

PE, Health and School Sport
Report to the Governors – February 2017

St Catherine's was awarded the Silver Games Mark in September 2016, which recognises our commitment to PE and school sport.

PE Curriculum

The Arena schemes of work have been introduced to support the delivery of the PE curriculum, primarily in the teaching and learning of games, athletics and OAA. They include half termly blocks of lessons, with detailed lesson plans, which provide assessment criteria linked to Bronze, Silver and Gold levels of achievement. Assessments and pupil progress are monitored by the PE coordinator.

Sports Coaches

Sports coaches have continued to bring their expertise and enthusiasm into games, gymnastics and dance lessons, whilst providing CPD for teaching and non-teaching staff. Zero Gravity Gymnastics have worked with KS1 and 2 classes and will start a second phase with Years 1 and 2. Plymouth Argyle coaches have continued to deliver games lessons and an after school football club. Janette Mann our dance specialist, continues to work with staff to develop dance themes linked to curriculum topics. Year 2 have created a dance linked to keeping fit and healthy and Year 4, Beowulf and The Dark Ages.

Swimming

Year 5 pupils have completed a block of ten swimming lessons.

- Non-swimmers to swimming unaided increased from 47% to 91%
- Pupils able to swim at least 25 metres increased from 28% to 61%

Year 3 pupils are half way through their block of ten swimming lessons.

All teaching and support staff have attended Arena swimming courses. An additional swimming instructor has been employed to work with the less confident pupils and to attend the male changing rooms. Year 5 pupils have also been taught fundamental life-saving skills of keeping themselves safe in water and assisting others in difficulties.

Health

Pupils at St Catherine's continue to be made aware of the benefits of living healthy and active lifestyles. All classes participate in Chartwells food events, which encourages pupils to make healthy food choices. Skip2Bfit challenges and Wake and Shake activities take place to

keep pupils moving and to stimulate brain activity. Bikeability training has taken place during January. Bikeability gives pupils the confidence to ride their bikes outside of school and equips them with the necessary skills to be safe on the roads. 16 pupils have achieved levels 1 and 2. Healthy and active lifestyle self and teacher assessments are carried out at the beginning and the end of the school year.

School Sport

Girls' and boys' football clubs and an active club for KS1 pupils have taken place after school. During the autumn term KS 2 pupils have had the opportunity to train for the tag rugby team at lunchtimes. Training for the cross country teams will take place during lunchtimes, throughout February and March.

The school netball team took part in a netball festival at St Joseph's School and pupils from KS1 and 2 have participated in festivals and competitions at Launceston College. The St Catherine's tag rugby team was particularly successful and came away as winners.

PE Funding (September 2016-February 2017)

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| Arena SLA Membership | £495 |
| Wild Tribe ('bolt on' Arena package) | £300 |
| Launceston College Festivals and Competitions | £600 |
| Plymouth Argyle Community Trust | £900 |
| Zero Gravity Gymnastics | £900 |
| Jan Mann Dance Specialist | £450 |
| Swimming Instructor | £500 |
| TOTAL | £4145 (costs are approximate) |

Jo Williams

PE Coordinator