

# How PE contributes to Personal Development and enhances Spiritual, Moral, Social and Cultural development.

**Stick at it** – Learn to cope with successes and defeat with dignity. Learning from mistakes and taking opportunities to improve performances individually and within a team.

**Work as a team** – Develop the necessary skills to work as a team or in pairs through team sports and group work. Taking on different roles and responsibilities to achieve the same outcome.

**Independence** – Work on own to achieve a goal or solve a problem. Taking responsibility for own health, fitness and mental well-being. Enjoy the process of learning and achieving a new skill.

<b>Stick at it</b>	Keep going when task is difficult	Understand that sometimes things will go wrong	Demonstrate resilience (an ability to bounce back)	Demonstrate resourcefulness (an ability to overcome barriers)	See tasks through (enjoy the satisfaction of completion)
<b>Work as team</b>	Work with others to achieve a goal, share your knowledge and skills	Show resilience and compassion to others at play time	Meet school expectations in play and in class	Tolerate a difference of opinion	Tell staff about your worries and concerns
<b>Independence</b>	Work well on your own to achieve a goal	Solve a problem by yourself by using the resources around you	Think for yourself	Demonstrate enjoyment of learning	Be responsible for your own belongings
<b>Think Hard</b>	Think through a task before you begin it	Reflect on task once you have finished	Learn from your mistakes	Be proud of your achievements	Keep up a good pace of learning
<b>Citizenship</b>	Put others before yourself	Follow the school values	Be kind and thoughtful and trustworthy	Show good manners and respect towards others	Listens and acts the 'first time'
<b>Hard Working</b>	Demonstrate effort in class	Demonstrate a 'have a go' attitude	Continue to push yourself (even when you make mistakes)	Be focused and remain on task	Be positive (think of what you know not what you don't know)
<b>ON task</b>	Listen to instructions and explanations	Contribute in class	Understand expected time frames	Want to improve	Have a determination to succeed

**Discussed and voiced by pupils and staff**

**On Task** – Following instructions, rules and regulations. Being involved with class discussions, accepting and utilising feedback from peers to help improve performances.

**Think hard** – Opportunities to problem solve, observe, analyse and provide feedback. Reflect on achievements and learning from mistakes.

**Citizenship** – Showing respect to teammates and opposition in competitive situations. Following the school values and showing good manners, towards umpires, referees, coaches and peers.

**Hard Working** – Demonstrate effort and perseverance to succeed. Keeping a positive attitude even when tasks are challenging.

**SMSC: Spiritual:** PE supports spiritual development by increasing knowledge and understanding of the body's performance when exercising; this leaves pupils amazed at the body's ability. Through dance and sports such as gymnastics, pupils are creative, expressing feelings and emotions in their performances. Allowing pupils reflection time to evaluate their experiences allows them to build a positive mindset and promotes progression. Pupils will also see a sense of awe and wonder when observing elite performance from professional athletes and their peers. **Moral:** PE supports moral development by encouraging pupils to live a healthy lifestyle and promoting healthy living. Pupils develop the ability to tell the difference between right and wrong through fair play in sporting events and participating in competitive situations, giving pupils a sense of justice, and how to respond appropriately when they feel there is an injustice. The frequent opportunity given to pupils supports the importance of abiding by rules. **Social:** PE supports social development by developing the necessary skills to work in teams or pairs, as the majority of activities are based around team games or creating sequences in groups, co-operation with others is paramount to success. Giving the pupils roles such as leaders, coaches, or umpires, offers pupils the opportunity to develop their communication skills, leadership skills and the ability to settle any discrepancies which may occur. Pupils are encouraged to reflect upon feelings of enjoyment and determination. **Cultural:** PE supports cultural development by giving children the opportunity to explore dances and learn games from different traditions and cultures including their own, such as Indian dancing. Pupils also recognise and discuss the differences between male and female roles within sport, at both elite and amateur levels. Compassion and respect for other cultures and traditions is also displayed by all when exploring unfamiliar games or dances. Pupils will discuss how culture may affect which sports different nations excel at and how cultural traditions can affect which sports men and women participate in.

Please also see our 'Spiritual, Moral, Social and Cultural Development incorporating British Values at Pimperne Primary School' document.