



Spiritual




PE gives children the opportunity to reflect and learn from their thoughts and experiences. PE promotes respect for themselves and others, giving them opportunities to be resilient, persistent and courageous. PE provides a safe environment for children to be physically and mentally challenged as well as using sport to encourage creative thinking.



Moral



PE encourages respect for others building on their values and principles and encouraging them to make the right decision. PE can provide a platform for children to confidently express themselves as well as making rational judgements. Through our exploration of different sporting heroes, we can explore different sports to widen peoples understanding of cultures. Through PE pupils can review their performance and build on this to improve their learning.



Social



PE supports social development by improving children's ability to work as part of a team. It also encourages socialising with appropriate behaviour. PE can also help to resolve conflict and support children in being responsible and gives them confidence to challenge others' opinions in a safe environment. PE encourages teamwork and allows children to socialise through communication of tactics and strategies.



Cultural



PE provides children with a platform to explore a range of cultures and beliefs through authentic experiences, such as learning about the Haka in dance. PE encourages children to adopt a zero-tolerance policy to discrimination by following the positive inclusive ethos of sport. PE helps develop a range of community links through engagement with outside sports clubs and competitions. Cultural awareness is gained through the exploration of sporting role models who act as a inspiration in every aspect of school.