Quillon Abernathy-Soto

Licensed K-12 Physical Education Teacher and Coach
Charlotte, NC · quillon.abernathy@example.com · (704) 555-0106 · Teaching video · LinkedIn

LICENSURE AND CERTIFICATIONS

North Carolina Professional Educator License, Physical Education K-12, 2016

American Red Cross CPR, AED and First Aid Instructor, current

Adapted Physical Education workshop series, 30 hours, 2022

SUMMARY

Licensed K-12 physical education teacher with 9 years in public schools, teaching about 520 middle school students a year across 6 daily classes. Raised the share of students meeting healthy fitness zone targets on the aerobic test from 54% to 71% in 3 years and kept dress-out participation above 90%. Head girls volleyball coach and CPR instructor known for adapted activities and calm, organized gyms.

EXPERIENCE

Physical Education Teacher and Head Volleyball Coach — Briarcliff Ridge Middle School

Charlotte, NC · Aug 2019 – Present

- Teach 6 daily PE classes of 30 to 42 students in grades 6 to 8, about 520 students a year.
- Raised the share of students in the healthy fitness zone for the aerobic test from 54% to 71% over 3 school years.
- Kept daily dress-out and participation above 90% by adding student choice units and a points system for effort.
- Won a $7,800 wellness grant for heart rate monitors and 40 sets of pickleball equipment.
- Coach a 14-player girls volleyball team that reached the conference semifinals in 2 of the last 3 seasons.

Elementary Physical Education Teacher — Mallard Creek Elementary

Concord, NC · Aug 2016 – Jun 2019

- Taught motor skills and games to about 610 students in grades K to 5 on a 6-day rotation.
- Started a before-school running club that grew from 18 to 75 runners in 2 years.
- Ran a yearly field day for 610 students with 45 parent volunteers and 0 reported injuries.

SKILLS

Instruction: Motor skill progressions, team sports, fitness units, dance, lifetime activities

Assessment: FitnessGram, skill rubrics, heart rate data, student goal setting

Inclusion: Adapted PE, IEP accommodations, modified equipment, peer partners

Safety and tools: CPR and AED, first aid, Polar heart rate monitors, Google Classroom, PowerSchool

EDUCATION

Bachelor of Science in Physical Education Teacher Education, Appalachian State University, 2016

Fictional example by FindAJobAI: the person, employers and numbers are invented.