



# Maharishi School

CONSCIOUSNESS-BASED EDUCATION

## Primary Phase Physical Education Policy

### 2025 – 2026

Start Date: October 2025

Review Date: October 2026

Signed by:

Headteacher

Lisa Edwards

Date October 24

Chair of Governors

Ian Birnbaum

Date October 24

# Intent

***“Our teaching should aim at enlivening in the children the understanding that there is something deep within the surface of everything. This will make them grow in inquisitiveness and awareness of the most basic values of life, eventually leading them to the laws of nature in all the different fields of knowledge. They grow in awareness that the deeper the level from which they function, the greater the field of influence they command through their action. We help them grow into catching the more fundamental values of life from where their whole life can be organised and made fulfilled.”***

— Maharishi Mahesh Yogi

## Maharishi’s Key Principles of Teaching and Their Relevance to Physical Education

### Intelligence

Intelligence can be enlivened and applied through the following principles:

- Link inner values with outer values in the pursuit of purposeful knowledge.
- Develop each student’s ability to discern finer and finer parts within the context of greater and greater wholes.
- Help pupils to recognise universal patterns.
- Adapt teaching to reflect each pupil’s individual character and natural intelligence.

### Knowledge

Knowledge can be structured, enlivened and organised through these principles:

- Teach knowledge in the context of human purpose.
- Develop knowledge holistically by connecting it to the Self of each pupil.

### Experience

Experience can be extended and deepened through these principles:

- Integrate knowledge with experience in the development of Complete Knowledge.
- Extend each pupil’s personal experience through appropriate application and practical work.

- Involve all the senses and organs of action in learning experiences, where safe and practical.

## **Expression**

Expression can be enriched through these principles:

- Encourage pupil expression at the start of each learning cycle to stimulate a desire for growth.
  - Consolidate learning through the active expression of knowledge and skills.
  - Encourage the expression of the fullness of life through a wide range of expressive physical activities.
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## **Aims**

At the Maharishi School, we understand the significant impact Physical Education (PE) has on all children's development. We are committed to providing a broad range of skills and activities that support pupils' physical, social, and emotional growth throughout their time in primary school.

The aim of our PE programme is to develop basic physical competencies, build confidence, foster teamwork, and lay the foundation for a lifelong love of sport, physical activity, and healthy living.

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# Implementation

PE at the Maharishi School provides enjoyable and challenging learning through a range of sporting activities, including invasion games, net and wall games, striking and fielding games, gymnastics, dance, health and fitness, outdoor and adventurous activities (OAA), and swimming.

- **Swimming** is offered to pupils in Years 3 to 6 during the academic year.
  - A long-term plan outlines PE units for each class, ensuring full coverage of the National Curriculum. This is monitored by both the PE Coordinator and the SHARES PE instructor.
  - Teachers, alongside SHARES PE instructors, use and adapt planning and resources to ensure progression across year groups.
  - Children are encouraged to participate in a wide range of extra-curricular clubs, which are inclusive, enjoyable, and increase physical activity. Clubs are offered across KS1 and KS2, and occasionally for EYFS pupils.
  - At break times, children are encouraged to remain active using a variety of playground equipment, supported by the OPAL (Outdoor Play and Learning) initiative.
  - Year 6 pupils are invited to become **Play Leaders**, receiving training to support and organise games during break times. They serve as sporting role models for younger pupils.
  - Children take part in competitive sporting events and festivals, hosted by SHARES, which involve local schools. These inclusive events promote physical and mental well-being, teamwork, and leadership skills.
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Primary P.E. long term plan for 2024/2025

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Agility	Coordination	Balance	Dance	Team Games	Athletics
Year 1	Agility	Coordination	Balance	Dance	Team Games	Athletics
Year 2	Agility	Coordination	Balance	Dance	Team Games	Athletics
Year 3	Invasion Games	Coordination	Gymnastics	Dance	OAA	Athletics
Year 4	Invasion Games	Coordination	Gymnastics	Dance	OAA	Athletics
Year 5	Invasion Games	Net & Wall	Gymnastics	Dance	Striking & Fielding	Athletics
Year 6	Invasion Games	Net & Wall	Gymnastics	Dance	Striking & Fielding	Athletics

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## **EYFS**

Reception children receive weekly structured PE lessons to support their physical development. In addition, gross and fine motor skills are planned for and delivered through continuous provision, both indoors and outdoors, every day.

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## **Key Stages 1 and 2**

Through the SHARES PE programme, children at the Maharishi School experience a broad range of physical skills and activities that meet National Curriculum requirements. The scheme supports teaching staff in developing subject knowledge and allows for flexible delivery to meet the needs of each class.

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## **Equal Opportunities**

All children, regardless of ability, gender, or background, have full access to the PE curriculum. Differentiation by outcome allows pupils to engage with learning at an appropriate level while being appropriately challenged.

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## Impact

At the Maharishi School, we ensure that our PE curriculum is progressive and enables pupils to develop fundamental physical skills, apply them across a variety of sports, and improve over time.

- Pupils are physically active, enthusiastic about sport, and demonstrate strong understanding of healthy lifestyles.
  - Sport has a positive impact on classroom learning and well-being.
  - Children are given opportunities to represent the school, celebrate achievements, and take pride in both personal progress and teamwork.
  - Sporting achievements in and out of school are celebrated regularly during assemblies, reinforcing our commitment to inclusion and personal success.
  - We aim for all Year 6 pupils to leave being able to confidently swim at least 25 metres and demonstrate self-rescue techniques – essential life skills.
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## Assessment

Pupils are assessed continuously throughout each PE unit. By the end of each unit, they are awarded a level between 1–3, reflecting their development and performance. These assessments are carried out jointly by the class teacher and SHARES PE instructor.