

Subject: P.E

<u>Spiritual</u>

• P.E supports spiritual development by increasing their knowledge and understanding of the body's performance when exercising. Through Dance and sports such as Gymnastics, pupils can be creative and express feelings and emotions through their performances. By providing pupils with time to reflect, they can build a positive mindset and make progression with their skills and knowledge. Pupils can be inspired by observing elite performance from professional athletes and their peers.

<u>Moral</u>

• P.E supports moral development by encouraging them to live a healthy lifestyle and promoting healthy living. Pupils develop the ability to identify good sportsmanship and fair play by participating in activities and competitive situations. Following rules and demonstrating respect for players and officials are key characteristics that all pupils aspire to.

<u>Social</u>

• P.E supports social development by encouraging pupils to work collaboratively around paired activities and team games. Co-operation with others is paramount to success through roles such as leaders, coaches, or umpires. These opportunities offer pupils the ability to develop their communication skills and leadership skills. Pupils are encouraged to reflect upon their experiences.

<u>Cultural</u>

• P.E supports cultural development by giving children the opportunity to explore activities from different traditions and cultures including their own. Compassion and respect for other cultures and traditions is also displayed by all pupils when exploring unfamiliar sports or activities.