

Personal Information:

Name	Lydia Cowell	Main Subject	Physical Education	Second Subject	English
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My academic qualifications:

School/College	University
Carnforth High School (2007 - 2012) GCSE: English Literature (A), English Language (B), Maths (C), Geography (B), Drama (B), Religious Studies (C) BTEC Level 2: Science (Merit), Sport (Distinction*), ICT (Distinction)	Northumbria University (2014 - 2018) BSc (Hons): Sports Coaching (First Class) North East Partnership SCITT (2018 - 2019) PGCE and QTS: Secondary Physical Education (Pending)
Morecambe High School Sixth Form (2012 - 2014) A Level: English Literature (C) BTEC Level 3: Science (Distinction), Sport (Distinction*)	

The experience I have had in schools:

PGCE Placements	Excelsior Academy , Newcastle (September - December 2018) Queen Elizabeth High School , Northumberland (January - June 2019)
Undergraduate Placements	Dame Allan's Boys School , Newcastle (2016 - 2018) Bede Academy , Northumberland (2018, 10 hours)
Other Placements and / or Employment in Schools	Bolton-le-Sands Primary School , Carnforth (2013, 6 weeks) Bleasdale House (SEN) , Silverdale (2013, 6 weeks)

The strengths I have within my main subject area:

Personal Strengths	NGB/Other Coaching Awards	Teaching Strengths
<ul style="list-style-type: none">School Captain for: Netball, football, hockey and tag rugbyRepresented County in: Rugby Union (Northumberland and Lancashire)Represented Region in: Rugby Union for North of EnglandRepresented University in: Rugby Union in the BUCS Women's Premiership and the Final of the BUCS Cup at Twickenham	<ul style="list-style-type: none">Bronze Duke of Edinburgh (2012)Scrum Factory (2016)Rugby Ready (2016)Teachers Trampoline Award Level 1 & Level 2 (2018)Introductory CPD Award in Teaching Parkour/Freerunning (2018)STA Safety Award for Teachers & School Teachers (2018)Introduction to Teaching Handball (2019)Level 2 Dodgeball (2019)Level 1 Frisbee (2019)	<ul style="list-style-type: none">Range of subject knowledge strengths, including those stated in the personal strengths section and sports such as trampolining, swimming and danceA strong subject knowledge for theory teaching, especially in fitness training and testingAbility to build strong relationships that are rooted on mutual respectHigh expectations of myself and the students I teach which allows me to have good behaviour management which is fair but firmI am a supporter of TGFU (teaching games for understanding) and try to deploy this into lessons as much as possible

My personal skills and qualities:

Playing rugby for club and county has allowed me to develop my teamwork and leadership skills as there is vast diversity within the team. Some members of the team have English as a second language which has helped me to develop effective communication. Playing sport on a regular basis has increased my passion for sport and physical education and has stimulated me to encourage students to participate in sport regularly. This shows through my enthusiastic style of teaching and my love for extra-curricular activities which I believe is extremely important and contributes to the wider ethos of the school. I am a keen supporter of THIS GIRL CAN and believe I am a role model for empowering young women to play sport. I am a resilient and determined trainee teacher who thrives from learning and trying something new which enhances my motivation to develop the learning of young people.

My other interests and hobbies:

As a lover of sport, I play rugby for Novocastrians every week and Northumberland during the county season. As someone who likes a challenge and learning new sports, I have recently started both field and woodland archery with my dad when I am not in the North East. I believe it is important to support professional athletes and often watch Middlesbrough FC try to play football and Newcastle Falcons playing rugby when I am not playing rugby myself. I enjoy visiting new places and often take trips to the nearby Lake District to take in the scenery and allow my black Labrador Norman to explore the attractive landscape. My house rabbit Fudge also keeps me busy sewing up the forever returning holes in my socks.

Preferred location:

Lancashire, Cumbria and the North East