Spirituality in PE

Physical Education promotes spiritual development by fostering reflection, resilience, and personal growth. In *Athletics*, pupils set personal goals, reflect on progress, and develop perseverance and self-discipline. They experience the satisfaction of achievement, fostering self-confidence and awareness of personal potential.

In *Invasion Games*, pupils develop teamwork, cooperation, and respect for others. Spiritual opportunities arise through reflection on fairness, ethical play, and empathy for peers during collaborative and competitive activities. Pupils are encouraged to consider their impact on others and to take responsibility for decisions made during team challenges.

Outdoor Adventurous Activities encourage awe, wonder, and personal challenge. Pupils navigate environments, solve problems, and take measured risks, reflecting on resilience, courage, and trust. These experiences promote self-awareness and an appreciation of the natural world.

Teachers integrate reflective discussion throughout PE lessons, encouraging pupils to evaluate performance, celebrate success, and learn from mistakes. Pupils consider the values underpinning sportsmanship, fair play, and healthy competition, deepening moral reasoning and personal responsibility.

Cross-curricular links to PSHE support pupils' understanding of health, wellbeing, and emotional resilience. For example, reflecting on teamwork or perseverance connects physical achievement to social and personal development.

Finally, PE encourages pupils to develop a sense of purpose, confidence, and pride in achievement, fostering spiritual growth alongside physical health and wellbeing.

Example:

Get Set for PE

- **Scheme:** Get Set for PE Primary Scheme

Unit examples: *Athletics (Year 4)*, *Invasion Games: Football (Year 3)*, *Outdoor Adventurous Activities (Year 5)*

