

SPIRITUAL

We think that regular well-taught PE improves children's ability to cope with stress, improving heart rate and producing endorphins that encourage an optimistic mind-set.

We believe that exercise promotes happiness and a sense of self-worth.

We promote the idea of perseverance in PE which encourages a positive mind-set in life.

MORAL

We value fair play and encourage it in games, PE lessons and competitive sports.

We positively reinforce the concern for those alongside children in their team and in opposition.

We promote team spirit and positive feedback for teammates.

We believe that competitive sports encourage empathy for other children.

SMSC in PE

SOCIAL

We passionately believe that PE, games and competitive sports actively increase the confidence of those taking part.

We know that PE and sport improves leadership skills which will be beneficial throughout later life.

We think that PE is a good opportunity for children to show and develop their acceptance of their peers, especially through team games.

We promote healthy wellbeing through our PE, aware that this is essential for a child's future.

CULTURAL

We include a diverse mixture of sports in PE alongside traditional British cultural games.

We think that PE and games encourages a greater sense of community within our school which resonates in the classroom as well as in PE lessons.

We encourage inclusivity through PE, aware that all children can succeed and enjoy the subject.