

SMCS: Physical Education

Spiritual education involves students developing a variety of skills, e.g. performing a sequence in gymnastics, which allows the students to express their feelings and emotions through movement, action and transition. This occurs within the Montgomery PE department through a well-balanced PE curriculum where students are able to explore many sporting activities and also take on many different roles within sport such as leader, coach and choreographer. The PE department offers an extensive extra-curricular programme, accessing local club links within the community to provide the students with tailored coaching and expertise sporting drills.

Moral education in PE concerns students having the opportunity to understand how PE can influence their healthy living and lifestyle. PE highlights the advantages of health and lifestyle through team sports and health related fitness. Students 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. Within the PE department at The Long Eaton School students are challenged to increase their personal level of fitness and to understand the benefits of this. They are also taught about the importance of being healthy and activity and how this plays a role in society as a whole. Each lesson students are shown the rules of all the activities they do and taught to abide by these rules. This is always linked to the community we live in and the rules which each citizen must live by.

Social education involves students having the opportunity to work as a team, as well as reflect on feelings of determination and enjoyment. Students are given the role of a coach or leader to develop their social skills in co-operation, communication, commitment, loyalty and team work. The PE department provides a varied and balanced curriculum. This gives students the opportunity to work together as a team and work on communication and leadership skills. Many students take on the roles of leader and coach during PE lessons and are encouraged to deliver the warm up phase of the lesson. Students are always challenged to give 100% during PE lessons and the department has a strong ethos of encouraging others during lessons.

Cultural education in PE means students are given the opportunity to learn games and dances from different traditions, including their own as well being able to appreciate the differences between male and female roles within sport. The students at Montgomery High School have the opportunity to learn many sporting activities, which originated from this country and also others. The students are often taught about the origins of a certain sport and also the countries around the world that excel at each sport. The students are given the opportunity to compete against other schools from around the country in a variety of sports. This often means the students are absorbing themselves into different cultures from around the country and learning respect for these cultures.

Examples of Spiritual, Moral, Social and Cultural Education in PE include:

- Students reflecting on values surrounding competition which includes 'winning at all costs' as well as sportsmanship and fair play
- Students learning to handle success and defeat with dignity
- Giving time for focus group discussions on lesson objectives and outcomes as well as listening to other people's opinions and giving feedback
- Students being introduced to tactics and strategies in sport
- Students developing their moral stance through developing a sense of fair play and positive sporting behaviour as well as reflecting on the need for rules
- Students discovering the role of sport and dance in society and the arts as well as learning dances from different traditions
- Students becoming aware of different cultural attitudes towards aspects of physical activity
- Students competing against schools around the country often from different cultures.
- Students experiencing different roles and the emotions that go with each role.
- Students are challenged to increase their personal fitness and know the role in society of being healthy and active and free from illness/disease
- Students learn that sport has rules to keep people safe as does society for the same reason
- Students are challenged to give 100% effort in lessons and have an ethos of encouraging others as they should in life.
- Students are asked to reflect on their actions and how this affects others in a team

- Students are taught to believe in themselves and what they can achieve if they have a 'can do' attitude.