

Spirituality in the PE curriculum

September 2024

Spirituality is about seeking a meaningful connection with something bigger than oneself, which can result in positive emotions, such as peace, awe and wonder. Spirituality enables our children to be happy; to flourish, to succeed and to live life in all its fullness.



Planned opportunities

In PE, planned opportunities for spirituality focus on enhancing children's sense of self, their relationships with others, their connection to the world, and their understanding of concepts beyond the physical realm. This holistic approach ensures that PE contributes not only to physical development but also to spiritual growth.

- Developing a sense of connectedness between mind, body, and spirit; promoting values such as teamwork, respect, and resilience.
- By delighting in movement, particularly when pupils are able to show spontaneity. By taking part in activities such as dance, games and gymnastics which help pupils to become more focused, connected and creative. By being aware of one's own strengths and limitations.
- How do you celebrate a new skill? How does it feel to be proud of your whole self?
- What does it feel like to be completely focused on a task or challenge?
- How do you recognise the delight in movement, connectedness, and creativity?
- Encourage the awareness of one's own strength and limitations
- Recognise/celebrate equality, freedom, respect and trust.

Overall, by integrating spirituality into PE, we nurture well-rounded individuals who are not only physically fit but also spiritually aware and connected.



Through PE, children develop a deeper awareness of their own bodies and abilities. In Early Years Foundation Stage (EYFS), foundational skills lessons such as balancing, running, and jumping encourage children to explore their physical capabilities. This exploration fosters a sense of achievement and self-confidence, essential for spiritual growth. For instance, mastering a new skill like hopping on one foot can instill a sense of pride and personal accomplishment, promoting self-awareness and inner satisfaction. Across the curriculum, for example within Year 6 team sports such as hockey, netball and cricket, spirituality is shown through the behaviors, values, and attitudes that children display and cultivate. By emphasising teamwork, respect, perseverance, self-reflection, empathy, inclusion, mindfulness, gratitude, and humility, sports become a platform for expressing and nurturing spiritual principles, contributing to the holistic development of young individuals.



PE lessons provide numerous opportunities for children to interact, collaborate, and build relationships with their peers. Team sports and group activities, such as relay races in athletics, require cooperation and communication. These experiences teach children about empathy, trust, and mutual respect. For example, in Year 5 gymnastics, when children work together to create a group routine, they learn to appreciate each other's strengths and support one another, fostering a sense of community and shared purpose.



PE connects children to the natural world and their environment. Outdoor activities, such as cross-country running or field events, allow children to engage with nature, promoting an appreciation for the world around them. This connection can inspire a sense of wonder and reverence for the environment. Sports often serve as a powerful vehicle for spiritual expression and connection across various cultures and traditions around the globe. One compelling example of this is the practice of Yoga in Year 3, which seamlessly blends physical activity with spiritual discipline.



PE also offers moments for reflection and mindfulness, which are crucial for spiritual development. Yoga and meditation sessions can be incorporated into the curriculum, allowing children to quiet their minds and reflect on their experiences. These practices help children to connect with their inner selves and cultivate a sense of peace and well-being. For example, ending a PE session with a few minutes of guided meditation can help children to center themselves and reflect on their physical and emotional state, fostering a deeper understanding of their inner lives. Through orienteering in Year 4, children learn to quiet their minds, focus on the task at hand, and experience the present moment more fully, leading to greater self-awareness and inner calm.

