

## **SMSC In P.E.**

Within sport and physical education, students have the opportunity to develop themselves holistically by embedding the principles of SMSC in their learning journey.

**Spiritual education** involves pupils developing a variety of skills, e.g. performing a sequence in cheerleading and gymnastics, which allows the pupils to express their feelings and emotions through self-expression.

**Moral education** in PE gives students the opportunity to understand how PE can develop a healthy, active lifestyle. PE highlights the advantages of health and lifestyle through team sports and health related fitness. Pupils are also able to understand the rules of activities and the reasons why they need to abide by them and understand what fair play is.

**Social education** gives students the opportunity to work collaboratively and as part of a team to achieve success. Pupils are given the role of a coach or leader to develop their social skills in co-operation, communication, motivation, enthusiasm and team work. Developing their resilience when faced with challenges in a sporting context.

**Cultural education** in PE gives students the opportunity to learn games and activities from different traditions and cultures. It also allows the students to appreciate the differences between male and female roles within sport.