

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):
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| **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):
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| * Biomechanics (e.g. Kinematic chain):
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| * Contemporary Studies (e.g. Physical & outdoor education; Towards a concept of sport):
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| * Exercise Physiology (e.g. Energy continuum; Ergogenic aids):
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| * Exercise & Sport Psychology (e.g. emotional control ; Group dynamics of sport performance) :
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| * Historical Studies (e.g. Games in popular recreation, Development of popular recreation in the UK):
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| * Other (please specify):
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| **Other Vocational Qualifications in PE** |
| * JSLA (Junior Sports Leaders Award):
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| * CSLA (Community Sports Leaders Award):
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| * HSLA (Higher Sports Leaders Award):
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| * 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)*