

We promote **spiritual** development by:

- ☑ Experiencing the joy of movement, developing curiosity and a sense of awe in what the body can achieve through physical activity.
- ☑ Creating personal meaning through physical challenges, using creativity and communication to explore confidence, self-expression and wellbeing.
- ☑ Reflecting on performance and progress, using critical thinking and commitment to understand personal values, effort and resilience.

We promote **moral** development by:

- ☑ Considering fairness and respect in games and activities, using curiosity and critical thinking to understand rules and sportsmanship.
- ☑ Collaborating in teams, communicating respectfully and showing integrity by supporting others and playing honestly.
- ☑ Committing to personal goals and effort, using creativity to overcome challenges and taking responsibility for behaviour and choices.

Personal Development in Physical Education at Trimley St Mary School



We promote **social** development by:

- ☑ Working together in teams and activities, developing communication and collaboration through shared goals and teamwork.
- ☑ Encouraging others during lessons, using curiosity and critical thinking to support and motivate classmates.
- ☑ Celebrating success and effort, showing commitment, respect and confidence in each other's achievements.

We promote **cultural** development by:

- ☑ Exploring sports and physical activities from different cultures, developing curiosity and communicating respectfully about diverse traditions.
- ☑ Collaborating in activities inspired by global games and movement, working creatively with others and valuing different ways of playing.
- ☑ Comparing how sport and physical activity are experienced around the world, using critical thinking and commitment to respect cultural differences.