



Sports Premium and Finance 2022-2023

At St Catherine's, we are committed to providing our students with the best possible educational experience. We have made it a priority to allocate resources towards enriching their learning opportunities, particularly in the area of PE. Understanding the importance of physical activity and its positive impact on academic performance and overall well-being. We have taken steps to ensure that our students receive a robust and comprehensive PE program. Through careful financial decision-making, we have directed funds towards initiatives that enhance the PE curriculum, facilitate student engagement, and promote a healthy and active lifestyle.

Bibs and Football Kit

To foster a sense of unity, pride, and inclusivity among our students, we have invested £179.80 in purchasing new netball bibs and football kits. These purchases were made with the intention of preparing our students for upcoming team sporting events against other schools. We firmly believe that by providing our students with proper sports attire, they will not only "look the part," but also feel a strong sense of camaraderie and a shared identity as representatives of our school.

We understand that our student body comes from a diverse community, where some children may not have had previous opportunities to wear a sports kit. By ensuring that all pupils have access to appropriate sports attire, we aim to promote a culture of inclusivity and ensure that every student feels valued and part of our school community.

These investments in new netball bibs and football kits serve as tangible manifestations of our commitment to providing rich learning opportunities for our students. By fostering a sense of belonging and pride through sporting events, we hope to instil important values such as teamwork, sportsmanship, and resilience while creating a positive and supportive environment for all our pupils.





Visits from Professional Athletes

In an effort to establish connections with our wider community and promote inclusivity, we allocated £951.12 to invite Paralympic athlete Nerys Pearce to conduct workshops with our students. This initiative aimed to demonstrate to our children that anyone, regardless of their abilities, has the potential to become an athlete.

The presence of Nerys Pearce in our school had a profound impact on our students, leaving them inspired and amazed. Witnessing a Paralympic athlete first hand, not only showcased the incredible achievements of individuals with disabilities but also shattered stereotypes and challenged preconceived notions about what is possible. The workshops provided an invaluable opportunity for our students to engage with Nerys Pearce, learn from her experiences, and gain a deeper understanding of the power of determination and resilience.

By investing in this inspiring visit, we aimed to empower our students, encouraging them to pursue their dreams and embrace their own potential. The impact of Nerys Pearce's presence in our school extended beyond the workshops, leaving a lasting impression on our students' perceptions of athleticism and reinforcing the notion that everyone, regardless of their background or abilities, can aspire to greatness.



In our ongoing efforts to provide diverse and impactful learning experiences, we allocated £480 to bring Paul Sturgess, a renowned basketball player, to conduct

workshops with our students. Paul's exceptional height and achievements left the children in awe, creating a memorable and inspiring experience for everyone involved.

Paul's visit not only exposed our students to the sport of basketball but also provided them with a unique opportunity to learn from a professional athlete. Witnessing his towering presence, the children were captivated by his physical attributes and accomplishments, further fuelling their enthusiasm for the sport.

Beyond the awe-inspiring spectacle, Paul's workshops offered valuable lessons in teamwork, perseverance, and dedication. His journey and success story served as a powerful example of how passion, hard work, and determination can lead to remarkable achievements. The impact of Paul's visit extended beyond basketball skills, instilling important values and motivating our students to strive for greatness in their own lives.

By investing in Paul Sturges' visit, we aimed to broaden our students' horizons, expose them to diverse role models, and inspire them to reach their full potential. The lasting impact of this experience can be seen in the heightened enthusiasm and motivation displayed by our students, as well as their increased appreciation for the power of sports as a vehicle for personal growth and achievement.



In our ongoing efforts to promote sports in various forms and engage students from diverse backgrounds, we organised a visit from Jamie Knight, a renowned Irish Freestyler Footballer. Recognising that sports can be presented in multiple ways beyond traditional team sports, we wanted to expose our students to the exciting world of freestyle football and provide them with a unique learning experience.

Jamie's workshops were met with great enthusiasm by children from all backgrounds. The opportunity to work alongside a skilled freestyler was thrilling for our students, sparking their creativity, improving their co-ordination, and enhancing their love for physical activity. Jamie's expertise and ability to perform incredible tricks left a lasting impression on our pupils, inspiring them to explore different avenues within the realm of sports.

In addition to the workshops, we extended the promotion of physical activity by organising after-school sessions where students could further participate and develop their skills. By providing these opportunities, we aimed to encourage a lifelong love for physical activity and empower our students to explore different forms of sports and movement.



Flood Lights

Recognising the importance of outdoor learning and physical activity throughout the year, we made a significant investment of £4,116.00 in purchasing flood lights for our school premises. This strategic decision enables us to utilise outdoor spaces as teaching areas even during the darker winter months when daylight is limited.

The installation of flood lights not only extends the usability of our outdoor spaces but also opens up new opportunities for our students. By being able to conduct classes and activities outdoors during winter, we provide our children with valuable exposure to nature, fresh air, and a dynamic learning environment. This investment enhances their overall educational experience by fostering a deeper connection with the natural world and facilitating hands-on, experiential learning.

Technology – iPads

In an effort to enhance the learning experience in Physical Education (PE), we have invested £1553.63 in acquiring iPads and protective cases for our students. By incorporating technology into sporting sessions, we aim to empower our children to film and record themselves engaging in various activities, enabling them to evaluate and reflect upon their progress—an essential skill in PE.

The introduction of iPads in PE sessions offers a multitude of benefits. Firstly, it provides our students with a means to visually capture their performances and actions during different sports and exercises. This enables them to analyse their techniques, identify areas for improvement, and make informed adjustments to enhance their performance. The ability to engage in self-reflection and self-assessment cultivates a sense of ownership over their learning journey and encourages a growth mindset.

Furthermore, the use of iPads fosters independent learning and promotes self-motivation among students. They can review their recorded sessions, set personal goals, and track their progress over time. This process not only enhances their physical skills but also cultivates critical thinking, problem-solving, and self-evaluation abilities that extend beyond the realm of PE.

By investing in iPads and protective cases, we are equipping our students with the tools they need to actively participate in their own learning and development. This innovative approach in PE aligns with our commitment to providing a comprehensive and forward-thinking education that prepares our students for the digital age.

Ultimately, the integration of iPads into sporting sessions reinforces our dedication to delivering a well-rounded PE curriculum that encompasses not only physical activities but also the invaluable skills of self-assessment, reflection, and continuous improvement.

New Goal Posts

We always strive to prioritise the wants and needs of our students, and their enjoyment and engagement in physical activities are of utmost importance to us. Recognising the significance of providing safe and functional equipment, we recently invested £1679.19 in brand new goal posts for football.

Previously, the goal posts were in a state of disrepair, which limited the students' enjoyment during break and lunchtimes. By actively listening to our pupils' feedback and acknowledging their requests, we took action to fulfil their desire for better equipment. The introduction of the new goal posts has generated an immense sense of

excitement and joy among the children, who now have the opportunity to engage in football activities with equipment that is intact and functional.

This investment not only enhances the children's experience during break and lunchtimes but also promotes their physical fitness, teamwork, and coordination. The availability of proper goal posts encourages friendly matches, fosters a spirit of healthy competition, and contributes to the development of important social and sportsmanship skills.

The positive impact of the new goal posts can be seen in the children's increased enthusiasm and participation levels. They now have a designated space where they can practice their football skills, enjoy friendly matches, and strengthen their bond with peers. The investment in new goal posts exemplifies our commitment to creating a supportive and engaging environment that facilitates the holistic growth and well-being of our students.

By actively responding to the wants and needs of our pupils, we not only fulfil their desires for improved resources but also demonstrate our dedication to their happiness and overall educational experience. The children's joy and regular use of the new goal posts serve as a testament to the positive impact this investment has had on their daily lives.

New Playground Equipment

We firmly believe in the importance of promoting an active and healthy lifestyle among our students. To provide them with diverse opportunities for physical activity and engagement, we have recently invested in new equipment for our playground.

Recognising the significance of exposing children to different activities, we carefully selected a range of equipment that caters to various interests and abilities. This investment aims to create a vibrant and inclusive playground environment that encourages our students to explore different forms of movement and exercise.

The introduction of new equipment not only expands the options for physical play but also stimulates creativity, imagination, and social interaction among our students. It provides them with the chance to try new activities, develop new skills, and discover their individual interests and talents.

By investing in the playground, we aim to create an environment that motivates our students to engage in active play during recess and breaks. This not only supports their physical well-being but also contributes to their cognitive and emotional development.

Regular physical activity has been shown to enhance concentration, reduce stress, and improve overall academic performance.

We are thrilled to witness the positive impact of the new equipment on our students. Their excitement and enthusiasm demonstrate the success of our investment in providing them with an enjoyable and dynamic playground experience.

By encouraging physical activity and offering diverse opportunities for play, we are instilling lifelong habits that promote an active and healthy lifestyle. Our commitment to investing in the playground reflects our dedication to nurturing well-rounded individuals and creating an environment that fosters growth, exploration, and joy.



Additional Support from External Agencies (Primary Stars, Watford Football Club)

At our school, we recognize the immense value of external agencies and partnerships in enhancing the teaching of Physical Education (PE). We have actively engaged with organizations like Primary Stars and Watford FC to support our PE curriculum, providing both staff and students with exceptional learning experiences.

Booking external agencies has not only benefitted our students but also served as a valuable form of CPD for our staff. Collaborating with skilled coaches from these agencies has given our teachers the opportunity to work alongside professionals, observe their techniques, and gain valuable insights into effective teaching methods. This hands-on experience has enhanced their own knowledge and skills in delivering high-quality PE lessons.

The involvement of external agencies has also brought a fresh perspective and diverse range of activities to our PE program. The professional coaches from Primary Stars and Watford FC have the expertise to deliver engaging and dynamic sessions, introducing our students to new sports, techniques, and strategies. The children benefit greatly from learning from these professionals, who not only impart technical knowledge but also instil important values such as teamwork, discipline, and resilience.

Additionally, the presence of external agencies creates a sense of excitement and enthusiasm among our students, inspiring them to actively participate and develop their sporting abilities. The high-quality teaching and learning provided by these professionals contribute to a positive and enriching PE experience, empowering our students to reach their full potential and cultivate a lifelong passion for physical activity.

By fostering partnerships with external agencies, we demonstrate our commitment to providing the best possible education for our students. The collaborative efforts between our staff and these agencies result in a well-rounded and comprehensive PE curriculum that encompasses both skill development and character building.



GetSet4PE – Our PE Curriculum

In our unwavering dedication to delivering high quality PE lessons, we have invested £550 in the GetSet4PE program—a comprehensive resource that equips our staff with a wealth of invaluable tools and materials to enrich their teaching and facilitate student learning.

GetSet4PE provides our staff with a range of meticulously designed lesson plans, ensuring a coherent and progressive curriculum across all year groups. These well-crafted plans act as a guiding framework, offering clear objectives, content, and teaching strategies for each lesson. By following this structured approach, our teachers can deliver engaging and effective PE lessons that cater to the unique needs and abilities of our students.








Central to the GetSet4PE program is its progression map, which outlines the developmental milestones and skill progression for each stage of a student's PE education. This map serves as a roadmap for both teachers and students, allowing us to track progress, set attainable goals, and celebrate achievements. With this valuable reference tool, our staff can ensure that each student experiences a continuous and purposeful journey of physical development.

To further enhance the teaching and learning experience, GetSet4PE offers a diverse array of resources, including instructional videos and supplementary materials. These resources are invaluable in supporting the teaching of specific skills and concepts, providing visual demonstrations and promoting a deeper understanding among our students. By incorporating multimedia elements, we foster a dynamic and immersive learning environment that stimulates curiosity and engagement.

Additionally, GetSet4PE provides an assessment framework that empowers our staff to measure student progress effectively and provide targeted feedback. This comprehensive assessment tool enables us to evaluate individual performance, identify areas for improvement, and tailor our teaching to meet the specific needs of each student. Through ongoing assessment, we ensure that our students receive personalized guidance and support to maximise their potential in PE.

The inclusive and supportive nature of GetSet4PE ensures that every teacher, regardless of their level of confidence, receives the necessary tools and guidance to excel in delivering PE lessons. By addressing the specific needs of teachers who may lack confidence, the program actively fosters professional growth and empowers educators to create positive and impactful learning experiences for their students.

By investing in GetSet4PE, we demonstrate our steadfast commitment to delivering an exceptional PE curriculum that nurtures physical development, cultivates a love for movement, and fosters lifelong healthy habits. The program provides our staff with the necessary resources and guidance to deliver outstanding PE lessons, inspiring our students to embrace an active lifestyle and enjoy the benefits of physical fitness.

Invasion Games Progression Ladder (invasion, handball, netball, basketball, football, tag rugby and hockey)		Get Set Go Education
Skills	Knowledge	
Sending & receiving: use consistently using a range of techniques with increasing control under pressure. Dribbling: dribble consistently using a range of techniques with increasing control under pressure. Space: move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others. Attacking: confidently change direction to lose an opponent. Defending: use a variety of defending skills (tracking, interception, jockeying) in game situations.	Sending & receiving: understand and make quick decisions about when, how and who to pass to. Dribbling: choose the appropriate skill for the situation under pressure e.g. a v dribble in basketball to keep the ball away from a defender. Space: understand that transitioning quickly between attack and defence will help my team to maintain or gain possession. Tactics: know how to create and apply a tactic for a specific situation or outcome. Rules: understand, apply and use rules consistently in a variety of invasion games whilst playing and officiating.	
Sending & receiving: develop control when s/dr under pressure. Dribbling: dribble with some control under pressure. Space: explore moving to create space for themselves and others in their team. Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed. Defending: develop tracking and marking with increased success. Explore intercepting a ball using one and two hands.	Sending & receiving: know that not having a defender between myself and a ball carrier enables me to s/dr with better control. Dribbling: know that dribbling in different directions will help to lose a defender. Space: know that by moving to space even if not receiving the ball will create space for a teammate. Tactics: understand the need for tactics and identify when to use them in different situations. Rules: understand and apply rules in a variety of invasion games whilst playing and officiating.	
Sending & receiving: develop passing techniques appropriate to the game with increasing success. Catch a ball using one and two hands and receive a ball with feet/object with increasing success. Dribbling: use dribbling the ball with other actions and change direction whilst dribbling with some control. Space: develop moving into space to help my team. Attacking: change direction to lose an opponent with some success. Defending: develop defending one on one and begin to intercept.	Sending & receiving: know that cushioning a ball will help me to control it when receiving it. Dribbling: know that protecting the ball as I dribble will help me to maintain possession. Space: know that moving into space will help my team keep possession and score goals. Attacking: recognise when to pass and when to shoot. Defending: know when to mark and when to attempt to win the ball. Tactics: know that applying attacking tactics will help to maintain possession and score goals. Know that copying defending tactics will help to deny space, gain possession and stop goals. Rules: know and understand the rules to be able to manage our own game.	
Sending & receiving: explore s/dr aiding by the rules of the game. Dribbling: explore dribbling the ball abiding by the rules of the game under some pressure. Space: develop using space as a team. Attacking: develop movement skills to lose a defender. Explore shooting actions in a range of invasion games. Defending: develop tracking opponents to limit their scoring opportunities.	Sending & receiving: know that pointing my hand/footback to my target on release will help me to send a ball. Dribbling: know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders. Space: know that by spreading out as a team we move the defenders away from each other. Attacking and defending: know my role as an attacker and defender. Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession. Rules: know the rules of the game and begin to apply them.	
Sending & receiving: develop s/dr with increased control. Dribbling: explore dribbling with hands and feet with increasing control on the move. Space: explore moving into space away from others. Attacking: develop moving into space away from defenders. Defending: explore staying close to other players to try and stop them getting the ball.	Sending & receiving: know to control the ball before sending it. Dribbling: know that keeping my head up will help me to know where defenders are. Space: know that moving into space away from defenders helps me to pass and receive a ball. Attacking: know that when my team is in possession of the ball, I am an attacker and we can score. Defending: know that when my team is not in possession of the ball, I am a defender and we need to try to get the ball. Know that standing between the ball and the attacker will help me to stop them from getting the ball. Tactics: understand and apply simple tactics for attack and defence. Rules: know how to score points and follow simple rules.	
Sending & receiving: explore s/dr with hands and feet to a partner. Dribbling: explore dribbling with hands and feet. Space: recognise good space when playing games. Attacking: explore changing direction to move away from a partner. Defending: explore tracking and moving to stay with a partner.	Sending & receiving: know to look at my partner before sending the ball. Dribbling: know that moving with a ball is called dribbling. Space: understand that being in a good space helps us to pass the ball. Attacking: know that moving away from a partner helps my team to pass me the ball. Defending: know that staying with a partner makes it more difficult for them to receive the ball. Tactics: know that tactics can help us when playing games. Rules: know that rules help us to play fairly.	
Sending & receiving: explore s/dr with hands and feet using a variety of equipment. Dribbling: explore dragging and catching with two hands and moving a ball with their feet. Space: recognise their own space. Attacking & defending: explore changing direction and tagging games.	Sending & receiving: know that keeping the ball close will help with control. Space: know that being in a space gives me room to play. Attacking & defending: know that there are different roles in games. Rules: make simple decisions in response to a task. Rules: know that rules help us to play safely.	
Ball Skills Unit 1 & 2		Games Unit 1 & 2