

Catholic Social Teaching in Physical Education

	KS3	KS4	KS5
Life and Dignity of the Human Person <i>All created in the image and likeness of God</i> 	Respecting all participants regardless of ability, gender, ethnicity or background. Positive behaviour in changing rooms and practical lessons. Celebrating effort, improvement and participation.	Understanding barriers to participation and promoting inclusion in sport. Respecting opponents, officials and teammates.	Exploring ethical issues in sport including discrimination, equality and athlete welfare. Promoting dignity through leadership and coaching.
Call to family, community and participation <i>Whatever is needed for each person to flourish</i> 	Team games that require cooperation and communication. Supporting classmates to succeed and participate.	Sports leadership opportunities. Organising festivals and competitions for younger students.	Planning and leading coaching sessions. Supporting community sports projects and primary school events.

Catholic Social Teaching in Physical Education

	KS3	KS4	KS5
Solidarity and the common good <i>Not just doing things for other people but acting with them to build a more just world together</i> 	Learning the value of teamwork and collective success. House competitions and Sports Day participation.	Understanding how sport brings communities together. Examining campaigns that use sport to tackle social issues.	Investigating how sport promotes social cohesion and national identity. Leading inclusive activities for all participants.
The dignity of work and the rights of workers <i>As far as possible, decisions should not be taken at the highest levels but by the people who are most affected</i> 	Taking responsibility for equipment and learning environments. Understanding different roles within sport (coaches, officials, grounds staff).	Exploring careers within the sport and leisure industry. Understanding safeguarding and duty of care.	Studying employment opportunities in sport. Evaluating working conditions and welfare within professional sport.

Catholic Social Teaching in Physical Education

	KS3	KS4	KS5
Stewardship of God's creation <i>We are called to care for creation as stewards, not just as consumers</i> 	Looking after school facilities and equipment. Outdoor activities that develop appreciation for the natural environment.	Orienteering and outdoor adventurous activities that encourage responsible use of outdoor spaces. Reducing waste and caring for facilities.	Exploring sustainability in major sporting events. Evaluating environmental impacts of sport and strategies for improvement.
Rights and responsibilities <i>When one person has a right, others have a responsibility to uphold that right</i> 	Demonstrating sportsmanship and fair play. Following safety procedures including warm-ups and correct use of equipment. Taking responsibility as captains and equipment managers.	Reflecting on fair play, respect and leadership. Ensuring others can participate safely and successfully. Supporting peers through coaching and officiating.	Understanding social, emotional and psychological impacts of sport on individuals and groups. Planning inclusive coaching sessions that meet the needs of participants.

Catholic Social Teaching in Physical Education

	KS3	KS4	KS5
Option for the poor and the vulnerable <i>To choose to consider the needs of the poorest and most vulnerable people first</i> 	Adapting activities so everyone can participate and experience success. Supporting students with SEND and additional needs.	Exploring barriers to participation linked to disability, gender, culture and socio-economic background. Promoting inclusive opportunities in school sport.	Evaluating programmes that increase participation among underrepresented groups. Leading activities designed to engage those with lower confidence or participation levels.

Examples Across the PE Curriculum

Games

- Respect for opponents and officials.
- Teamwork and solidarity.
- Fair play and sportsmanship.

Athletics

- Personal challenge and resilience.
- Celebrating effort and improvement.
- Supporting others to achieve.

Catholic Social Teaching in Physical Education

Outdoor Adventurous Activities

- Stewardship of God's creation.
- Community and teamwork.
- Responsibility for others' safety.

Health & Fitness

- Respecting the dignity of the body.
- Understanding physical and mental wellbeing.
- Encouraging lifelong healthy lifestyles.

Leadership & Coaching

- Service to others.
- Building confidence in others.
- Developing inclusive opportunities.