



Maharishi School

CONSCIOUSNESS-BASED EDUCATION

Primary Phase Physical Education

Policy

2024 – 2025

Start Date: October 2024

Review Date: October 2025

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'S KEY PRINCIPLES OF TEACHING AND THEIR RELEVANCE TO Physical Education.

➤ Intelligence

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

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

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**

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

At the Maharishi School, we understand the importance and impact Physical Education has on the curriculum and 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 The 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 will take place during the school year for Years 3-6.
- 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 years 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. Clubs are offered to both KS1 and KS2 children, occasionally EYFS children too.
- Children are encouraged to stay active at break times and can access a variety of equipment to use. This is further supported by implementation of OPAL playgrounds.
- 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 competitive sporting events and festivals within the local area and beyond. These events are hosted by SHARES and include several schools in the surrounding area. This is an inclusive approach 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.

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

EYFS

To support their physical development, Reception children receive structured P.E lessons on a weekly basis. In addition, gross and fine motor skills are carefully planned for and delivered through continuous provision opportunities, both inside and outside, on a daily basis.

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, but the scheme provides a strong basis of what is expected.

Equal Opportunities

Children, irrespective of ability, race or gender, are given full access to the PE Curriculum. The use of differentiation by outcome allows children to respond to the skills presented to them at the appropriate level.

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 run 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 per lesson, and given a level between 1-3 by the end of a unit. This assessment will take place between the class teacher and SHARES PE instructor.