

Spirituality in PE



How are we promoting Spirituality in PE?

Well-being	<p>Spirituality is embodied through Physical Education (PE) 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.</p>
Balance	
Resilience	
Mindfulness	
Unity	
Discipline	
Connection	
Appreciation	