

Personal Information:					
Name	Helen Conley	Main Subject	Physical Education	Second Subject	Science/ Health & SC / Computer Science

My academic qualifications:	
School/College	University
Haydon Bridge High School (2012-2017) GCSE: Maths (C), English Language (C), English Literature (C), Applied Science (C), Additional Science (C), Physical Education (B), Resistant Materials (A), Geography (C), Business Studies (B) AS Level: Business Studies (E), Sociology (D) A Level: BTEC Sport (D*), BTEC Health and Social Care (D*), Sociology (D)	Northumbria University (2017 - 2020) BA (Hons): Sport Development (First Class) North East Partnership SCITT (2020 - 2021) PGCE and QTS: Secondary Physical Education (Pending)

The experience I have had in schools:	
PGCE Placements	Thorp Academy (Northern Education Trust) , Gateshead (September - December 2020) Prudhoe Community High School , Northumberland (January - June 2021)
Undergraduate Placements	Haltwhistle Community Campus Upper School , Northumberland (2016) Benfield School , Newcastle (2019 - 2020)
Other Placements and / or Employment in Schools	Haltwhistle Swimming & Leisure Centre , Northumberland. School & Private Swimming Teacher, Pool Lifeguard, Gymnastics / Trampoline Assistant (2015 - Present) The School Games , Northumberland. Disability Sport Volunteer (2016) Active Northumberland . School & Private Swimming Teacher, Pool Lifeguard (2018 - Present) Benfield School , Newcastle. School & Private Swimming Teacher, Pool Lifeguard (2019 - 2020)

The strengths I have within my main subject area:		
Sporting Strengths	NGB/Other Coaching Awards	Teaching Strengths
Represented School in: <ul style="list-style-type: none"> Rounders Swimming Trampoline Netball Kit Car Racing Represented County in: <ul style="list-style-type: none"> Trampoline Kit Car Racing Represented Club in: <ul style="list-style-type: none"> Swimming Played at Recreational Level: <ul style="list-style-type: none"> Swimming Netball 	<ul style="list-style-type: none"> ASA - Level 1 Swimming Assistant (2017) ASA - Level 2 Teaching Swimming Teacher (2018) RLSS - IQL Level 2 Award in Pool Lifeguarding, Intervention, Supervision and Rescue (2016/2017/2019) 1st4sport - Level 2 Coaching Multi-skills Development in Sport (2018) Institute of Swimming - Introduction to Teaching the Four Strokes (2020) Hockey Teachers Workshop (2020) Youth Mental Health First Aid Award (2020) Introduction to Teaching Handball Award (2020) Level 2 Dodgeball Coaching Award (Pending) Level 1 Ultimate Frisbee Coaching Award (Pending) ECB Secondary Teachers Cricket Award (Pending) FA Secondary Teachers Football Award (Pending) British Gymnastics Level 1 and 2 Teachers Trampoline Award (Pending) Emergency First Aid at Work Qualification (Pending) 	<ul style="list-style-type: none"> Strong subject knowledge in an array of sports, especially trampolining from competing at county level and swimming from numerous years of teaching and holding a broad range of qualifications Strong subject knowledge in the examination aspect of PE developed over my degree and PGCE courses. I have attended recent training on GCSE PE, A Level PE, BTEC Sport and Cambridge National and Technical and have experience of teaching GCSE, A Level and Cambridge Technical I am a reflective practitioner who is always looking for ways to improve my practice

My personal skills and qualities:
<p>I believe that my personal strengths are my organisational skills and ability to plan in detail. My time management skills are also well developed. My experience of teaching swimming has developed my communication skills both verbally and non-verbally and this has contributed to my strength in the classroom. I am confident when dealing with students from a range of different age groups, backgrounds and abilities. I am patient and remain calm under pressure. I feel that I can adapt to a situation well and be flexible in my approach to teaching which have been really useful qualities in my teacher training this year. I am professional in my approach and pride myself on building positive relationships with my students and the staff I work with.</p>

My other interests and hobbies:
<p>As a keen sportswoman I enjoy trying my hand at lots of different sports and regularly play netball socially with my friends in my spare time. I have been teaching swimming for the past 5 years and find it extremely rewarding; I love being able to pass on my passion for swimming to the children through fun and exciting lessons. I feel it is extremely important that all children are given the opportunity to learn how to swim to the minimum standards set out in the national curriculum. My other main passion is travel. In 2016/2017 I spent three weeks in Australia visiting Sydney, Melbourne and Brisbane. I am keen to explore more of the world and experience different cultures.</p>

Preferred location:	North East, Cumbria
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