



# St. Aidan's Church of England Primary School



## Spirituality within the Curriculum

### Physical Education

Spirituality weaves through every aspect of life at St. Aidan's, permeating our vision, culture, and daily practices. Our pupils have enquiring minds and want to learn about themselves, others and the world.

Through our ambitious and broad curriculum, children have opportunities to ignite their interests and talents. Rich spiritual opportunities exist across the PE curriculum for all children at every age.

Spirituality is embodied through Physical Education as our children engage in activities that promote holistic well-being and a connection between mind and body. PE provides a space for our children to explore their physical capabilities, fostering an appreciation for the harmony between the body, mind, and spirit. Through exercises, sports, and mindful activities, students can experience a sense of presence, discipline, and teamwork, contributing to their spiritual development. The emphasis on health, resilience, and self-awareness in PE encourages students to recognise the importance of balance and self-care, aligning with spiritual principles. The joy of movement, the camaraderie in team sports, and the cultivation of values such as respect and sportsmanship all contribute to a holistic approach to spirituality in PE, enriching our children's understanding of the connection between physical and spiritual well-being.

The PE curriculum has been designed with many opportunities for spiritual development in mind.

- Being a team member.
- Pushing yourself to the limits.
- Extremes of skill, endurance and achievement.
- Emotion in sport such as those evoked through success and failure
- Personal limitation and acceptance that others may perform better
- Appreciation of perfection.
- Sportsmanship.