

SPORT

I am interested in following a career based on sport. Possible career paths that I am interested in include Physical Education teaching and Sports development manager. For this I would like to continue my education along the lines of a sports based course due to my passion for sport. Sport has always influenced my life from when I started playing football for my local club at the age of six. I remained fully committed to my youth team from 6 through to the top age of 16, during these years we won the league every year bar two. I was given the chance to represent my county after successful trials between the ages of 13 and 16. I have always been motivated to further improve my skills and knowledge of every sport I play and this along with a desire to win has helped improve my teamwork skills, a quality I view as important in life.

I also play cricket on a regular basis in the highly rated Pembrokeshire Cricket league. I currently play in the competitive second division for the Cresselly second team, with hope of breaking into the first team in the near future. I captained the youth teams from under 13 to 17 level and at 14 was made vice-captain of our thirds team which aimed to develop the younger players until they were ready to make the step up. I captained this team on many occasions and improved my leadership skills in doing this. I also recorded my highest score to date of 106 not out during this time as vice-captain, a personal goal I set myself for the season. I have also represented my county through the junior levels as top order batsmen which further enhanced my teamwork skills and knowledge of the game as I played in a new team of many highly skilled players.

In both football and cricket I have always been committed to helping the younger players develop. I have helped coach junior cricket players in my spare time at Cresselly. I have helped improve certain aspects of their game, whether it is their batting, bowling or fielding. In football I have assisted in junior training sessions. As part of the training to younger players I have always tried to keep the training sessions fun as well as challenging, as it is easier to motivate the younger players if they are enjoying what they are doing.

Outside these two sports I have an interest in a wide range of other sports including tennis, rugby, golf and athletics, all of which I have played competitively in the past. Winning the local tennis tournament in 2009 is a high point of my sporting achievement. I feel that having experience outside my main sports is vital in becoming a P.E teacher as it offers a wider choice of activities to students I may teach in the future. As well as teaching it gives me a chance to offer my expertise in many aspects of sport.

Within school I taken part in the sports leaders' course which aims to improve leadership skills and has been a good experience in understanding the qualities required to be a P.E teacher, a job I have considered which I think would suit me and that I would enjoy. Throughout the course I have sat through many lessons observing what I should do as a teacher, and then I have planned lessons and carried them out on various occasions, teaching outside my comfort areas in sports such as basketball and badminton, highlighting my versatility.

I appreciate the help I have received and am aware of the importance of good coaching and how much it influences on a child's development. Therefore I want to give something back to sport with aims of improving the quality of performance by young children in their chosen sports.

As well as sport achievements and commitments. I am also committed to my studies; this is shown by my grades throughout secondary school at GCSE level where I performed my predicted grades, emphasizing my drive and determination to succeed. At AS level I met my target grades successfully, my A grade in P.E was a personal highlight for me as it is an important subject in the career I would like to follow.