

## Spiritual, Moral, Social and Cultural Development in PE.

### Spiritual

In PE, pupils develop their knowledge and understanding of the bodies performance when exercising. Through PE, they become more self-aware of their own capabilities. Pupils are given the time to reflect on their own performance and develop a positive mindset and determination when trying to better their own performance. Pupils also see a sense of awe and wonder when observing elite performance from their peers and professional athletes. Through dance and gymnastics, pupils become creative, expressing feelings and emotions in response to ideas and stimuli.

### Moral

Pupils develop the fundamentals of fair play through learning what is right and wrong and learning the importance of following rules in sporting events and competitive situations. Children learn to support each other and develop sportsmanship qualities as well as focussing on key values such as honesty and respect through a range of sporting activities.

## Social

The nature of PE allows all pupils to develop the necessary skills to work in teams or with a partner. In gymnastics and dance they develop sequences of movements, working closely alongside their peers. As children move through the school, they are given the opportunity to develop coaching and leadership skills through lessons and pupil led groups and clubs.

## Cultural

Pupils are given the opportunity to explore dances and learn games from different traditions and cultures including their own. This includes; Aboriginal dances, Dragon dancing from China, Samba dancing, African and Indian dancing as well as dances from British culture over time. Pupils learn about how cultural beliefs influence participation in different sports and how participation in sporting events have changed over time.