



SMSC - PE

Spiritual

Framed within the Christian value of 'endurance', children develop their knowledge and understanding of the body's performance when exercising, thoughtfully considering their fitness and capacity to improve.

Through the exploration of dance and gymnastics, children grow their creativity and learn to express and capture feeling and emotion in performance. Team games, too, promote cooperation, competition and a collective love of sport.

At the King's, we allow children time to reflect and evaluate their sporting experiences, taking pride in their achievements and developing a positive mind-set around sport. They are also encouraged to watch and learn from peers, to appreciate quality and effort, to comment thoughtfully and to gain inspiration for their own performance.

Moral

The importance of health and living a healthy lifestyle is a key feature of The King's PE curriculum. Children are taught to appreciate the body they have and how to look after it. They are taught the importance of eating well, exercise and avoiding damaging substances in order to maintain good physical and mental health.

With this, children develop the ability to tell between right and wrong through fair play in competitive situations and sporting events. Team games and competitive opportunities are designed to promote fairness and foster a sporting spirit that they will uphold throughout their lives.

Social

The King's PE curriculum and teaching approach encourages children to develop the skills needed to work effectively in pairs and teams. Whether creating paired sequences in gymnastics, choreographed routines in dance, or working in teams to compete in an invasion game, children are taught how to cooperate effectively, communicating their ideas, supporting and encouraging their teammates.

In addition, Year 5 and 6 children are trained up as 'Sports Leaders'. In doing so, children are encouraged to take the lead, create meaningful games and games before delivering these to younger year groups during PE lessons. Sports Leaders also play a key role in promoting activity and social interaction between younger children during playtimes.

Cultural

Children at The King's are given the opportunity to explore dances and games from different traditions and cultures, such as Bollywood, street dance and handball. Children explore cultural origins and passions across a variety of sports and draw from their own backgrounds to promote difference and diversity.

Through participation in sporting festivals and competitions, children are exposed to a wider range of social, economic and ethnic backgrounds, helping them to develop awareness and acceptance. This mind-set is also promoted through the school's active support of charitable events, such as Sport Relief; in turn, our children see the wider impact of sport and feel part of the global sporting community.