

Personal Information:

Name	Jak Mitchell	Main Subject	Physical Education	Second Subject	Mathematics, Computer Science
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My academic qualifications:

School/College	University
Park View School: (2007-2012) <u>GCSE:</u> Maths (A), English Language (B), English Literature (B), Science (AA), Physical Education (A), Product Design (A), IT (Merit), Spanish (A), French (B), Geography (C), Religious Education (B), Business Studies (A) Park View Sixth Form: (2012-2015) <u>A-Level:</u> Physical Education (C), Biology (D) <u>BTEC Level 3:</u> Cambridge Technical in Sport (Distinction*), Cambridge Technical in Business (Distinction*)	Northumbria University: (2015-2018) <u>BSc (Hons):</u> Applied Sport and Exercise Science (2:i) University of Sunderland: (2018-2019) <u>Master of Sciences:</u> Sport and Exercise Science (2:i) North East Partnership SCITT: (2021-2022) <u>PGCE and QTS:</u> Secondary Physical Education (pending)

The experience I have had in schools:

PGCE Placements	St Joseph's Catholic Academy, Hebburn (September-December 2021) Whitburn Church of England Academy, Sunderland (January - June 2022)
Undergraduate Placements	Park View School - Montgenevre, France (2017)
Other Placements and / or Employment in Schools	Park View School (2016, 2018, 2019, 2020) Park View Academy of Sport (2018) Chester-Le-Street United Football Club (2020 - 2021)

The strengths I have within my main subject area:

Sporting Strengths	NGB/Other Coaching Awards	Teaching Strengths
<ul style="list-style-type: none"> Represented Clubs for: Team Northumbria, Chester-Le-Street Town FC, Birtley Town FC, Newcastle United Academy, Darlington FC Centre of Excellence, Chester-Le-Street Athletics Club. Represented School in: Football, Athletics, Indoor Athletics, Cross-Country, Basketball, Rugby Union and Swimming. Represented University in: Football leading to numerous notable achievements. 	<ul style="list-style-type: none"> FA 1st4Sport Level 1 in Coaching Football World Rugby Introduction to coaching; Coaching children in rugby The FA Concussion guidelines; Safeguarding children; Sudden Cardiac Arrest; Equality and Diversity; Level 1 Talent Identification; PE CPD for Teachers England Handball - Introduction to teaching Handball Award Table Tennis England Young Officials Award British Dodgeball Level 1 British Orienteering - Introducing Orienteering for Secondary Schools British Gymnastics Level 1 & 2 Teachers Trampoline Award Youth Mental Health First Aid Engaging Women and Girls in Sport and Physical Activity Certificate 	<ul style="list-style-type: none"> Strong knowledge and delivery in a wide range of activities in core PE and a range of topics in examination PE, which I have developed through ongoing academic placements, NGB awards, CPD events and observing practice and teaching. Enthusiasm and presence within lessons to motivate pupils and create an engaging learning environment for all. Reflective practitioner who is able to implement change in practice and is always focusing on ways to improve. I have effective behaviour management strategies through creative teaching, setting high expectations and challenging pupils as appropriate. I have the ability to build strong relationships with students and colleagues.

My personal skills and qualities:

I am confident, respectful and hardworking with a positive outlook on life; I am honest and reliable and will give my utmost effort in anything I undertake which is evident in my academic achievements and semi-professional football career. I am passionate in providing extra-curricular opportunities for students and believe that outside of PE, children should be offered the opportunity to continue their sports participation. I take enormous pride in my professional standards, I am approachable and a forward-looking, trustworthy individual.

My other interests and hobbies:

I am passionate about participating in sports and have always been a keen footballer, currently playing for Chester-Le-Street Town in the Northern League. I am a competent skier and regularly support colleagues and teach pupils on annual ski trips. I take great pride in maintaining high fitness levels so during my off-season from football I enjoy running; regularly participating in Parkrun 5km and last year completed my first marathon. I occasionally revel in hikes in the Lake District and Yorkshire Dales, my most notable being the Yorkshire 3 Peaks and Scafell Pike; I am ambitious to complete the 3 Peaks Challenge UK within the next year.

Preferred location:

North East