St Catherine's CofE Primary School

SPIRITUALITY IN PHYSICAL EDUCATION

Opportunities

- Reflection and Personal Growth
- Appreciation of the Body
- Empathy, Compassion, and Sportsmanship
- Awe and Mindfulness in Movement
- Trust, Vulnerability, and Unity
- Celebration of Diversity and Resilience

With Our Heads and Our Hearts

PE helps us care for our bodies, using strength and skill with joy and respect. We learn teamwork, perseverance, and celebrate what our bodies can do. Just like Jesus, we are called to honour ourselves and others through kindness and fairness.