



MAHARISHI SCHOOL

Primary Phase Physical Education Curriculum Policy

Intent

"The innermost value of life is deep silence. From it arise the various areas of activity, tiny to tremendous activity. All these areas of life are integrated and perfectly coherent when the inner depth of consciousness, which is pure consciousness, shakes hands with the outer dynamism of great activity. This is brought about by Transcendental Meditation." Maharishi Mahesh Yogi

"The reservoir of energy and intelligence is at the source of thought. It's obvious that whatever energy and intelligence is displayed through our action, it all comes through our thinking - thinking is the basis of action - and whatever energy and intelligence is displayed in thinking originates from the source of thought. The secret of success is in handling the source of all energy." Maharishi Mahesh Yogi

At Maharishi School we strive for each child to reach the full potential of their creativity and their intelligence. We do this by practising Transcendental Meditation and Word of Wisdom and by following the path of Consciousness-based Education, applying Maharishi's principles of teaching.

Intelligence can be enlivened and applied through these principles:-

- link inner values with outer values in the pursuit of knowledge for a purpose
- develop each student's ability to discern finer and finer parts in the context of bigger and bigger wholes.
- help pupils to look for and recognise universal patterns
- adapt teaching to take account of the individual character of each pupil's own intelligence.

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

- teach knowledge in the context of human purpose
- develop knowledge holistically by connecting everything that is taught to the Self of each pupil.

Experience can be enlivened, extended and deepened through these principles:-

- integrate knowledge with experience in the development of Complete Knowledge
- extend each pupil's own experience in relation to knowledge taught and in conformity with their own nature through appropriate applications and practical work
- involve all the senses and organs of action in constructing learning experiences – where safe and practical.

Expression can be enlivened and enhanced through these principles:-

- encourage pupil expression at the start of each learning cycle to stimulate the desire for growth
- consolidate learning through the expression of knowledge and skill encourage the expression of fullness of life, through a wide range of expressive

Aims

"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."

At Maharishi Free School, we understand the importance and impact Physical Education has on the curriculum and on all children. We have a commitment to provide a broad spectrum of skills and activities for the children to experience and support their ongoing development throughout their time in primary school. The aim of our PE programme is to develop children's basic physical competencies, confidence, teamwork, and build the foundations for a lifelong love of sport, physical activity and a healthy lifestyle.

Implementation

- PE at Maharishi School provides challenging and enjoyable learning through a range of sporting activities including invasion games, net & wall games, striking and fielding games, gymnastics, dance, health and fitness, outdoor and adventure and swimming.

- Swimming takes place during the school year for years 4-6.
- The long-term planning for each class sets out the PE units which are to be taught throughout the year and ensures that the requirements of the National Curriculum are fully met. This is tracked by the PE Coordinator as well as the SHARES PE instructor.
- Teachers, alongside SHARES PE instructors, use and adapt planning and resources to ensure lessons across each year show progression.
- Children are encouraged to participate in the varied range of extra-curricular activities. We provide inclusive and enjoyable clubs which increase children's physical activity, for example tag rugby, yoga, multisports and rounders. Clubs are offered to both KS1 and KS2 children, occasionally Foundation Stage too.
- Children are encouraged to stay active at break times and can access a variety of equipment to use. This will be further supported by the forthcoming implementation of OPAL (Outdoor Play and Learning) playtimes.
- The children in year 6 are invited to become Play Leaders for the school. Training for this is provided for these children. The Play Leaders develop into sporting role models for the younger children, assisting with and organising games at break times.
- Children are invited to attend local competitive sporting events and festivals, including an annual swimming gala, an annual athletics competition and more regular competitions in a range of different sports, including dodgeball, football, basketball and multisports. These events are hosted by SHARES and include several schools in the surrounding area. We take an inclusive approach to these opportunities which endeavours to encourage not only physical development but also mental well-being. These events also develop teamwork and leadership skills and are very much enjoyed by children.
- Pupils in years 5 & 6 take part in Bikeability, a national initiative to equip them with the vital skill of being able to confidently ride a bike with most pupils achieving level 2.
- All pupils practise Sun Salute twice a day, a series of yoga asanas that engage, stretch and invigorate the body.

EYFS

Children within the EYFS undertake a range of daily physical exercise within their classrooms, continuous provision areas and structured weekly PE sessions.

Key Stages 1 and 2

Through the structured and robust SHARES programme, the children at Maharishi School cover and develop a broad range of skills, which meets the requirements of the National Curriculum. This is used to aid teaching staff to further develop their own subject knowledge. Teachers are able to adapt lessons to tailor them to the needs of their children, and the

scheme provides a strong basis of what is expected. Lessons take place weekly.

Inclusion and Equal Opportunities

At Maharishi School, we are committed to providing all children with an equal entitlement to our PE lessons, activities and opportunities regardless of race, gender, culture or class. [Equality Information & Objectives Statement](#)

PE is for all abilities

At Maharishi School we recognise that in all classes, children have a wide range of sporting abilities. PE lessons are planned and adapted to provide pupils with a suitable range of activities, challenge and support which is appropriate to their individual abilities and needs. Curriculum planning ensures that all pupils have an equal opportunity to take part in every aspect of the PE curriculum.

Health and Safety

It is the responsibility of the PE staff to ensure that risks are assessed prior to, and during, PE lessons. The PE staff are to inform any additional support staff of any potential risks or hazards to be aware of during a PE lesson. Pupils are also to be made aware of potential risks and hazards.

Impact

At Maharishi School, in collaboration with SHARES, we ensure that our PE curriculum is progressive and allows children to develop fundamental skills and apply them to a variety of sports and activities. All children are provided with the necessary skills and given opportunities to demonstrate improvement to achieve their personal best. Our pupils are physically active, and show an enthusiasm for sport and exercise. This in turn has a positive impact on their learning and mental wellbeing in the classroom. Children understand how to lead a healthy lifestyle and understand the importance of regular exercise. This enjoyment and knowledge of sport and exercise will then be taken forward beyond primary school. Children can represent the school at sporting events which are organised on a local level by SHARES. Alongside this, we share sporting achievements both in and out of school in Celebration Assemblies, so that we are promoting sports and activities, as well as celebrating all levels of success. We aim for all year 6 pupils to leave school with the skills to competently swim at least 25m and have the skills to self-rescue in the water which are key life skills.

Assessment

Pupils are assessed each lesson, and given a level between 1-3 by the end of each unit. This assessment takes place between the class teacher and SHARES PE instructor.

Monitoring and review

The coordination and planning of the PE curriculum is the responsibility of the subject leader and the SHARES instructor, who also:

- secure high quality teaching and learning,
- review standards in PE in conjunction with the headteacher and use this to inform the PE Subject Action Plan,
- lead policy development and review,
- liaise with outside agencies, where required, and attend subject specific courses and,
- report to the Senior Leadership Team on PE achievement and provision.