best.

St Catherine's Prep School offers a full and varied sporting programme for all the girls. In Pre-Prep the girls have four PE lessons a week where they develop their fundamental movement skills alongside hand-eye co-ordination in games, stroke technique in swimming and balancing skills in gymnastics. Teaching these skills in Pre-Prep forms the building blocks to more advanced techniques and game strategy as they move through the Prep School. The girls have five PE lessons a week with a varied

curriculum including netball, gymnastics, swimming, cricket, athletics, cross country, and football. The staff to pupil ratio is low and all PE lessons are taught by qualified PE teachers with a broad range of specialisms but always with a genuine passion for developing and nurturing the skills of every individual.

Physical Education plays an integral role in the health and wellbeing of our girls and a varied PE curriculum alongside a variety of extra-curricular opportunities has a positive influence on the concentration, attitude and academic achievement of the children. By embedding sport in their daily life, this often develops a life-long love of sport.

The sports curriculum is complimented with a broad and varied extra-curricular programme where all children have the opportunity to further develop their skills learned in lessons and train together in preparation for netball and cricket matches, swimming galas, cross country, gymnastics, Biathlon and athletics events. Many of our teams progress to National level but everyone who attends clubs represents St Catherine's in competition and we value and celebrate all success while also teaching the girls to deal gracefully with defeat.

