

Personal information:					
Name	Michael Holder	Main Subject	Physical Education	Secondary Subject	Maths
My academic qualifications:					
School/College			University		
Qualifications GCSE: English Language (6), English Literature (5), Mathematics (5), Science (C), Additional Science (C), Physical Education (A), Geography (C), Religious Education (C), ECDL (Distinction)			University of Sunderland <u>Qualification:</u> BSc (Hons) Nutrition, Exercise and Health (2:1) North Tyneside SCITT (2025 - 2026) <u>PGCE and QTS:</u> Secondary Physical Education (pending)		
The experience I have had in schools:					
Employment or voluntary experience in schools / with children	Academy Sports Scientist , Motherwell FC (2024)				
PGCE Placements	Walker Riverside Academy , Newcastle Upon Tyne (October - December 2025) Jarrow School , South Tyneside (February - July 2026)				
The strengths I have within my teaching:					
Sporting Strengths		NGB / Other Coaching Awards		Teaching Strengths	
<ul style="list-style-type: none"> Rugby - Played for Sunderland RFC 1XV for 8 years and currently competing in Regional North 2. Captained the University of Sunderland Men's Rugby Union team to the greatest season in over 10 years achieving a league and cup double. Received University of Sunderland Club Colours award in relation to this success as well as my personal achievement in helping the team. Football - Played from the ages of 7-16 playing for local junior clubs and still playing casually. Table tennis - I have previously taught a unit of Table Tennis at my placement school. I can confidently teach this and implement lots of TGFU. 		<ul style="list-style-type: none"> British Gymnastics Trampoline Level 1 & 2 Teaching Award Youth Mental Health First Aid (Mental Health England) Safeguarding Training (Education North Tyneside) PREVENT Awareness Course (DfE) Introduction to Teaching Handball Award LTA Secondary Teachers Award ECB Chance to Shine Secondary Teacher's Award FA Introduction to Futsal First Aid at Work Duke of Edinburgh Award (Bronze) RFU Rugby Ready training course RFU Level 2 Refereeing course 		<ul style="list-style-type: none"> Questioning students- Using a variety of ways to question students' understanding as well as scaffolding some students when questioning them to help success and confidence. Use of Praise- Praising students often to increase confidence Building good relationships with students- This helped with students feeling more confident in taking part in lessons as well as asking questions to help aid their performance and knowledge. Reflective and Proactive, taking feedback on board and adapting quickly, striving to improve lessons. 	
My personal skills and qualities:					
<p>I am an enthusiastic and highly driven individual who has a deep passion for both sport and education, determined to inspire students and others to achieve their full potential. Through my experiences in sport, specifically playing rugby, it has equipped me well with some vital skills such as leadership, resilience, communication as well as building a strong work ethic. I actively seek and react well to feedback from others seeing this as an opportunity for professional growth and ongoing improvement. I see myself as a very friendly and approachable person, allowing me to create positive, trusting relationships with students and colleagues quickly.</p>					
My other interests and hobbies:					
<p>Outside of the school environment I like to socialise and keep active. I play rugby every Saturday for Sunderland RFC 1XV in which I also train twice during the week. This helps me to clear my head as well as a great way to socialise with my friends. On top of this, I have a love for a range of sports including some teams who I follow across the country such as Hull Kingston Rovers (Rugby League), England (Cricket) and mostly Sunderland AFC where I have held a season ticket for 20 years. Away from sports, I enjoy taking my dog for walks including down the seafront specially during the warmer summer months. I also like finding new food spots to try with friends and family.</p>					
Preferred location:			North East		

