

Spirituality within PE

PE supports pupils' spiritual development by giving them opportunities to enjoy, create and express themselves through movement. At All Souls', PE helps every child to grow into a happy, confident, respectful and resilient learner. Through PE, pupils learn more about **themselves (Self)** by recognising their strengths, trying new things and learning from mistakes. They learn to care for and work with **others (Others)** through teamwork, friendship and respect. They experience **awe and wonder (Beauty)** as they explore movement, their bodies and the natural world. They also have opportunities to think about **God and what is beyond ourselves (Beyond)**, developing a sense of thankfulness, wonder and purpose. PE helps children to grow and flourish both as individuals and as part of the All-Souls' family.

Enjoying movement and expressing ourselves — pupils enjoy being active, trying new things and being creative. Dance, gymnastics and other activities give pupils opportunities to express their feelings, ideas and creativity.

Building confidence and resilience — pupils recognise their strengths, develop confidence and learn to keep trying when things are difficult. They show **courage** when facing challenges, learn from mistakes and have **hope** that they can improve.

Friendship, teamwork and respect — pupils learn to listen to, encourage and support others. Through games and team activities, they develop **compassion, respect** and good sportsmanship.

Valuing ourselves and others (Self & Others) — pupils learn that everyone is unique and has different strengths and abilities. They develop a positive view of themselves and learn to value and celebrate others.

Awe, wonder and thankfulness (Beauty & Beyond) — pupils appreciate what their bodies can do and enjoy being active in the natural world. They develop a sense of awe and wonder and reflect on the beauty of God's creation.

Living our Christian values (Beyond) — PE gives pupils opportunities to put **compassion, respect, courage, forgiveness and hope** into practice. They learn to celebrate each other's successes, forgive mistakes, show kindness and encourage others, recognising that how we treat people is as important as the result of a game.