

PE, Sport and Physical Activity: Cultural Capital

What is Cultural Capital?

Cultural capital encompasses the knowledge, behaviours, and skills that children possess, reflecting their awareness, understanding, and abilities within society. It allows children to become successful citizens in their careers, personal lives, and the world around them. A well-rounded PE curriculum helps foster cultural capital by developing life skills, promoting healthy lifestyles, and nurturing social and emotional growth.

How can PE support this?

- **Provide experiences to promote wellbeing:**
 - Offer activities to boost mental health, such as yoga, mindfulness sessions, and outdoor exploration.
 - Create opportunities for pupils to enjoy physical activity and understand its role in overall wellbeing.
- **Provide education around healthy living:**
 - Teach pupils about nutrition, exercise, and the importance of sleep as part of a healthy lifestyle.
 - Embed a love for movement, introducing fun, engaging activities that are accessible to all abilities.
 - Promote active travel to and from school, such as walking or cycling.
- **Teach a diverse range of activities and extra-curricular opportunities:**
 - Include outdoor adventures, team sports, and creative movement activities like dance.
 - Offer less common activities, such as orienteering, or golf to inspire curiosity and broaden horizons.
 - Organise clubs and activities that cater to different interests, abilities, and age groups. Ensure participation is accessible by addressing barriers like cost, confidence, or experience.
- **Celebrate sporting achievements:**
 - Recognise pupils' successes, through assemblies, newsletters, and awards.
 - Celebrate effort and personal growth, not just victories, to encourage all pupils to succeed.
- **Engage in community activities:**
 - Partner with clubs, leisure centres, and community groups to enhance opportunities for pupils.
 - Encourage participation in charity runs, community fitness challenges, or family sports days.
- **Participate in interschool competitions:**
 - Provide opportunities for pupils to represent the school in various sports.
 - Use competitions as a way to build confidence, resilience, and teamwork skills.
- **Promote values such as teamwork, sportsmanship, leadership, and respect:**
 - Embed these values into lessons, ensuring pupils understand how they apply in both sports and life.
 - Create opportunities for pupils to reflect on how these skills translate to relationships and academics.
- **Promote social, emotional, and thinking skills:**
 - Use games and challenges to develop decision-making, problem-solving, and communication skills.
 - Support emotional resilience by helping pupils learn to manage success and failure constructively.
- **Provide opportunities for pupils to lead and be part of a team:**
 - Encourage pupils to take on leadership roles, such as refereeing, coaching, or organising events.
 - Emphasise collaboration by involving pupils in team-building exercises and peer mentoring.

