

Personal Information:

Name	James Mole	Main Subject	Physical Education	Second Subject	Mathematics Computer Science
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My academic qualifications:

School/College	University
Whitley Bay High School (2012 - 2017) <u>GCSE:</u> English Language (C), English Literature (B), Maths (A), Science (BB), French (C), Geography (B), Physical Education (A), Resistant Materials (B) <u>AS Level:</u> Physical Education (A) / <u>A' Level:</u> General Studies (D), Geography (D), Physical Education (A), Psychology (C)	University of Sunderland (2017 - 2020) <u>BA (Hons):</u> Physical Education and Sports Coaching (First Class) North East Partnership SCITT (2020 - 2021) <u>PGCE and QTS:</u> Secondary Physical Education (Pending)

The experience I have had in schools:

PGCE Placements	Astley Community High School , Northumberland (September - December 2020) Bede Academy , Northumberland (January - June 2021)
Undergraduate Placements	Denbigh Community Primary School , North Tyneside (Primary PE, 2017 - 2018) Kings Priory School , North Tyneside (Secondary PE, 2018 - 2019) Marden Bridge Middle School , North Tyneside (Year 5 - 8 PE, 2019 - 2020)
Other Placements and / or Employment in Schools	Wellfield Middle School , North Tyneside (Year 5 - 8 PE, Year 10 & 12 Work Experience, 2014 & 2016) Wellfield Middle School , North Tyneside (Year 5 - 8 PE, Independent Work Experience, 2016)

The strengths I have within my main subject area:

Sporting Strengths	NGB/Other Coaching Awards	Teaching Strengths
Competed at School Level: <ul style="list-style-type: none">Athletics (Track & Field and Indoor Sports Hall)FootballRoundersVolleyball Represented County in: <ul style="list-style-type: none">Athletics - 100, 200 & 400 (Northumberland) Competed at Club Level: <ul style="list-style-type: none">Athletics (Track & Field - Local, Regional & National)Football Competed at University Level: <ul style="list-style-type: none">Athletics (Track & Field)Dodgeball (Vice-President)Football Other: <ul style="list-style-type: none">Athletics Coach at North Shields Poly Athletics Club. Head of Speed and Sprints. Specialisation in 100m, 200m, 400m, Long Jump and Triple Jump	<ul style="list-style-type: none">Athletics - UK Athletics Leading in Athletics (2014) / UK Athletics, Athletics Assistant Coach (2019) / EduCare Level 2 Safeguarding in Athletics (2019) / UK Athletics, Athletics Coach (2020)Basketball - British Basketball, Basketball Officiating (2020) / British Basketball Level 1 Coaching Award (2020)Volleyball England Volleyball Leader (2016)ECB Cricket for Primary / Secondary Teachers (2017 / 2018)FA Primary / Secondary Teachers Award (2018 / 2019)Level 2 British Dodgeball Coaching Award (2018)Skills Active Level 2 Gym Instructor (2018)Ultimate Frisbee Level 1 Award (2019)Institute of Swimming - Introduction to Teaching the Four Strokes (2020)Hockey Teachers Workshop (2020)Introduction to Teaching Handball (2020)British Gymnastics Level 1 and 2 Teachers Trampoline Award (Pending)First Aid - ITC Emergency First Aid in Sport (2018) / Youth Mental Health First Aid Award (2020) / Emergency First Aid at Work Qualification (Pending)	<ul style="list-style-type: none">Strong subject knowledge in a range of sports developed through personal experience, university degree and teacher training. Particular strengths in athletics and footballTeaching experience in school years 5 - 13, including boys, girls and mixed classesStrong subject knowledge in theory PE developed through studying at GCSE, A' Level, undergraduate and postgraduate. I achieved a grade A at A' Level and a first class degree and have taught examination PE at KS4 and KS5I consider my main teaching strengths to be my adaptability, especially during the Covid-19 pandemic; my ability to reflect on my practice and seek out additional opportunities; my ability to develop positive relationships with staff and students and my professionalism

My personal skills and qualities:

I am extremely passionate about PE and sport and have been involved since a young age. Athletics is my main sport and I currently Coach at North Shields Poly Athletics Club. I have good organisational skills which ensure that I am thoroughly prepared for my learning, teaching and coaching. I have excellent communication skills developed through interactions with students, athletes and parents, which ensure that I am able to effectively deliver activities to students of different ages and take part in discussions with colleagues, parents and students to achieve the best outcomes. I am a reflective practitioner and am always looking to improve myself in order to aid other people's learning. I have recently restructured Track and Field at North Shields Poly by setting up club clothing, three social media pages, athlete and event groups, and created an athlete development pathway focus to ensure the section provides a platform for athlete and coach development in order to achieve personal bests and success in competitions.

My other interests and hobbies:

As well as still competing, coaching and being Head of Speed and Sprints at North Shields Poly Athletics Club I enjoy being in charge of the club's social media pages. I still play football regularly with my friends and have a season ticket for Newcastle United. I am a massive fan of Eurovision and have recently recorded a section of a chorus to be used in Iceland's 2021 entry (Fingers crossed it wins!).

Preferred location:

North East