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PGCE PHYSICAL EDUCATION COURSE

KNOWLEDGE AND SKILLS INITIAL AUDIT AND TARGETS

(SUBJECT-SPECIFIC)

APPLICANT’S NAME: DATE:

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| **KNOWLEDGE AND SKILLS - INITIAL AUDIT** |

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| SUBJECT CONTENT KNOWLEDGE *(i.e. skills, techniques, concepts, principles, rules, factual information of a range of physical activities & topics such as physiology of sport & exercise)*  **For each of the boxes below, rate your level of knowledge and skills using the criteria below** *(please ✓ as appropriate):* | | | |
| **1** = Very good level of knowledge and skills  **2** = Good level of knowledge and skills  **3** = Poor level of knowledge and skills | **1**  Very good | **2**  Good | **3**  Poor |
| **Practical Areas of Activity of the PE Curriculum:** | | | |
| **Athletics:**   * Track ‘Endurance’ Events (800m, 1500m): ……………………………………………… * Track ‘Speed’ Events (100m, 200m 400m): .…………………………..………………… * Field ‘Throwing’ Events (shot-putt, discus, javelin, hammer): ………………………. * Field ‘Jumping’ Events (long jump, triple jump, high jump): ..……………………… |  |  |  |
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| **Dance:**   * Educational/creative:………………………………………………………………………. * Other (jazz, ballet, tap, aerobic etc)( please specify): *..*…………….……………….. |  |  |  |
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| **Games:**   * Invasion Games (basketball, football, hockey, netball, rugby, waterpolo etc): * Net/Wall Games (badminton, squash, table tennis, tennis, volleyball etc): .……. * Striking/Fielding Games (baseball, cricket, rounders, softball etc): ……………….. * Target Games (archery, darts, golf): ……………………………………………………. |  |  |  |
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| Gymnastics:  * Educational: .………………………………………………………………….……….……… * Other (Olympic, rhythmic, acrobatics) (please specify): …………………………… |  |  |  |
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| **Outdoor & Adventurous Activities:**   * ‘Water-based’ Activities (canoeing, sailing, water-skiing, wind-surfing etc): * ‘Land-based’ Activities (abseiling, orienteering, rock-climbing, caving etc): |  |  |  |
|  |  |  |
| **Swimming:**   * Strokes (front-crawl): …………………………………………..……………………………. * Strokes (back-crawl): ……………………………………………………………………….. * Strokes (breast-stroke): ……………………………………………………………………… * Strokes (butterfly): ……………………………………………..…………………………..… * Personal Lifesaving & Water Safety: ………………………………….………..………… |  |  |  |
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| Any other Physical Activities (please specify):  * ….……………………………………………………………………………………….……… * ………………………………………………………………………………………… * ….………………………………………………………………………………………………. |  |  |  |
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| **KNOWLEDGE AND SKILLS - INITIAL AUDIT** |

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| SUBJECT CONTENT KNOWLEDGE *(cont’d)* *(i.e. skills, techniques, concepts, principles, rules, factual information of a range of physical activities & topics such as physiology of sport & exercise)*  **For each of the boxes below, rate your level of knowledge and skills using the criteria below** *(please ✓ as appropriate):* | | | |
| **1** = Very good level of knowledge and skills  **2** = Good level of knowledge and skills  **3** = Poor level of knowledge and skills | **1**  Very good | **2**  Good | **3**  Poor |
| **Subjects/Topics at GCSE, A Level and BTEC:** | | | |
| * Anatomy & Physiology (e.g. Control of Blood Supply; Respiratory response to exercise): |  |  |  |
| * Biomechanics (e.g. Kinematic chain): |  |  |  |
| * Contemporary Studies (e.g. Physical & outdoor education; Towards a concept of sport): |  |  |  |
| * Exercise Physiology (e.g. Energy continuum; Ergogenic aids): |  |  |  |
| * Exercise & Sport Psychology (e.g. emotional control ; Group dynamics of sport performance) : |  |  |  |
| * Historical Studies (e.g. Games in popular recreation, Development of popular recreation in the UK): |  |  |  |
| * Other (please specify): |  |  |  |
| **Other Vocational Qualifications in PE** | | | |
| * JSLA (Junior Sports Leaders Award): |  |  |  |
| * CSLA (Community Sports Leaders Award): |  |  |  |
| * HSLA (Higher Sports Leaders Award): |  |  |  |
| * Other (please specify): |  |  |  |

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| **KNOWLEDGE AND SKILLS - INITIAL AUDIT** |

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| KNOWLEDGE OF LEARNERS AND LEARNING (i.e. Learners, child development and theories of how children learn)  **For each of the boxes below, rate your level of knowledge and skills using the criteria below** *(please ✓ as appropriate):* | | | |
| **1** = Very good level of knowledge and skills  **2** = Good level of knowledge and skills  **3** = Poor level of knowledge and skills | **1**  Very good | **2**  Good | **3**  Poor |
| **Knowledge and Skills (Learners & Learning):**   * Child Development (e.g. physical, intellectual, emotional, moral & social development): ……. * Theories of Learning (e.g. Skinner’s behaviourist theory, Vygotsky’s social   constructivist theory, Piaget’s constructivist theory etc): ……………………….   * Different types of learners (e.g. obese, gifted & talented, EAL, SEN/D, BME, disengaged or reluctant etc): ………………………………………………………………. |  |  |  |
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| **KNOWLEDGE AND SKILLS - TARGETS** |

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| IDENTIFICATION OF STUDENT’S PRINCIPAL DEVELOPMENTAL NEEDS/WEAKNESSES | |
| Having considered your level of knowledge and skills in each of the categories/knowledge bases (above), please note the **Principal Developmental Needs/Weaknesses** below (i.e. those rated as **2** orGood level of knowledge and skills or **3** or Poor level of knowledge and skills): | |
| **KNOWLEDGE AND SKILLS FOCUS:** | **DEVELOPMENT TARGETS AND HOW THEY WILL BE ACHIEVED:** |
| SUBJECT CONTENT KNOWLEDGE: |  |

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| KNOWLEDGE OF LEARNERS AND LEARNING: |  |

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| **OTHER QUALIFICATIONS REQUIRED:** | **DATE ACHIEVED:** |
| 1. First Aid Certificate *(i.e. One-Day Emergency First Aid at Work Course):* |  |
| 2. National Pool Lifeguard Qualification *(i.e. National Pool Lifeguard Qualification Course):* |  |
| 3. NGB Level 1 Coaching Award (i.e. Level 1 Rugby) |  |

*(NB this Knowledge & Skills Initial Audit & Targets document is to be kept in a safe place for future reference)*