

RHIANNA POOLE

PHYSICAL EDUCATION STUDENT

2ND YEAR



07495615355



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Tyr cwm, llangodmor, sa4322le
,Cardigan

ABOUT ME

I’m a caring,sociable and confident individual with a resilient nature, im passionate about helping others grow into independent and successful people,and I dedicate myself fully to supporting their development. Drawing on my sporting background,I bring a team-focused disciplined approach to everything I do,always striving to inspire and empowered those around me to thrive in the wider world.

EDUCATION

University of wales trinity saint david
Physical education cx69
2nd year
(2024-2027)

College sir gar
Btec extended diploma (QCF) in sports outdoor
adventure
3 year course (2021-2024)

General certificate of secondary
education

- Science-D
- Welsh bacc-c
- Welsh-c
- Travel and tourism-c
- Religious studies-c
- Mathematic-d
- English-c
- Physical education -c

SKILLS

- Bilingual-English and welsh
- Communication
- Empathy and compassion
- Resilience
- Teamwork
- Adaptability
- Confidence
- Time management
- Attention to detail
- Problem solving
- Work ethic
- Respect for diversity

Bar/kitchen staff member

Cardigan bay holiday park
In my role as a bar and kitchen staff member at a busy caravan park, I take on a wide range of responsibilities that extend far beyond serving food and drinks. I assist various customer needs, help resolve issues, and ensure guests have an enjoyable experience throughout their stay. I actively engage with children by leading activity based games,contributing to a family-friendly environment.

Im trusted with key responsibilities such as opening and closing the bar and restaurant, and i confidently provide guests with information not only about our services but also about the park itself. My experience allows me to support both customers and colleagues with ease and professionalism.

Throughout my work, I consistently demonstrate resilience, respect, and leadership. I take pride in my sociable nature, strong communication skills, and commitment to going above and beyond to ensure every guest feels welcomed, supported, and satisfied.

General assistant

Maes Mwldan independent living home
(2020-2024)
In this role, I provided flexible, hands on support within an independent living environment, adapting to a variety of responsibilities as needed. I regularly assisted the chef with meal preparation and kitchen duties, while also taking initiative to complete tasks independently to maintain a clean,safe,and welcoming space for residents.

A key part of my role involved understanding and responding t individual needs of residents with varying disabilities, injury's, and religious backgrounds. I supported them with daily activities such as eating,mobility (including assistance with wheelchairs and crutches), and general care always treating each person with dignity and respect. I built strong,lasting relationships with residents by learning their names,routines, and personal requirements.

This experience deepened my understanding of person-centered care and strengthened my commitment to supporting the wellbeing of others. Through this role,I developed valuable skills in empathy,resilience,communication,multi tasking and adaptability- all essential for working in fast-paced and people focused environments.

EXPERIENCE Volunteer work /placement

Leisure center staff member 2 week placement

During my placement, I supported the day-to-day operations of the leisure center by carrying out a range of responsibilities. These included maintaining cleanliness across facilities, setting up equipment and activity areas, and providing friendly, helpful service to customers. This experience strengthened my communication skills, attention to detail, and ability to work effectively in a team-oriented, customer-focused environment

Assistant football coach-under 8s team 2019-1 season

Co-coached a youth football team, supporting the development of children’s physical skills, teamwork, and understanding of the game. Responsibilities included planning and leading age-appropriate warm-ups, drills, and training activities, as well as assisting in organizing matches and managing team engagement.

This role helped me build strong leadership, communication, and mentoring skills, while also promoting a positive, inclusive environment where young players could learn and grow both physically and socially.

Hobbies

Rugby
Kickboxing
Football
Socializing
Creative,art

Refrence:Tutour Dylain Blain

✉ D.blain@uwtsd.ac.uk

Job description form

Summary

We require a well qualified and enthusiastic Physical Education teacher, who will be able to contribute to a successful and well established faculty. The candidate must be a dynamic individual who has the passion, drive and energy to ensure high quality learning, progress and achievement are secured at all key stages by the faculty.

Afon Tâf is very proud to have 21st Century facilities to educate our students. The new building houses modern classrooms equipped with the latest educational technology and fantastic facilities which mean that every student can reach their potential. The school has exceptional sports facilities including a new 3G football pitch, running track, tennis courts, gymnasium, multigym and large sports hall.

Safeguarding Statement

Afon Taf High School is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all staff and volunteers to share this commitment. We particularly welcome applications from under represented groups including ethnicity, gender, transgender, age, disability, sexual orientation or religion.

PE TEACHER

All members of staff, irrespective of specific responsibilities outlined in the personal job description, are expected to carry out the following duties as a member of a particular department:

- To deliver a planned, challenging and appropriate curriculum based on the learning needs of individual pupils and National Curriculum programmes of study
- To ensure that all pupils have equal access to learning opportunities
- To involve pupils in making choices about their learning
- To help pupils develop towards independence in their learning
- To prepare pupils for public examinations
- To monitor the progress of individual pupils, diagnosing strengths and learning needs and agreeing learning targets with pupils
- To provide pupils with regular and constructive feedback on their progress through discussion and the marking of classwork, homework, tests, examination and pupil self evaluation
- To keep accurate and informative records in line with departmental policy on assessment and recording
- To ensure continuity and progression in the curriculum for each pupil within and across key stages
- To prepare and discuss regular progress reports with pupils
- To work in partnership with parents to promote pupils' learning achievement. This will include discussion with parents on Parents' Evening and at other times as and when appropriate
- To create a classroom environment which supports and stimulates learning. This will include the efficient organisation of resources and the display of pupils' work
- To liaise with other subject teachers where appropriate in order to promote a cross-curricular approach to learning
- To implement school policies
- To work as part of a departmental team, reviewing and developing the curriculum, and producing resources to support learning for the full ability range
- To manage classroom resources to ensure there is minimum wastage
- To support other members of the departmental team through the sharing of skills and experience
- To take part in an agreed review scheme and on other staff development activities
- To keep abreast of other developments in the subject
- To perform such additional duties as may be required by the Headteacher from time to time

Signed: _____

Miss Rhianna Poole
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07495615355

Afon taf hiring manager
Afon Taf high school
Yew St,Troedyrhiw,methyr teydfil CF484ED
27th of October,2025

Dear hiring manager,
I am very interested in the role of Physical Education Teacher at your school. Your school immediately stood out to me for its commitment to modern educational practices and the exceptional resources and facilities available to both staff and students. In particular, your 3G pitch and spacious sports hall would provide an excellent environment in which to deliver dynamic and engaging learning experiences.

I greatly admire your emphasis on inclusivity and accessibility, ensuring that every student is supported in reaching their full potential. The job description aligns closely with my skills and experiences, as I am an enthusiastic, motivated, and outgoing individual who strives for success and aims to inspire the same mindset in my students.

I am always eager to develop professionally and to embrace new ideas and teaching approaches. My background includes experience and placements in related roles, such as working in leisure centers, football coaching, and my university studies in Physical Education—all of which have allowed me to refine my instructional and leadership skills.

My primary aims and objectives in this role would be to promote equality of opportunity and to foster an open, supportive environment where pupils may feel confident to express themselves and engage fully in their learning as I have tried to ensure when teaching children during modules on campus.

I am dedicated to equipping every child with the knowledge, skills, and motivation necessary to lead a healthy and active lifestyle through the positive influence of physical education. Having had some experience of this whilst planning and teaching children swimming during module in my first year at university,

I believe I can contribute to your school by bringing a genuine enthusiasm and passion for physical activity, alongside experience in competitive sports, athletics, and inclusive programs. Some examples of personal experience that would be beneficial would be I've played multiple team sports for years such as rugby, football, hockey and netball so I have a good idea of how team sports should be and knowledge behind a successful happy environment for all members. I also have experience in teaching with a football team and presenting some lessons in the leisure center that has given me the mandatory experience to instruct and carry out meaningful learning.

Furthermore, I am very aware of the importance of nurturing physical literacy and for young children to have lifelong skills such as teamwork, communication, and social development, ensuring that every student is empowered to achieve their full potential both within physical education and across their wider school experience.

Yours sincerely: Rhianna Poole

Focus statement

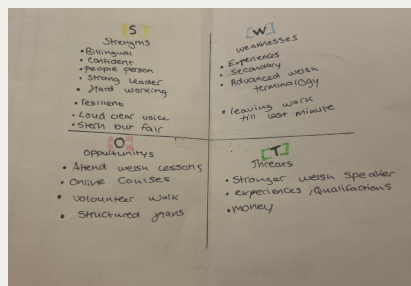
Ambitions

My career ambition is to complete my university degree, progress onto a PGCE qualification, and pursue a fulfilling career within the physical education sector, whether in primary or secondary education

Core values

My core understanding as a Physical Education teacher is built on the values of inclusivity, respect, and lifelong learning. I believe that every student should have equal opportunities to take part, develop confidence, and enjoy physical activity regardless of their ability. I aim to create a positive and supportive environment where pupils feel valued, motivated, and encouraged to reach their full potential. Through promoting teamwork, resilience, and personal growth, I hope to inspire students to lead active, healthy lifestyles both in and beyond school.

Swot -planning



Swot outcome

Strengths

- I am stern but fair which is crucial for authority, consistency and respect. These skills enable me to create a safe respectful environment where everyone is valued and treated equally.
- Being a people person allows me to build strong, positive relationships with students and colleagues, creating a happy collaborative learning environment.
- My loud and clear communication skills are crucial for students understanding and learning, good communication skills allow the students to partake in activities with safety and knowledge.

Weaknesses

- Experiences is a weakness that I need to build on however isn't a crucial aspect as it can be adapted on. The potential of adapting experiences could widen my view on different teaching styles.

Opportunity's

- Given the opportunity's to build on my personal teaching skills, plans or structure through online courses would be beneficial for better teaching and learning, which could help me deliver meaningful learning.

Threats

- Experiences comes under threat when teaching due to constant change in the curriculum regardless to this threat I'm always willing to learn new things.

Objectives			
Training needs	Analysis - self evaluation		Training needs
Identify the requirements for the job	Relative importance 1-10	Self rating	Important for others to fill Requirements above the present job level
Knowledge	8	8	
			Managing team member of organ. can give an effective message when negotiating and presenting a better understanding
Confidence	8	7	confidence in self and others

Through my training needs analysis i have identified that while my strengths lie in creating inclusive ,equal learning environments and using the use of my knowledge to create meaningful learning .i would benefit from being more confident,engaging more effectively and communicating better. To do this it would be beneficial for me to have more experience in observing teachers during lessons,having structured lesson plans to enhance the confidence and pre practicing lessons in advance.

Personal development plan

In my personal development plan i focus on where i am now,where i want to be and how im going to get there

In my second year of uni studying physical education, frequently going on placement and exploring different school environments ranging from outdoor education nursery and sports in primary.

In about 3-4 years time i want to see myself graduated and going into a teaching job within a school setting weather that is in secondary,primary or nursery .

- Taking opportunity that are offered
- Being reliable, resilient, dedicated and willing.
- Adapting on planning and organization skills
- Developing better communications skills
- Using support systems such as online prof-read articles, magazines, books and so on ,as well as learning from teachers or mentors and using the access of online courses

Aspects of a good Pe teacher and some research regarding that

Research in qualities of being a good PE teacher often refer back to some of my qualities ive listed such as knowledge and personal qualities and displays that qualities as such can directly support the idea of lifelong learning ,Baumgartner (2022).In addition others suggest that respect is a key aspect to quality learning,building relationships and overall attitude,Putri.(2023)

Resources

Baumgartner, M. (2022) 'Professional competence(s) of physical education teachers: terms, traditions, modelling and perspectives', German Journal of Exercise and Sport Research, 52, pp. 550-557.

Brown,Judith.(2002)'Training needs assessment,pp.569-578

Putri, A.S. et al. (2023) 'Respectful attitude in physical education learning outcomes', International Journal of Social Science Research and Review, 6(12), pp. 312-322.

Oh, J. (2021) 'Teacher-student relationship and class flow in physical education class: the mediating effect of emotion regulation', National Volatiles & Essential Oils, 8(4), pp. 636-648.