

**Subject Knowledge Self-Assessment:**

**Physical Education**

For a secondary specialist this subject knowledge may be demonstrated by the applicant having a degree with a significant content in Physical Education or the equivalent - possibly gained through industrial or school-based experience.

Throughout the programme, the self-assessment requires you to reflect upon your own personal strengths, knowledge and skills of using the range and content of the curriculum and then on your experience of enabling pupils to grasp these key elements. You will be asked to self-assess your knowledge & skills and experience using the following grading:

|  |  |  |  |
| --- | --- | --- | --- |
| 1 = Significant area of strength | 2 = A firm grasp of this aspect | 3 = A developing understanding | 4 = Limited grasp of this area |

In the comments section please give a brief justification as to why you have graded yourself as you have.

At the end of each block of teaching in year 3 or PGCE or at each Progress Point, meet with your subject mentor and discuss the development of your subject knowledge and pedagogy, re-grade yourself and add justification.

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| Name: | Route: B.Ed/PGCE |
| Year 3/PG Placement A: | Year 3/PG Placement B: |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Key Stage XX Range and Content** | **Personal knowledge and skills** | | **Experience of developing pupil knowledge and skills** | |
| **1-4** | **Justification** | **1-4** | **Justification** |
| **National Curriculum matters, skill and processes** | **Multi-Skills/fundamentals/Foundational Principles:**  e.g.agility, balance, coordination, speed; running, jumping throwing; kinaesthetic, gliding, buoyancy, swinging; catching, kicking, striking |  |  |  |  |
| **HEALTHY ACTIVE LIFESTYLES**  e.g.training principles, involvement in a broad range of different activities, range of roles (performer, leader, official) |  |  |  |  |
| **AESTHETIC-BASED ACTIVITIES**  e.g.gymnastic activities, dance activities, synchronised swimming, parkour |  |  |  |  |
| **GAMES-BASED ACTIVITIES**  **Invasion** e.g. football, rugby, netball, hockey, basketball, water polo, American football, ultimate |  |  |  |  |
| **Striking/fielding** e.g. cricket, rounders, softball, stoolball |  |  |  |  |
| **Net/wall** e.g. badminton, volleyball, table tennis, squash |  |  |  |  |
| **Target** e.g. golf, archery, boccia |  |  |  |  |

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|  | **Key Stage 3 Range and Content** | **Personal knowledge and skills** | | **Experience of developing pupil knowledge and skills** | |
| **1-4** | **Justification** | **1-4** | **Justification** |
|  | **ATHLETIC-BASED ACTIVITIES**  e.g. running, jumping, throwing |  |  |  |  |
|  | **AQUATIC-BASED ACTIVITIES**  e.g. swimming, diving, aqua fit, lifesaving |  |  |  |  |
|  | **LEARNING IN, THROUGH AND ABOUT THE OUTDOORS**  e.g. problem solving, orienteering, walking, sailing, canoeing, climbing |  |  |  |  |
|  | **14-19 CURRICULUM**  e.g. GCSE PE, Cambridge Nationals, BTEC, A level |  |  |  |  |
|  | **SCIENCE UNDERPINNING MOVEMENT**  e.g. physiology, psychology, skill acquisition, biomechanics, performance analysis |  |  |  |  |
|  | **HUMAN DEVELOPMENT**  Physical, cognitive emotional, social |  |  |  |  |

**Please indicate whether you have had experience of the following:**

|  |  |  |
| --- | --- | --- |
|  | **✓** | **Further details** |
| **Leadership:**  Employment e.g. Teaching Assistant, LSA, Cover Supervisor |  |  |
| **Leadership:**  Voluntary e.g. assisting PE department |  |  |
| Work placements |  |  |
| Assuming roles and responsibilities  e.g. team captain |  |  |
| Coaching and leading within the community  e.g. club captain, coaching colts, teaching swimming, summer activity programmes |  |  |
| Attendance on a sport disability course, possibly specific to a particular sport discipline |  |  |