

PE Teacher

Rhys Kavanagh



EXPERIENCE

Final Teaching Placement (PGCE), Nunnery Wood High School, Worcester *Jan 2025 – May 2025*

Ten-week assessed placement as sole PE teacher for multiple Key Stage 3 and Key Stage 4 classes at a school with **1,100 pupils** rated Good by Ofsted.

- Planned and delivered **over 90 lessons** across football, netball, gymnastics, dance, badminton, and athletics to Year 7 through Year 11 classes of **28 to 32 pupils**
- Received **3 Outstanding and 5 Good** lesson observation grades from the university tutor and school mentor
- Created a **6 week gymnastics scheme of work** for Year 8, adapted to include a pupil who uses a wheelchair, praised by the mentor as a model of inclusive planning
- Tracked assessment data for **180 Key Stage 3 pupils** each half-term using the school's own assessment framework
- Used **video analysis with 24 GCSE PE students** to review practical performances, contributing to an average improvement of **8% in practical marks** across the group

Teaching Placement (PGCE), Tudor Grange Academy Solihull, Solihull *Sep 2024 – Dec 2024*

First PGCE placement in a large academy with specialist sports college status and **1,400 pupils**.

- Taught **50+ lessons** across Year 7, Year 8, and Year 9 in rugby, football, fitness, and dance
- Differentiated athletics tasks for **3 pupils with coordination difficulties**, modifying equipment and success criteria so all could participate and achieve
- Ran a **weekly lunchtime "Active Club"** for **15 pupils** who had expressed discomfort with competitive PE, offering activities including yoga, walking, and team-building games
- Assisted with **Year 10 GCSE PE theory revision sessions**, focusing on anatomy, physiology, and the effects of exercise

Community Football Coach (Part-Time), Worcester City FC Community Trust, Worcester *Sep 2023 – Mar 2025*

Part-time coaching role delivering grassroots football sessions to young people aged 8 to 16 across community venues in Worcestershire.

- Coached **4 weekly sessions** for groups of **16 to 24 young players** at varying skill levels
- Planned progressive coaching blocks aligned to the **FA Youth Development Review framework**
- Supported the trust's school holiday programme, delivering **full-day sports camps to 40+ children** per day during Easter and summer holidays

CERTIFICATIONS

Qualified Teacher Status (QTS), Department for Education *Jul 2025*

FA Level 2 Certificate in Coaching Football, The Football Association *Jun 2022 – Jun 2022*

England Athletics Coaching Assistant, England Athletics *Mar 2023 – Mar 2023*

Enhanced DBS Certificate, Disclosure and Barring Service *Aug 2024 – Aug 2024*

Level 2 Safeguarding Children, EduCare *Sep 2024 – Sep 2024*

EXTRA CURRICULAR ACTIVITY

Widening Participation Sports Outreach, Loughborough University *Sep 2021 – Jun 2023*

Led sports outreach sessions as part of the university's widening participation programme, visiting schools in areas of low HE participation.

- Delivered **taster PE sessions** at **8 secondary schools** across the East Midlands, working with **Year 9 and Year 10 pupils**
- Ran **"Try a Sport" days on campus** for **60+ Year 11 students** from partner schools, introducing activities including fencing, lacrosse, and climbing

PROFILE

Newly qualified PE teacher with a PGCE in Secondary Physical Education from the University of Worcester and **Qualified Teacher Status (QTS)**. Completed two school placements teaching across Key Stage 3 and Key Stage 4, delivering a broad curriculum including team games, gymnastics, dance, and athletics to classes of up to **32 pupils**. Previously graduated with a BSc in Sport and Exercise Science from Loughborough University. FA Level 2 and England Athletics coaching qualified. Enhanced DBS checked and committed to making PE inclusive and enjoyable for every pupil.

EDUCATION

PGCE Secondary Physical Education in Physical Education

University of Worcester, Worcester
Sep 2024 – Jul 2025

BSc (Hons) Sport and Exercise Science in Sport and Exercise Science

Loughborough University, Loughborough
Sep 2020 – Jul 2023

SKILLS

- Lesson Planning and Delivery (KS3 & KS4)
- PE Curriculum Design
- Inclusive PE and Adaptive Teaching
- GCSE PE Theory and Practical Assessment
- Behaviour Management
- Video Analysis for Performance
- Extra-Curricular Sport Coordination
- Safeguarding (Level 2)
- First Aid (Emergency First Aid at Work)
- Coaching (Football, Athletics, Gymnastics)

LANGUAGES

- English - Native

REFERENCES

Mr. James Aldridge

Head of PE, Nunnery Wood High School, j.aldrige@nunnerywood.worcs.sch.uk, +44 1905 363 636

Captain, Loughborough University Men's Football 2nd XI

Sep 2022 – Jun 2023

Captained the 2nd XI in BUCS (British Universities and Colleges Sport) Midlands 2A league.

- Organised training, managed matchday logistics, and supported the development of **25 squad players**
- Team finished **3rd in the league** and reached the **BUCS Cup quarter-finals**