

Spiritual

Delighting in movement, particularly when pupils can show spontaneity.

Taking part in activities such as dance, games and gymnastics which help pupils to become more focused, connected, and creative.

Being aware of one's own strengths and limitations.

Moral

Within PE, opportunities for developing personal values in line with the school values.

Knowledge, skills and tools develops a life skills PE curriculum.

Social

Developing a sense of belonging and self- esteem through teamwork.

Developing a sense of community identity through taking part in intra and inter-school events.

Cultural

Learning about the history of sport, and where sports originate from.

Making links with national and global sporting events such as The Commonwealth Games, World Cup, and The Olympics.

Exploring rituals surrounding sporting activities.

