

Spirituality @ St Peter's

At St Peter's, we consider our pupils spiritual development to be a central part of the school's curriculum. At our school, we use the following definition when thinking about Spirituality...

“Spirituality is the concept of exploring the purpose and meaning of life, to develop a sense of awe and wonder at the world we live in, to question our place within it and to work to care for our body, mind and soul. Spirituality is not dependent on religious belief or a particular faith.”

Here are some examples of how we promote Spirituality across this curriculum area:

Spirituality across PE	
At St. Peter's, spirituality can be seen in PE as our children engage in sessions which encourage a complete well-being and a connection between mind and body, being aware of the benefits an active lifestyle can offer for mental as well as physical health throughout school and into adulthood. PE provides a space for our children to explore their physical capabilities so they can develop an appreciation for the harmony between the body, mind, and spirit. Examples of how this approach is adopted throughout our curriculum can be evidenced below.	
Gymnastics	- Understanding how to control the entire body - Being able to create routines which allow children to express themselves with freedom - Being amazed at the capability of your own body

	- Building the ability to reflect both personally and collaboratively on the performances and routines.
World Games	- Helping children to understand the world around them, experiencing sports from across the world, from different cultures. - Recognising that pupils in our school come from differing backgrounds and both reflecting and celebrating this through our diverse curriculum.
Dance/Drumba	- Exploring themselves and their emotions through dance and music - Being able to tell and enjoy a story in different ways. - Appreciating different styles of dances and different cultures (e.g. Y3 Bollywood Dancing)
Field Games (inc Football, Rugby, Hockey, Cricket and Rounders)	- Helping generate a sense of belonging, being part of a team - Teamwork, working alongside others of all abilities to achieve a collective goal - Community- appreciating that many sports are part of a wider community and the benefits of being part of this. - Showing sporting behaviour- kindness, encouragement and inspiration for all. - Passion - generating the sense of awe and pure enjoyment that sport can uniquely offer all children. - Inspiring children to become part of something beyond the self, which might include being part of a team, or supervising others in the sport (i.e. refereeing)
Sports Leaders	- Children are able to explore developing the confidence to lead and instruct others - The concept of 'giving back' where children can support others through something they themselves have benefitted from in their time at St. Peter's.