

Personal Information:

Name	Kate Lawson	Main Subject	Physical Education	Second Subject	Science Computer Science
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My academic qualifications:

School/College	University
Trinity School (2010 - 2017) GCSE: Maths (B), English Language (A), English Literature (A), Science (B), Additional Science (B), History (B), Spanish (B), Physical Education (B), Religious Studies (B) ICT (B), Statistics (C) AS Level: History (D) A Level: Level 3 BTEC Applied Science (D*), Extended Project (A), Physical Education (C), Psychology (D)	University of Northumbria (2017 - 2020) BSc (Hons): Applied Sport and Exercise Science (2:1) North East Partnership SCITT (2020 -2021) PGCE and QTS: Secondary Physical Education (Pending)

The experience I have had in schools:

PGCE Placements	Wellfield Middle School , North Tyneside (September – December 2020) George Stephenson High School , North Tyneside (January - June 2021)
Undergraduate Placements	Trinity School , Carlisle (June - July 2019)
Other Placements and / or Employment in Schools	Robert Ferguson Primary School , Carlisle (May – June 2015) Gosforth East Middle School , Newcastle (January – February 2020)

The strengths I have within my main subject area:

Sporting Strengths	NGB/Other Coaching Awards	Teaching Strengths
<ul style="list-style-type: none">• Represented University in: Dance, more specifically jazz and commercial• Represented Counties in: Netball (Cumbria) and Badminton (Cumbria)• Represented School in: Netball, Badminton, Rounders, Athletics, Tennis, Hockey• Represented Clubs in: Netball, Badminton, Dance• Recreational: Running, Gym, HIIT workouts and danced since the age of 6	<ul style="list-style-type: none">• Level 1 Award in Netball Umpiring (2015)• Duke of Edinburgh Gold Award (2016)• High Ropes Instructor and Rescuer (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 (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">• Broad subject knowledge in many sports, including those listed in sporting strengths and NGB sections and strong desire to continually develop this knowledge in order to stretch and challenge all students• Strong understanding of theory based PE through my own studies at school, University and as part of my teacher training. In particular, I really enjoy learning about and teaching anatomy and physiology• By the end of my training year, I will have had training in all areas of the PE national curriculum at key stages three and four and examination PE at key stages four and five and the opportunity to apply this knowledge across all three key stages• I am very enthusiastic and can motivate students to achieve their best• I understand the importance of reflecting and then applying changes to future lessons and situations

My personal skills and qualities:

I have developed strong communication skills throughout my sporting background, which have further improved my teamwork and resilience in different sporting disciplines. Qualities and traits gained through sport have transitioned into my everyday life. Work within professional placements has enabled me to develop independence and leadership. The Duke of Edinburgh Gold Award has taught me the importance of challenge and the value of friendship. Throughout my studies, both my theoretical and practical subject knowledge has developed, which can be transferred to all aspects of PE. Studying for a degree in Sport and Exercise Science was a natural progression for me after gaining a qualification in both GCSE and A' Level PE. The progression, success and happiness of students is a passion of mine. I strongly believe that sport and physical activity promotes beneficial qualities that can be applied to day to day life.

My other interests and hobbies:

My passion for sport and physical activity is reflective within my hobbies. In my free time, I enjoy participating in netball and regularly attend the gym. As well as that I often take part in recreational yoga and pilates classes. I believe it is important to stay active to maintain a healthy body and mind. Spending time with my family and friends is very important to me as well, having fun and socialising helps me to relax and unwind.

Preferred location:

Cumbria, North East