



MY WORK PLACEMENT EXPERIENCE

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What I planned to achieve during my time on placement.

- Gain confidence.
- Develop my communication skills with both adults and children.
- Experience a variety of teaching styles.
- Further my knowledge on the curriculum and how to teach certain aspects such as adventurous activities.
- Get a better understanding of why there are both positive and negative relationships with PE.

Placement organisation and job role.

- Exchanged emails with PE teacher I would be working with.
- Meeting with the school manager.
- Tour of the school
- Discussed the role in which I would be playing during my time at Pentrehafod.

Meeting consisted of-

1. Health and safety plan
2. Fire safety plan
3. Lock down plan
4. Rules and regulations
5. Signing in and out procedure
6. Filling out my documents



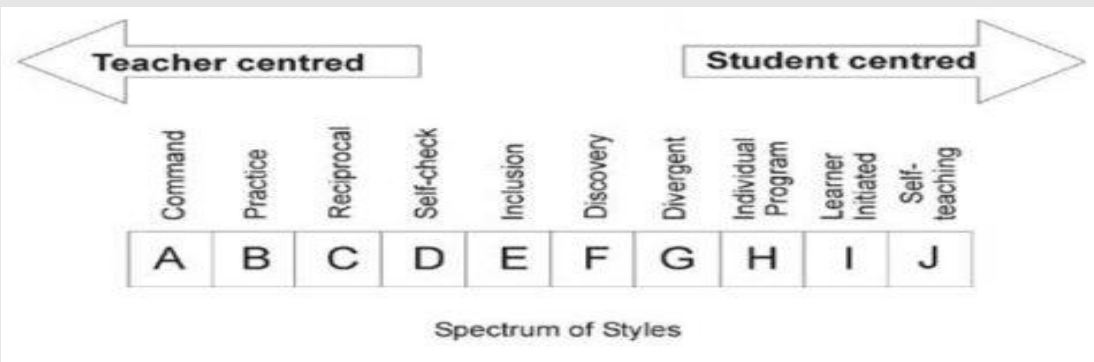
Overview of Placement

- shadowing
- Demonstrations
- Extra student
- Confident enough to take drills
- Run a volleyball tournament.
- Trusted to teach the class survival skills in swimming.



Critical reflections

Different teaching styles



Multiple types of sports.



Physical education at Key Stage 3

At Key Stage 3, learners build on the skills, knowledge and understanding acquired at Key Stage 2.

Physical education encourages learners to build a platform of skills on which future activity choices can be made. Through their creative, adventurous and competitive activities they plan, practise and improve their performance so that they can enjoy being able to perform consistently well. As confidence grows, so does their ability to take part in activities that become technically more demanding. They learn the benefits of working with others to strengthen a team or partnership while outwitting others, planning a journey or practising for a performance. They understand that engaging in activity is beneficial to their health and fitness and take greater responsibility for their own well-being.

Physical education at Key Stage 4

At Key Stage 4, learners build on the skills, knowledge and understanding acquired at Key Stage 3.

Physical education fosters a growing sense of personal responsibility for a healthy and active lifestyle through developing activities that can be enjoyed and sustained in the school and the community. Learners may choose the area of experience they know they enjoy and select activities they want to develop. There are opportunities to work collaboratively and refine skills in the creative, adventurous or competitive activities of choice. There are opportunities to develop skills of leadership, make informed judgements and develop advanced technical skills. In physical education, a concentration on health, fitness and well-being activities includes devising a sustainable plan suited to personal needs and goals.

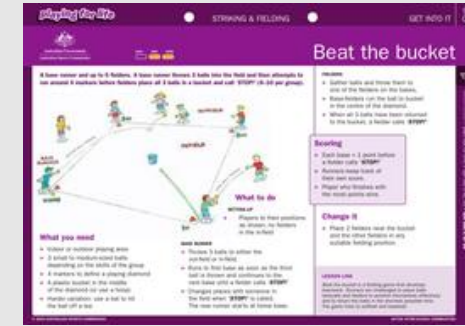
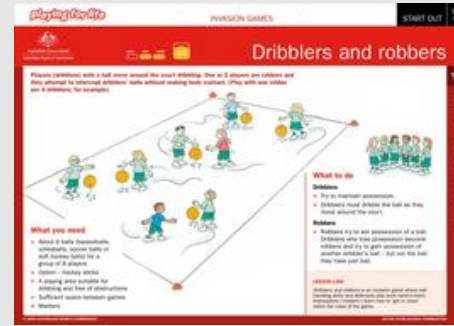
Needs Analysis

What I need to improve

- **Confidence-** I need to improve my confidence in order to give the children a better learning experience, and to be able to have better control over the class.
- **More in depth knowledge of sport-** I need to get a more in depth knowledge of a variety of sports to ensure all children get the chance to try something new and find an activity they enjoy. This will also help to ensure that the children will get the chance to perform to the best of their abilities.
- **Different styles of teaching-** I need to use different styles of teaching during my lessons. Children learn in multiple ways so using a variety of teaching styles will help to ensure that they all get the chance to understand in some way. It will also help me to keep my lessons interesting.
- **Curriculum-** I need to get a better understanding of the curriculum to ensure that my lessons are relevant and to ensure that I'm teaching the correct skills for the correct age group.



Action Plan



- **Confidence-** Improving my confidence will come with more teaching. I plan to do some coaching with the juniors in my netball team so I can improve my communication and problem solving skills which should help my overall confidence. Also, improving on the next 3 points will help me to be more confidence as ill have more knowledge.
- **More in depth knowledge of sport-** To get more in depth knowledge of a variety of sports I need to research the rules and regulations and watch videos to see them in play. I also need to research drills so I know how to teach the activity. I can use resources such as sport wales and youth sport to get activity cards which will help me to plan my lessons and with demonstrations.
- **Different styles of teaching-** To improve the way I teach I need to research the different styles and make lesson plans so that I stick to them during my lessons. Using extra resources such as learning cards will help me to ensure that my lessons are more student led rather than me talking them through everything.
- **Knowledge of the Curriculum-** I need to read and gain a better understanding of what my lessons need to include. I should use parts of the curriculum as aims and objectives during my lessons to ensure im teaching the correct information.