

I believe in sport for all and sport for life.

From the foundation skills of jumping, running, hopping and skipping, PE helps girls develop and grow. Our philosophy is inclusive, giving all girls the opportunity to enjoy PE and sport at their level. Lisa McGuigan's team fully appreciate that girls' physical activity is proven to support their academic learning.

From the earliest days in Pre-Prep, girls work on hand-eye co-ordination in ball games, water-confidence and stroke technique in swimming and develop their skills and flexibility in gymnastics. In PPI (Reception) the girls have 3 lessons of PE a week building to 5 lessons by the end of Pre-Prep. Through PE and Sport the girls' confidence develops, they learn to perform as individuals and adapt to each other's strengths, playing their part in a team. As they move up the School, Lisa McGuigan and her team of 5 sports specialists, teach technique, game strategy and versatility alongside resilience, confidence and a determination to achieve.

The Sports Department run a busy fixtures calendar, hosting and attending competitive games in Netball, Swimming, Gymnastics, Cricket, Athletics, Cross-Country and Biathlon against local Schools, as well as achieving top positions at National level competitions. Here our girls learn to deal gracefully with both success and defeat.

By embedding sport in their daily life, St Catherine's girls develop a life-long love of sport.

www.stcatherines.info/prep

Sarah Waller - Prep Registrar

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Lisa McGuigan holds a BA in Physical Education from St Mary's Twickenham. She joined as Director of Sport in 2021 and has a specialism in the development and training of PE staff.

Image:
Bowling and batting technique taught on our sports pitches.



St Catherine's Prep
BRAMLEY