

Progression of Spiritual Development through the PE Curriculum

Newland St John's Church of England Academy | EYFS to Year 6 | 2026–2027

Christian Vision: Living together, learning together and shining together in the love of God.

Matthew 5:16: “Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

Suggested spiritual reflection opportunities linked to NSJ PE Curriculum Progression & Rationale 2026–2027. These are planned opportunities, not claims of evidenced impact.

Year / Stage	PE Curriculum Links	Self	Others	The World and Beauty	Beyond
EYFS Explore	Moving; Ourselves Dance; Playing Through Games; Health and Wellbeing	Explore how their bodies move; recognise excitement, achievement and growing confidence.	Experience joy in taking turns, sharing and celebrating friends' achievements.	Experience wonder through music, rhythm, expressive movement and dance.	Wonder what their bodies can do and experience freedom and possibility through movement.
Year 1 Develop	Growing Dance; Wide, Narrow, Curled Gymnastics; Team Building; Health and Wellbeing	Recognise strengths, build confidence and reflect on improvement through practice.	Encourage teammates, listen, cooperate and demonstrate fairness and kindness.	Appreciate movement patterns, rhythm and expressive body shapes in Growing Dance.	Consider how movement expresses feelings and how teamwork helps us achieve together.
Year 2 Combine	Explorers Dance; Pathways Gymnastics; Team Building; Games	Develop resilience; recognise mistakes and challenges as opportunities to grow.	Explore trust, inclusion and each person's contribution through partner and team challenges.	Find joy in imaginative Explorers Dance and creative gymnastics sequences.	Reflect on belonging and why friendship and encouragement matter beyond winning.
Year 3 Apply	Weather Dance; Symmetry and Asymmetry Gymnastics; Mindfulness; Communication and Tactics	Recognise mind–body connections, emotions and the value of inner calm through mindfulness.	Develop empathy, responsibility and communication through collaborative challenges.	Explore weather's power and beauty in dance, and symmetry and balance in gymnastics.	Experience stillness and reflect on how focus, calm and movement influence wellbeing.
Year 4 Transfer	Space Dance; Bridges Gymnastics; Mindfulness; Problem Solving	Reflect on challenges and use breathing and visualisation to manage emotions.	Build trust and shared responsibility in paired sequences and problem-solving activities.	Explore wonder at the universe through expressive Space Dance.	Reflect on mystery and awe inspired by space and the value of stillness.
Year 5 Refine	Greeks Dance; Counter Balance and Tension; Challenging Collaboration; Health Related Exercise	Reflect on motivation, resilience, personal strengths and fitness goals.	Practise empathy, trust and responsibility through counterbalances and collaboration.	Appreciate artistic expression in Greeks Dance and harmony in partner gymnastics.	Explore excellence as growth, effort, integrity and support for others.
Year 6 Adapt, Evaluate and Lead	Carnival Dance; Matching and Mirroring; Leadership; Orienteering; Competitive Games	Reflect on identity, perseverance and using strengths to lead and inspire.	Demonstrate fairness, inclusion, service and care through leadership and teamwork.	Celebrate cultural expression through Carnival Dance and encounter nature in orienteering.	Consider the purpose of leadership and how talents can help others flourish.

Progression in spiritual development

EYFS – Explore: Joy, curiosity, wonder and belonging through movement and play.

Years 1–2 – Develop and Combine: Confidence, resilience, cooperation and appreciation of creativity.

Years 3–4 – Apply and Transfer: Self-awareness, emotional regulation, empathy and reflective movement.

Years 5–6 – Refine, Adapt, Evaluate and Lead: Purpose, integrity, leadership and using gifts to benefit others.

Suggested SIAMS self-evaluation statement

Our PE curriculum provides intentional and progressive opportunities for spiritual development through self, others, the world and beauty, and beyond. Underpinned by our Christian vision, pupils discover and celebrate individual gifts and talents, build confidence and resilience, and experience the joy of movement. Through dance, gymnastics, mindfulness, games, outdoor adventurous activity and leadership, pupils reflect on their emotions, appreciate creativity, develop relationships and demonstrate fairness, inclusion and service. Inspired by Matthew 5:16, pupils are encouraged to let their light shine through perseverance, encouragement, integrity and helping others flourish.

SIAMS evidence: Pupil reflections, inclusive participation, creative dance responses, examples of encouragement and increasing pupil leadership can help evaluate impact.

Source: Newland St John's CE Academy, Whole-School PE Curriculum: Progression & Rationale, 2026–2027.