





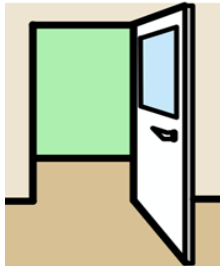
Spirituality in St Andrew's PE Curriculum



At St Andrew's, we use the Windows, Mirrors and Doors approach to support children in their spiritual and moral development.

Spirituality is a continuous search for purpose and meaning in life, an appreciation for the depth of life and the universe and a personal belief system. Spirituality emphasises the quality of thinking about oneself, relationships, worth, and identity, and can be found in all curriculum subjects

Spirituality makes us aware of things bigger than ourselves and this often makes us say 'wow' but sometimes 'ow'.

Spiritual Development – Windows, Mirrors and Doors		
	<p>The Window – Looking Out Learning about encounters The image of the window symbolises 'looking out' at the awe and wonder of the world. The window also helps us to question things which may worry us or take us by surprise. The window prompts children to reflect upon what they see around them as they look out upon the world we live in.</p>	<ul style="list-style-type: none"> • Throughout the Physical Education curriculum, children are inspired by influential athletes and sporting figures who have a positive impact on society. • Children experience awe and wonder of physical expression and the emotive response associated with dance and gymnastics. • Children experience a sense of joy and are able to celebrate achievements when collaborating and working as part of a team towards a goal. • Children are encouraged to think of how sports can bring people together across the country and the world.
	<p>The Mirror – Looking In Learning from reflections The mirror symbolises reflecting upon your own actions, thoughts and beliefs to 'look inside' and to ask important questions, learning from our own and other's responses.</p>	<ul style="list-style-type: none"> • Children are encouraged to reflect on their achievements in sports and what they can improve on in the future. • Through reflection, children can work with others to help them to reflect on their skills and how they can improve in the future. • The ability to draw upon inner strength, both in mind and body and spirit, to exercise resilience towards the many challenges that sport can present. • Children are able to reflect on their experiences in sports when considering what future opportunities they would like.
	<p>The Door – Actions for Change Putting thoughts and ideas into action. The symbol of the door allows children to have opportunities to respond, to do something, to go through the door and take action. The door aims to develop and nurture children to have the confidence to truly believe that they can make a difference in the world and be courageous advocates.</p>	<ul style="list-style-type: none"> • Children to compete in sport and other activities to build individual and team character and help to embed values. • Through learning about health and fitness, children make fully thought through decisions about how to be physically active citizens in school, and in their wider life. • Children draw upon their Christian Values when participating in sporting activities, both in and out of school, playing competitively but always upholding respect.