

Personal Information:

Name	Rachel Hepple	Main Subject	Physical Education	Second Subject	Mathematics
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My academic qualifications:

School/College	University
St Thomas More R.C. Academy (2009 - 2016) GCSE: Mathematics (A), English Language (B), English Literature (A), Core Science (A), Additional Science (A), Further Additional Science (A*), Physical Education (A), Geography (A*), History (A*), Religious Education (A*), German (A) AS-Level: Mathematics (C) A-Level: Physical Education (A), Psychology (A), History (B)	Liverpool Hope University (2016 - 2019) BSc (Hons): Psychology, Sport and Physical Education (First Class) North East Partnership SCITT (2019 - 2020) PGCE and QTS: Secondary Physical Education (Pending)

The experience I have had in schools:

PGCE Placements	Churchill Community College , North Tyneside (September - December 2019) George Stephenson High School , North Tyneside (January - June 2020)
Undergraduate Placements	Childwall Sport and Science Academy , Liverpool (October 2018 - May 2019 - once a week)
Other Placements and / or Employment in Schools	St Cuthbert's R.C. Primary School , North Tyneside (June 2013) Childwall Sport and Science Academy , Liverpool (October 2018 - May 2019 - football club)

The strengths I have within my main subject area:

Sporting Strengths	NGB/Other Coaching Awards	Teaching Strengths
School Competitions: <ul style="list-style-type: none">Football, Netball, Rounders, Trampolining, Rowing, Cross Country, Athletics, Indoor Athletics, Badminton Represented County in: <ul style="list-style-type: none">Football (Tyne and Wear) and Athletics (Northumberland) Represented University in: <ul style="list-style-type: none">FootballPresident of University Football Club (2017 - 2018) Other: <ul style="list-style-type: none">Competed in Gymnastics for 6 yearsCompeted in Football for 9 years	<ul style="list-style-type: none">Sports Leadership Award (2014)FA Level 1 Coaching Football (2018)FA First Aid and Safeguarding of Children (2018)Teachers Trampolining Award - Level 1 and 2 (2019)ECB Secondary Teachers Cricket Award (2019)STA Safety Award for Teachers and School Teachers Foundation Certificate (2019)Introduction to Teaching Handball (2019)Youth Mental Health First Aid (2019)England Hockey - Beginner School Workshop (2019)Level 2 Dodgeball Coaching Award (2020)Level 1 Ultimate Frisbee Coaching Award (2020)	<ul style="list-style-type: none">Good understanding of how to adapt sports that are my personal strengths (football and netball) to suit the needs of all pupilsGood subject knowledge in rugby, fitness and trampolining, despite limited personal participation in these sportsSound understanding of sports psychology to support theory teaching

My personal skills and qualities:

I have extensive knowledge in numerous different sports due to lifelong participation. I have also developed an understanding of many areas of the PE national curriculum as a result of my experiences teaching PE within the secondary school setting. I have a strong interest in theory PE which I have studied at GCSE, A-Level and Undergraduate level, where I gained a first class degree. I believe that outside of PE, children should be offered the opportunity to continue their sports participation which is why I have developed strong links with local grassroots football teams by assisting an U14 girls' team manager as a coach. I have also had involvement in leading an initiative working with under-represented groups in sport and physical activity through Street Games Sport North Tyneside Volunteer Programme. I am passionate about extra-curricular sport and have led many clubs during my placements, including football, netball, trampolining and rugby. I respond well to feedback as I am eager to improve my knowledge around teaching and motivating children in PE; this has been identified as a strength by my placement schools. I am very interested in current research around strengthening pupil memory and consider spacing and interleaving within theory lessons as a strength of my teaching. I also consistently use directed questioning to ensure passive learning is minimised in all lessons. Due to my participation in sport I have developed the ability to be resilient and reflective in all aspects of life. I have progressed in my teaching through being a reflective practitioner and ensuring that I always attain targets I set for myself. I am a strong team player; I relish the opportunity to learn from others and am always eager to contribute my own ideas to develop the best possible solution in any situation.

My other interests and hobbies:

My love for sport means I spend a lot of my free time engaging in physical activity. I am part of a ladies' football team where I get to play the game I love with not just my teammates but my close friends. I also enjoy long distance running and find it is the best way to clear my mind and have some time to myself. My love to run has led me to take part in half marathons and other intense sporting events where I have raised money for charity. My understanding of both the competitive and leisure elements of physical activity makes me feel confident that I could demonstrate to children the many benefits of physical activity and become a positive role model to them. I also enjoy spending time with friends and taking a walk along the coast with my family; with an ice cream on the way of course!

Preferred location:

North East / North West