



PGCE PE 2022-23

Dear trainee teacher

Firstly, congratulations on being successful in obtaining a place on the PGCE PE programme for the academic year 2022-23. I am looking forward to working with you and can confirm the course will start on the 12th September 2022. In readiness for the busy and exciting year ahead, please complete the tasks detailed below which have been designed to help you prepare for the course.

1) **CONFIRM YOUR PLACE** When you receive this pack, email me at FHeath-Diffey@cardiffmet.ac.uk to confirm that you will starting with us in September 2022.

2) SELF ASSESS YOUR SUBJECT KNOWLEDGE

Please look at the subject audit form that was sent with this letter and self-assess how much you know about each of the areas identified. While Physical Education provision in schools is changing in line with the enactment of Curriculum for Wales, as Physical Health Educators we need to be well informed and flexible with our approach. Read through the list and be honest with yourself. When you begin the PGCE PE programme you will be expected to plan and teach lessons on a range of these curriculum areas, so it is best that you are aware of your knowledge 'gaps' now.

3) DO SOME READING

- Capel, S., Leask, M. and Turner, T. (2016) *Learning to teach in the secondary school*, 7th edn. London: Routledge.
- Kyriacou, C. (2009) *Effective teaching in schools: theory and practice*, 3rd edn. Cheltenham: Nelson Thornes.
- Muijs, D. and Reynolds, D. (2017) *Effective teaching: evidence and practice*, 4th edn. London: Sage.

Read about PE Teaching, (both available as e-books when you enrol) or you may wish to purchase.

- H Bailey, R. (2010) *Physical Education for Learning. A guide for Secondary Schools*. Secondly, London: Continuum.
- Capel, S. and Whitehead, M (2015) *Learning to Teach Physical Education in Secondary School* (4th Eds) Oxon: Routledge.

They are both readable, straight forward texts that cover many aspects that will be explored in greater detail next year.

4) EXPLORE SOME WEBSITES / PODCASTS

Check out these website and podcast recommendations; they will be very helpful to you during the programme:

- [Emma and Tom's PGCE Podcast](#): Co-hosted by Emma Thayer (Programme Leader for PGCE Drama) and Tom Breeze (Programme Leader for PGCE Music)
- [New Curriculum for Wales](#): Scroll down to the Health and Well-being Areas of Learning and Experience curriculum overview

- [Trialled & Tested Podcast](#): Education Endowment Foundation's new podcast
- [International Physical Literacy Association](#): This association looks to develop an international understanding around this concept of Physical Literacy. This concept is what underpins the delivery of High-Quality PE.
- WJEC: Take a look at the course specifications for GCSE, AS & A2 Physical Education

While the Curriculum for Wales challenges us as a profession to look at the way we deliver PE in context of the Health and Wellbeing AoLE guidelines, you will still find a variety of practice in the schools you will be placed in. Within any structure you will be expected to teach across a range of activities so do some research into the activity areas that you are not familiar with (in context of task 2).

In consultation with PGCE PE students we have reviewed the kit required and decided to have a reduced kit list. You may choose to buy kit and there will be some options relating to price and quality. The basic kit is no more than £65, although there will be an opportunity to buy more kit via the providers web-site. You will not be required to buy anything before the first day of the course but please consider it can take up to 4 weeks for the kit to arrive with you. If you are following the course through the medium of Welsh you can choose to have your embroidery in Welsh. If you want to take up this option you will need to make this clear when placing the order. Items can be found and ordered through the link <https://rhino.direct/collections/cardiff-met-pgce-pe-course>

Finally keep yourselves fit and healthy during the months to come, it is a very intensive year, and you need to come to the course physically and mentally strong. Remember you are a physical role model to the young people you stand in front of!

I'm looking forward to meeting and working with you all again. Please remember to confirm that you will be starting with us in September by emailing me at FHeath-Diffey@cardiffmet.ac.uk



Fiona Heath-Diffey

Fiona Heath-Diffey – Programme Leader



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

Dear PGCE PE student

Your PGCE year will be a very busy one.

In readiness for this, please look at the following list and self-assess how much you know about each of the topics in order to check your knowledge. If you feel that your knowledge is lacking in one or more of the areas then you should take steps to improve this. While we are moving more in the direction of Health and Wellbeing as part of the changes seen with the current curriculum reform, traditionally schools in south Wales have placed more emphasis on competitive activities, particularly the major games. If these need developing, then I would suggest you spend time now trying to develop these areas. Schools tend to accept that other areas of the curriculum you will be less familiar with, but there is an expectation from them that you will have reasonable subject knowledge of the traditional games. We will not be teaching you the major games content, we will be teaching you to teach!

Read through the audit list and be honest with yourself. When you begin the PGCE PE programme you will be asked to complete a subject audit, so work completed now will help you later on.

PGCE PE Subject Audit

It is necessary for you to assess your knowledge and understanding of Health and Physical Education within the potential activity areas covered across all year groups in line with the new National Curriculum (NC) for Wales, and relevant examination courses. While we are at the start of a transition to the 2022 curriculum, which has PE within the Health and Wellbeing AoLE, schools are only at the beginning of what this content might be so you will not be expected to come in understanding this. In line with the intention of the 2022 curriculum this will also be very personal to each school. We would ask that you work towards having a broad range of understanding across the current programme areas of study that include HWB, Adventurous Activities, Creative Activities and Competitive Activities as this will still dominate what you are expected to teach in the next couple of year.

It is your responsibility to ensure that you have sufficient knowledge and understanding to teach all areas of the NC, but subject mentors and tutors will help you to develop throughout Clinical Practice(CP)1 and Clinical Practice (CP)2.

Complete the table on the next 2 pages identifying where you believe yourself to be in your learning at present. The idea is that you can identify strengths and areas for development. In this way you will be able to plan where you need to gain more experience during CP1 and develop this further during CP2. Good teaching professionals are critically reflective and strive to improve their teaching performance.

When completing the form:

A = confident and competent to teach this activity area.

B = some experience, but need more opportunity to develop confidence or competence.

C = no experience and need to research and observe good practice before teaching.

Activity Area	A	B	C	What prior experiences have you based your judgements upon? (this could be personal performance, experiences in schools, coaching, qualifications)	How are you going to develop your expertise in the area identified as lacking? What opportunities do you need during SE1 and module1?
<p>1. Health, fitness and well-being activities</p> <p>Health activities</p> <p>Fitness activities</p> <p>Nutrition</p> <p>Healthy lifestyles</p>					
<p>2. Competitive activities</p> <p>Invasion games</p> <p>Net/wall games</p> <p>Striking and Fielding activities</p> <p>Swimming</p> <p>Athletics</p>					

<p>3. Adventurous activities</p> <p>Orienteering</p> <p>Problem solving</p> <p>Team building</p>				
<p>4. Creative activities</p> <p>Dance</p> <p>Gymnastics</p> <p>Trampolining</p> <p>Synchronised swimming</p>				
<p>5. Teaching GCSE PE</p> <p>Practical</p> <p>Theory</p>				
<p>6. Teaching BTEC (14-16)</p>				
<p>7. Teaching AS and A2</p> <p>You may wish to break this down into specific areas of expertise</p>				