



Cardiff
Metropolitan
University

Prifysgol
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Caerdydd

PGCE PE 2023-24

Dear trainee teacher

Firstly, congratulations on being successful in obtaining a place on the PGCE PE programme for the academic year 2023-24. I am looking forward to working with you and can confirm the course will start on Monday 4th September 2023. 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 2023. Please could you also indicate that this point if you will have access to a car and the rough area you are hoping to be living in (e.g., Cardiff, Bridgend).

2) SELF ASSESS YOUR SUBJECT KNOWLEDGE

Please look at the self-assessment form that was sent with this letter and 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. You will be expected to review this as the year progresses to support your professional development.

3) DO SOME READING

Generic secondary school texts

- Capel, S., Leask, M. and Turner, T. (2022) *Learning to teach in the secondary school*, 7th edn. London: Routledge.
- Muijs, D. and Reynolds, D. (2017) *Effective teaching: evidence and practice*, 4th edn. London: Sage
- Hatti, J., Clarke, S. and Abingson, O (2019) *Visible learning: feedback*. New York, NY; Routledge

Specific PE texts, (both available as e-books when you enrol)

- 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. We are not expecting you to have read all the books, but look at sections/chapters that interest you.

Journal Articles

- Aldous D., Evans, V., Lloyd, R., Heath-Diffey, F., and Chambers, F (2022). Realising curriculum possibilities in Wales: teachers' initial experiences of reimagining secondary physical education. *Curriculum Studies in Health, and Physical Education*, DOI: 10.1080/25742981.2022.2125816
- Aldous, D., Evans, V., and Penny D (2020). Curriculum reform in Wales: Physical education

teacher educators' negotiation of policy positions. *The Curriculum Journal, BERA*. pp 1-20.
Doi:10.1002/curj.149

- Gray, S., Hooper, O., Hardley, S., Sandford, R., Aldous, D., Stirrup, J., Carse, N., and Bryant, A (2021). A health(y) subject? Examining discourse of health in physical education curricula across the UK. *BERA*, Doi:10.1002/berj.3820

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 and the construction of the HWB AoLE.
- 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 guidance, 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 previous PGCE PE cohorts we have reviewed the kit required and decided to have a **non-compulsory kit list**. The kit can be purchased through the providers website. 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 module 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 (she/her)

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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 self assessment list and be honest with yourself. When you begin the PGCE PE programme you will be asked to look at this again and use it to inform your first clinical practice, so work completed now will help you later on.

PGCE PE Self-Assessment

It is necessary for you to self-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 Curriculum for Wales (WG, 2023), and relevant examination courses. We are still very much in a transition period of understanding how the subject of PE sits within the wider idea of the Health and Wellbeing AoLE, as such schools are only at the beginning of what this content might be so you will not be expected to come in understanding everything. In line with the intention of the Curriculum for Wales (CfW) 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 this transition period.

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

Please 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.

You **do not need** to send this to me ahead of starting with us in September.

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?
1. Health, fitness and well-being activities Health activities Fitness activities Nutrition Healthy lifestyles					
2. Competitive activities Invasion games Net/wall games Striking and Fielding activities Swimming Athletics					

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