



PE and Sport Policy

September 2026

MISSION STATEMENT

Prior Park Paragon aims:

- To be an exciting and dynamic school in which children acquire a thirst for knowledge and a love of learning.
- To promote the importance of moral, spiritual and social values, inspired by the school's Christian ethos.
- To deliver a broad and balanced education that enables every child to maximise their academic, creative and sporting potential.
- To value each individual's talents and interests, encouraging children to take pride in their own achievements while celebrating those of others.
- To be an outward-looking school that builds strong partnerships with parents and the local community while fostering an appreciation of the world's diverse cultures.
- To provide a happy environment in which children feel a genuine sense of belonging, can enjoy being children and thrive both personally and socially.
- To ensure pupils leave Prior Park Paragon as confident, capable, compassionate and independent-minded young people.

AIMS

The Sports Department aims:

1. To inspire in every child a lifelong love of sport and a healthy, respectful attitude towards competition.
2. To deliver high-quality, broad-ranging, balanced and inclusive Physical Education and Games lessons.
3. To develop each child's confidence, self-esteem and skills, enabling them to demonstrate progress as individuals and as members of teams.
4. To ensure that children with special educational needs are fully supported and able to participate meaningfully in sport.
5. To challenge gifted and talented pupils to achieve their full potential.
6. To ensure that enjoyment, effort and personal improvement remain at the heart of all sporting experiences.

School sport is much more than a pastime and healthy activity; it is also the context in which students can experience success and failure, realise their dreams and aspirations, and strengthen their teamwork skills and camaraderie in pursuit of their goals.

INSPIRING A LOVE OF SPORT

The primary aim of the Sports Department is to inspire every child, from Squirrels through to Year 6, to enjoy and value sport. We seek to introduce children to a wide range of activities while fostering a healthy and respectful attitude towards competition. Our emphasis is always on enjoyment, personal growth and striving to be the best we can be. We believe that children who enjoy sport are more likely to engage, improve and develop a lifelong appreciation of physical activity.

We promote participation and fitness for all children, regardless of ability. The lessons learned through sport and team activities play a vital role in personal development. Whether participating individually or as part of a team, children develop confidence, resilience, discipline, friendship and strength of character.

Prior Park Paragon offers a broad and varied programme of Physical Education and Games. Lessons delivered by specialist staff include netball, hockey, rugby, football, cricket, tennis, parkour and fitness development. From Reception onwards, all children also participate in swimming lessons.

Our sports teams compete successfully in a wide range of fixtures, tournaments and festivals throughout the year. In addition, we offer an extensive programme of extracurricular sports clubs, including football, touch rugby and cross-country running.

The school benefits from excellent sporting facilities, including a well-equipped sports hall, hard courts suitable for tennis and netball, and playing fields. We also make extensive use of the facilities at Prior Park College, including the sports centre, fitness suite, swimming pool, astro-turf pitches, grass pitches, tennis courts and athletics track.

Prior Park Paragon will:

- Deliver a broad and balanced Physical Education curriculum that exceeds the requirements of the National Curriculum.
- Seek to ensure that every child leaving the school can swim 25 metres and possesses basic water safety skills.
- Provide every Prep child with the opportunity to represent the school in competitive sport.
- Promote individual fitness through the integration of fitness-based activities within PE lessons.
- Make links with other curriculum areas where appropriate.
- Provide programmes that meet the needs of all children through inclusive practice and appropriate differentiation.
- Ensure that children wear the correct kit for all PE lessons, Games sessions and fixtures.

STRUCTURE OF LESSONS

Each class receives a weekly Games session and a Physical Education lesson. Pupils in Reception to Year 4 receive weekly swimming lessons, while pupils in Years 5 and 6 also have opportunities to swim during the course of the year.

Pre-Prep Pupils

Children will be taught to:

- Develop fundamental movement skills, including running, jumping, throwing and catching.
- Improve balance, agility and coordination.
- Apply these skills across a range of activities.
- Participate in team games and develop simple attacking and defending tactics.
- Begin to understand competition and learn how to manage both success and disappointment positively.

Prep Pupils

Children will continue to develop and apply an increasingly wide range of skills. They will learn how to use these skills in different contexts, combine them effectively and apply them in competitive situations. They will also learn the importance of communication, collaboration and self-evaluation.

Pupils will be taught to:

- Use running, jumping, throwing and catching skills both individually and in combination.
- Play competitive games, applying basic attacking and defending principles.
- Develop flexibility, strength, technique, control and balance through activities such as athletics and parkour.
- Win with humility and lose with grace.
- Participate in outdoor and adventurous challenges individually and as part of a team.
- Compare performances with previous efforts and strive for personal improvement and personal bests.

SPORTS FIXTURES AND SPORTS CLUBS

An important aspect of our sporting provision is the organisation of sports clubs and inter-school fixtures.

Sports Fixtures

Children in Years 3 to 6 participate in a range of core sports and compete against other schools. Games lessons are usually held at Prior Park College.

Autumn Term

- Girls: Hockey
- Boys: Rugby (Year 3 boys play touch rugby)

Spring Term

- Girls: Netball
- Boys: Hockey

Summer Term

- Girls: Cricket and Athletics
- Boys: Cricket and Athletics

Year 3 and 4 pupils have Games lessons and fixtures on Monday afternoons.

Year 5 and 6 pupils have Games lessons and fixtures on Wednesday and Friday afternoons.

Wednesday afternoons serve as the principal fixture afternoon for Years 5 and 6. Children not involved in fixtures participate in a range of sporting activities designed to promote teamwork and broaden skill development.

Children should always wear their standard Games kit unless representing the school in a fixture, when additional sport-specific clothing or equipment may be required. Parents will be informed in advance when alternative clothing is needed for activities such as swimming.

Teams are selected according to ability, the nature of the event, and the needs of the team. Attitude, commitment and behaviour during training and fixtures are also considered. The coach's decision regarding selection is final.

Fixture information is published on the school website calendar and displayed on the Sports Notice Board.

Inter-House Competitions

All children are allocated to one of four Houses:

Abbey | **Crescent** | **Holburne** | **Milsom**

A variety of inter-house competitions take place throughout the year, culminating in the annual Sports Day during the Summer Term. These events provide enjoyable opportunities for all children to represent their House with pride, enthusiasm and sportsmanship.

Sports Clubs

Our extracurricular sports clubs provide valuable opportunities for children to further develop their skills, understanding and enjoyment of sport.

Although clubs are generally open to all children, there may be occasions when a club is designated as invitation only in order to prepare specific groups for fixtures, festivals or tournaments.

HEALTH AND SAFETY

Children are required to wear the correct kit for all PE lessons, Games sessions and fixtures in the interests of both safety and hygiene.

- Mouthguards are compulsory for hockey and rugby.
- Shin pads are compulsory for hockey and football.
- All children must bring a named, reusable water bottle to lessons and fixtures.
- Children are expected to provide their own sun cream.

Where a child forgets a mouthguard, the school may provide one, subject to availability. A charge of £5 per mouthguard will be added to the termly invoice.

Parents should notify both the class teacher and the Sports Department if their child is unable to participate due to injury or illness.

Accidents

Detailed risk assessments are completed annually, and all teaching staff hold current First Aid and Concussion Awareness training.

Minor cuts, grazes and bumps will be treated appropriately, and children may continue to participate where safe and practical.

In the event of a more serious injury, including head injuries, significant cuts or suspected fractures, staff will assess the situation immediately and seek professional

medical assistance where required. Parents will be informed, and an accident report will be completed.

Medical Conditions

Staff maintain awareness of relevant medical conditions to ensure children can participate safely and as fully as possible.

Particular consideration is given to pupils with asthma, as cold and dry weather may exacerbate symptoms. Children requiring inhalers must have them readily available.

Parents are responsible for informing the school promptly of any changes to their child's medical circumstances.

EQUIPMENT AND RESOURCES

Sports equipment is inspected regularly by the Director of Sport and Head of Girls' Games. Any equipment identified as defective will be removed from use immediately.

Children are taught the safe handling and use of all equipment. Responsibility for ordering and replacing equipment rests with the Director of Sport.

INCLUSION

We believe that all children should have access to sport regardless of race, gender or ability.

Every Prep child will have opportunities to represent the school in competitive matches, competing alongside and against children of similar ability. This approach promotes confidence, enjoyment and skill development while ensuring appropriate challenge for all participants.

Children with physical, learning or additional needs are supported through appropriate adaptations, differentiation and, where possible, additional assistance. We also support pupils with English as an Additional Language through strategies such as simplified language, visual demonstration and practical modelling.

MONITORING

The Director of Sport and Head of Girls' Games review curriculum planning annually and make amendments where necessary.

Where appropriate, external specialists may be engaged to evaluate and support specific areas of the sporting programme.

RECORDING AND ASSESSMENT

The PE curriculum framework provides a record of the units of work covered within each activity area and supports continuity between year groups.

Sports staff assess pupils' progress continuously through observation and participation. Records are maintained for swimming times, athletics performances, fixture participation and team captaincies.

End-of-year reports are based on professional judgement and focus on each child's achievement, effort and progress.

Year 6 pupils may apply for 11+ sports scholarships, and we are proud of the consistently high number of children who achieve success in this process.

Toby Goodman (Director of Sport)
September 2026