

Spiritual Development in PE

Spiritual development is about supporting the children to be able to develop the language to talk about life: its great times, its difficult times and times that are happening right now. To help these discussions, we have introduced to the children the language of 'wows' (the great times), 'ows' (the difficult times) and 'nows' (the times that are happening right now).

Spiritual development is promoted throughout the teaching and learning of Physical Education (PE) at Holy Trinity Primary School and the children are encouraged to engage in activities that align with spiritual principles and promote holistic well-being. PE provides a space for our children to:

- explore creativity and emotions through producing Dance and Gymnastic routines.
- use physical activity to support wellbeing, promoting happiness and a sense of self-worth.
- be amazed at what our own bodies can achieve and create.
- reflect on their own performance as well as watching, appreciating and providing feedback to others.
- question themselves throughout lessons about their creative and strategic choices.
- experience a sense of presence, discipline and teamwork
- explore and learn to regulate our own emotions when it comes to success as well as defeat
- develop a range of values such as empathy, determination, commitment, resilience and teamwork

Opportunities to explore Wows and Ows in PE could include:

	Wows	Ows
All subjects	<ul style="list-style-type: none"> • Celebration of success • Learning from a mistake 	<ul style="list-style-type: none"> • Disappointments / failures and mistakes • Struggling – finding something hard
P.E	<ul style="list-style-type: none"> • Learning different skills • Learning about the body when doing sports. • Competing in competitions • Working as a team • Linking with other schools in the local area • After school clubs participating in different sports 	<ul style="list-style-type: none"> • Not winning • Confidence in taking part • Body confidence • Finding it hard to be part of a team