Physical Education



Physical activities contribute to the physical, social and emotional well being of children and adults in school. Therefore these activities are at the heart of our School.

At playtimes we ensure that children have access to physical activities such as running, climbing, football, skipping and many more. This is facilitated by our KS2 play leaders who are trained to support all children towards improving well-being, behaviour and develop life skills.

PE inspires all pupils to succeed and excel in competitive sport and other physical activities. It improves children's level of fitness and stamina, teaches games skills such as handball, tag rugby, netball, 3 Tees Cricket and develops their ability to communicate, collaborate, compete and recognise their own successes.

Children have a minimum of two hours of PE a week. Lessons include dance (including a performance), gymnastics, games and athletics. The aim is for children to be taught in an active classroom environment through all subjects including maths and English activities.

Children have the opportunity to utilise the forest and Loughton Cricket Club (LCC) throughout the year. Typical activities include orienteering, rugby, cricket tournaments, multi-skills and cross-country.

Every KS2 class has a six week block of swimming at Loughton Leisure Centre taught by two highly qualified coaches.

We are part of the WESSP (West Essex School Sports Association) and EFDSSA (Epping Forest District School Sports Association) and receive regular training opportunities within the school to enhance teaching skills. Specialist teachers also coach and support cricket, taekwondo, football, tag rugby, dance and gymnastics.

We also offer a range of clubs led by external providers and teachers such as: yoga, karate, tennis, cross-country, handball, football and netball. In addition we have many links to local community clubs to ensure children experience a wide range of varied sporting opportunities.

At Staples Road, we are proud to maintain the Sports Mark Award annually.

Residential Visits

Children in Year 5 take part in a two day visit to Lambourne End as part of their curriculum and adventurous activities. In Year 6, children visit Norfolk for five days which forms the basis of a considerable amount of study based on Evolution and Inheritance incorporating outdoor adventure activities.