

## Sasha Kelly

BSc(Hons) Sport and Exercise Science,  
2013

Lead PE Teacher, Mossbourne Victoria Park  
Academy



### A passion for teaching

Sasha Kelly has always wanted to be a PE teacher and began preparing for her career at 16, when she completed a football coaching qualification. Her determination has never wavered and after graduating she leapt into her career by completing a Schools Direct Training Programme, allowing her to train 'on the job' whilst obtaining qualified teaching status.

Sasha believes that her degree was vital to becoming a good teacher and has meant that she can make her students more aware of why exercise is important. *'The course content has been invaluable and has made my subject knowledge of PE more advanced than any of the other PE teachers who did not study the science behind sport. I have made sure I utilised different aspects when planning the curriculum - for example, my Year 7s are adept at identifying the different muscles and bones of the body, as well as describing the importance of a warm-up.'*

In her current role, Sasha has a range of responsibilities outside of delivering PE lessons to year 7s and 8s, including liaising with parents, co-ordinating the academy's Student Parliament and planning and delivering inspiring assemblies to each year group. *'As a PE teacher, I realise the importance of inspiring and motivating students through PE to make sure they excel across the curriculum.'*

### This girl can

It is clear that Sasha is passionate about sports, and that one of the most enjoyable and rewarding part of her job is

helping students to share this and reveal their undiscovered talents. *'One student had never played netball until she came to the academy - she really stood out in PE lessons so I invited her to train with our netball team at the academy and provided her with details of the local netball team in the community. She has excelled ever since having won the Schools' Netball League with our academy team and becoming our top goal scorer. She now trains with England.'*

This is particularly important for Sasha, who has had to beat adversity to get to where she is today. *'Having been born with a physical disability, I have had to overcome many barriers in order to achieve sporting successes, such as playing football in the Premier League and, of course, becoming a PE teacher. My ultimate aim is to inspire my family, friends, teammates, students and colleagues that impossible really is nothing. I do not want to look back and think that I let a disability get in the way of achieving my goals.'*

### Advice for future teachers

Sasha highlights the importance of coupling academic knowledge with real-world experience in order to get into the profession. *'Teaching is getting more and more difficult to get in to - make sure work experience coincides with your studies at university.'*

She has always made sure that coaching work coincides with education and she isn't stopping after graduating, and is in the process of getting her undergraduate research project published.



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