

Jake Christopher Core

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Physical Education Teacher & Football Coach

Physical Education Instruction • Curriculum Planning & Design • Student Engagement & Well-Being

Physical Education Professional & Sports Coach with a strong background in delivering structured P.E. programs and fostering student development through dynamic sports education. Skilled in designing lesson plans, organising school-wide sports events, and developing student athletic abilities through targeted training and mentorship. Adept at collaborating with school leadership to implement effective P.E. curriculums, promote physical well-being, and create an engaging sports environment. Eager to contribute to a school setting where physical education plays a vital role in student growth and development.

RELEVANT SKILLS & HIGHLIGHTS:

- **Physical Education & Coaching:** Delivered high-impact, structured lessons that enhanced student athletic performance, physical development, and engagement across all key stages.
- **Football Training & Team Development:** Led competitive school football programs by refining technical skills, improving strategic play, and fostering teamwork and sportsmanship.
- **Curriculum & Program Development:** Designed and implemented progression-based lesson plans that aligned with national standards and maximised student potential in multiple sports.
- **Teaching Excellence & Professional Growth:** Currently pursuing an International Postgraduate Certificate in Education (IPGCE) to integrate evidence-based teaching methodologies and elevate P.E. instruction.

CORE COMPETENCIES:

Physical Education Instruction • Coaching & Team Development • Curriculum Design & Lesson Planning
Student Motivation • Program Development • Classroom Management • Adaptability Across Key Stages (EYFS – KS3)
Leadership & Collaboration • Health & Well-being • Stakeholder Engagement • Communication Skills

Education

International Postgraduate Certificate in Education (IPGCE) P.E. Teacher University of Buckingham	<i>In Progress</i>
BA Honours Degree – Education and Community Development (2:2) University of East London	July 2016
6 General Certificate of Secondary Education (GCSE) Oxted County	2004

License & Certifications

Multi-Sports Level 1 Course Dodgeball Refereeing & Training Course British Fencing Level 2 Certificate	Level 2 Aquability Swimming Coach Fully Qualified Pediatric First Aider Fully Enhanced DBS (Disclosure & Barring Service Check)
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Professional Experience

Little Musketeers - Suffolk BUSINESS & OPERATIONS MANAGER	September 2018 - May 2024 September 2023 - May 2024
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- Oversaw the logistics and administration for all school programs, coordinating resources to maximise program effectiveness.
- Arranged interviews and evaluations to identify and recruit skilled coaches who align with the organisation's standards.
- Coordinated with leadership teams to analyse business performance and provide insights into development strategies.
- Organised staff performance reviews to assess strengths, identify improvement areas, and support professional development.
- Facilitated team meetings to promote a shared understanding of goals and align staff with organisational objectives.

Key Contribution:

- ✓ Sourced and secured new primary school partnerships by leading outreach initiatives, organising assemblies, and delivering taster days that increased student enrolment.

LEAD SPORTS COACH & AREA MANAGER

September 2018 - **Month** 2023

- Planned and conducted coaching sessions per week, engaging 450+ students to improve participation in physical education.
- Initiated assemblies, workshops, and taster days that introduced students to diverse sports, generating higher enrolment.
- Trained a team of coaches, providing guidance, performance feedback, and operational support to enhance teaching quality.
- Formed detailed lesson plans for KS1, KS2, and KS3 and created progressive training structures that improved student performance and athletic development.

Key Contribution:

- ✓ Established partnerships with consortiums, trusts, and headteachers to expand sports programs, increase funding opportunities, and enhance community engagement.

Leesons Primary - St Marys Cray, Kent

PE COACH/COORDINATOR

September 2014 - February 2019

- Managed the school sports calendar and all P.E. administration, including scheduling events, logistics, and recordkeeping.
- Led training programs for interschool competitions to prepare students for competitive events and improve performance.
- Facilitated lessons from EYFS to KS2 with age-appropriate activities that promoted physical development and engagement.
- Organised swimming galas and sports days to increase student participation and foster a competitive sports culture.
- Collaborated with the leadership team on risk assessments and method statements for P.E. lessons and extracurricular activities to improve safety and compliance.

Key Contributions:

- ✓ Developed and implemented new P.E. policies to align with school objectives and enhance the physical education program.
- ✓ Secured £3K+ in school funding through the Sports for Schools initiative to provide new P.E. equipment and sponsor a new school football kit.

Hilden Grange Preparatory - Tonbridge, Kent

SPORTS COACH

September 2013 - July 2014

- Authored a dedicated sports column in the school's newsletter to increase engagement and highlight athletic achievements.
- Delivered class instruction across multiple subjects up to Key Stage 3 (KS3) to maintain lesson continuity and student progress.
- Developed lesson plans and led KS1 swimming lessons to enhance student water confidence, technique, and safety awareness.
- Structured training programs for school football, cricket, and rugby teams, improving skill development and performance.
- Planned holiday sports camps and created inclusive programs that boosted student participation and athletic growth.

Children's Academy - Bahrain

TEACHING ASSISTANT

September 2010 - July 2013

- Supported classroom instruction by assisting on lesson preparation, student engagement, and individualised learning support.
- Provided small group assistance to reinforce lessons, improve student comprehension, and enhance academic progress.
- Assisted in organising school activities and events to create an engaging and supportive learning environment for students.