

WELLBEING THROUGH PE

KEY RULES

Purpose of Wellbeing in PE: Wellbeing through PE helps children to build confidence, self-esteem, and a sense of belonging. Physical activity provides a positive outlet for emotions, supporting both physical and mental health. Children learn to express feelings, manage stress, and experience success in safe, supportive environments.

Emotional Awareness: Through movement and teamwork, children learn to recognise and manage emotions such as pride, frustration, and joy. They develop empathy by understanding how others feel during games, and they practise kindness, patience, and respect. Reflecting on emotions helps children connect physical activity with positive mental wellbeing.

Resilience and Growth: Mistakes are seen as learning opportunities. Children are encouraged to persevere through challenges, celebrate effort, and find pride in progress. By setting small goals and achieving them, they build resilience and confidence both in PE and across school life.

Social Connection: Team games and partner work build trust, communication, and friendship. Children learn cooperation, active listening, and how to support others. These experiences strengthen social wellbeing and create a sense of belonging within the group.

Mindfulness and Calm: PE also supports calmness and focus. Activities such as stretching, deep breathing, and relaxation help children regulate energy levels and emotions. Calm reflections at the end of lessons allow them to reset, reflect, and appreciate the positive effects of being active.

Thriving Through PE: The goal of wellbeing in PE is not competition but growth. Every child is given opportunities to thrive—physically, emotionally, and socially—through movement, teamwork, and reflection. Regular physical activity supports mental health, builds resilience, and helps children feel happier, healthier, and ready to learn.

USEFUL LINKS

Mind: mind.org.uk

Place2Be: place2be.org.uk

Young Minds: youngminds.org.uk

The Daily Mile: thedailymile.co.uk

Youth Sport Trust – Well School: youthsporttrust.org/well-school