

## Personal information:

Name	Rachael	Main Subject	Physical Education	Secondary Subject	Maths
------	---------	--------------	--------------------	-------------------	-------

## My academic qualifications:

School/College	University
<u>Qualifications GCSE:</u> Mathematics (A), English Literature (A), English Language (B), Biology (B), Chemistry (B), Physics (C), History (A*), French (A), Physical Education (A), Religious Studies (A), Electronics (A), Business & Economics (B)	<b>Bodywork Dance Company</b> <u>Qualification:</u> Level 6 Diploma Professional Dance (Distinction)  <b>University of Surrey, Guildford School of Acting</b> <u>Qualification:</u> BA (Hons) Theatre Studies (First Class)  <b>North Tyneside SCITT (2025 - 2026)</b> <u>PGCE and QTS:</u> Secondary Physical Education (pending)
<u>Qualifications A Levels:</u> History (A), Physical Education (B), English Literature (B)	

## The experience I have had in schools:

Employment or voluntary experience in schools / with children	<b>Newcastle PE &amp; School Sport Service-</b> Deputy School Games Organiser and School Support Officer. Role involved co-ordinating sports and physical activities for schools with the aim of enhancing participation, competition and leadership opportunities across the city (November 2024 - August 2025)
PGCE Placements	<b>Gosforth Academy</b> , Newcastle (October- December 2025) <b>Monkwearmouth Academy</b> (February- June 2026)

## The strengths I have within my teaching:

Sporting Strengths	NGB / Other Coaching Awards	Teaching Strengths
<ul style="list-style-type: none"><li>• Represented school in athletics, cross country, dance &amp; rounders.</li><li>• Represented Birtley Athletics Club at National and County Championships (100m, 200m &amp; 800m)</li><li>• Worked as a professional dancer on national and international contracts from 2017-2022.</li><li>• Teach aerial arts and dance at local dance schools.</li><li>• Worked alongside other staff members at Newcastle PE and School Sport Service to provide holiday camps to pupils in KS1 &amp; 2.</li></ul>	<ul style="list-style-type: none"><li>• Group Leader Award- Cycling UK.</li><li>• British Gymnastics Trampoline Level 1 &amp; 2 Teachers Award.</li><li>• England Rugby Coaching Award Level 1.</li><li>• ECB Chance to Shine Award.</li><li>• FA Introduction to Football.</li><li>• Introduction to Teaching Handball Award.</li><li>• Secondary LTA Teacher's Award</li><li>• Level 3 Sport Leader Award.</li><li>• Level 3 Dance Leader Award.</li><li>• IDTA Pre-associate Ballet Part 1.</li><li>• Prevent Training (DfE).</li><li>• Mental Health First Aider.</li><li>• Safeguarding Training (Education North Tyneside).</li><li>• First Aid at Work</li></ul>	<ul style="list-style-type: none"><li>• Building strong professional relationships with pupils and staff through being approachable, consistent and fair.</li><li>• Experience of assessing and moderating GCSE PE in line with examination board criteria.</li><li>• Setting high expectations and establishing consistent routines, cultivating a structured learning environment.</li><li>• Use of various formative assessment strategies to check for understanding and inform next steps.</li><li>• Use of adaptive practice to ensure all learners achieve success, including planning for SEND and EAL pupils.</li></ul>

## My personal skills and qualities:

I am a hardworking, enthusiastic individual with a desire to constantly enhance my teaching practices. Through my previous role of Deputy School Games Organiser and my current roles as a dance/aerial teacher, I have extensive experience in planning lessons and schemes of work. I have also delivered several PE lessons across various years in line with the primary national curriculum which will serve me advantageously in a secondary environment. Furthermore, I am an extremely motivated, dedicated and organised individual with the ability to manage a demanding workload. This is evident through my extensive commitments outside of the school day including running my own business and working for two local dance schools, all whilst executing my previous role as Deputy School Games Organiser to a high standard. Finally, I am always eager to take on new challenges and enjoy expanding my skillset when given the opportunity. With a wide-ranging depth of experience, an exceedingly strong work ethic and a genuine passion for teaching, inside and beyond the classroom, I am fully committed to instilling a love for physical activity in my students.

## My other interests and hobbies:

I currently teach weekly dance and aerial arts classes at two performing arts schools. I also run my own business, "Cirque Stars", delivering circus skills workshops to performing arts schools. Moreover I am a keen runner and have competed most recently in the Bamburgh 10k and Penshaw 10K 2025. Outside of Physical Activity, I enjoy travelling. I backpacked through Southeast Asia for 3 months in 2023 and have just returned from a backpacking trip to Bali in August 2025. I also enjoy reading at the end of each day.

## Preferred location:

North East