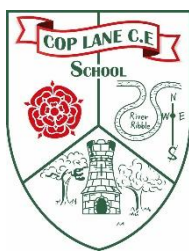


Spirituality within PE





Spirituality within PE at Cop Lane C.E. Primary School

Spirituality can be defined as the connection or relationship a person has with something greater than themselves. Incorporating spirituality in primary school physical education can have numerous benefits for children, such as enhancing their well-being, calming their minds, and promoting mindfulness.

Spirituality is promoted throughout the teaching and learning of Physical Education (PE) at Cop Lane C.E. Primary School and the children are encouraged to engage in activities that align with spiritual principles and promote holistic well-being. We believe, PE provides a space for our children to explore their physical abilities and develop an appreciation for the connection between the body, mind and spirit. Through our bespoke PE curriculum, sports and mindful activities, our children can experience a sense of presence, discipline and teamwork which contributes to their spiritual development. The emphasis on health, resilience and self-awareness encourages our children at Cop Lane C.E. Primary School, to recognise the importance of balance and self-care. The joy children get from taking part in team sports, competitions and tournaments, also links to spirituality as it teaches them a range of values such as determination, commitment, resilience and teamwork. Examples of this are:

- Children gaining a deeper understanding of the body's performance when exercising.
- Children expressing themselves through dance and gymnastics.
- Children reflecting upon their performance in sports, dance and gymnastics.
- Children showing teamwork and collaboration throughout PE lessons.
- Children designing their own games.
- Children being creative.
- Children surpassing their own expectations.
- Children have a sense of awe when watching their peers' performances.
- Children learning about the importance and health benefits of keeping active.
- Values such as empathy, resilience, determination and encouragement are embedded throughout the PE curriculum.
- Children being presented in worships with medals and certificates for extra-curricular sporting events.
- Encouraging children to appreciate nature during outdoor activities. Activities such as exploring the environment around them and spending time outdoors during OAA lessons, can help children feel a sense of awe and wonder, sparking curiosity about the world around them.

In addition, incorporating quiet, mindful activities such as yoga, meditation, or happy breathing ('My Happy Mind' scheme) can help children develop a greater sense of inner peace and tranquillity. This can help them learn to focus their minds, regulate their emotions, and stay present in the moment. These practices can teach children self-awareness and emotional regulation.

In conclusion, incorporating spirituality in physical education sessions in primary schools can have a positive impact on the well-being of children, helping them feel more connected to the world around them and promoting their emotional and mental health.