

Concept: Community Sense

The big picture: The students will understand the importance of belonging to a community and how physical activities can enhance this feeling.

Why does it matter? Community Sense in Physical Education (PE) involves developing a well-rounded individual who is able to function as part of a team; leading teams, working for others and working alone.

Core Characteristics	Definitions	In Practice
Teamwork and Collaboration	Learning to work well with others, understanding roles in team sports, and developing communication skills.	Taking on a captain role in a team
Inclusivity	Recognising and celebrating diversity within sports and group activities, ensuring everyone feels welcome and valued.	Making sure no one is left to work alone during a dance class
Leadership and Responsibility	Developing skills to lead peers in activities and understanding personal and collective responsibilities towards a team.	Leading in class in other roles such as official or coach.
Promoting social interaction	Engaging in sports and physical activities helps build friendships and develop social skills.	Working with people you don't normally work with during a badminton lesson
Boosts Well-being	Participation in community sports can improve mental and physical health, promoting a sense of achievement and belonging.	Taking part in extra-curricular activities such as volleyball
Encourage Cooperation	Learning to cooperate and collaborate in sports encourages a supportive and harmonious community environment.	Being honest about a foul during a game and letting the other team have the ball back.
Develop Empathy	Understanding different perspectives and backgrounds fosters empathy and prevents discrimination and bullying.	Supporting someone else in lesson who may find the activity difficult, e.g. a hockey lesson

Remember:

Community Sense in PE is about more than just playing in teams; it's about developing as empathetic, conscientious, and mature individuals ready to face various challenges in life.

Activities to develop community sense in PE

Invasion Games (e.g., football, basketball, rugby)

Individual Challenges (e.g., athletics, gymnastics)

Outdoor and Adventurous Activities (e.g., orienteering, hiking)

Health and Wellbeing (e.g. fitness suite, circuits)

Impact on Everyday Life

Improved relationships through better communication and understanding.

Increased empathy towards others who struggle in other activities, academic or sport.

Leadership and teamwork skills enhance group projects and collaborative work.