



YOUTH
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PE Leader Self-Review Tool

Primary

How to Use This Tool:

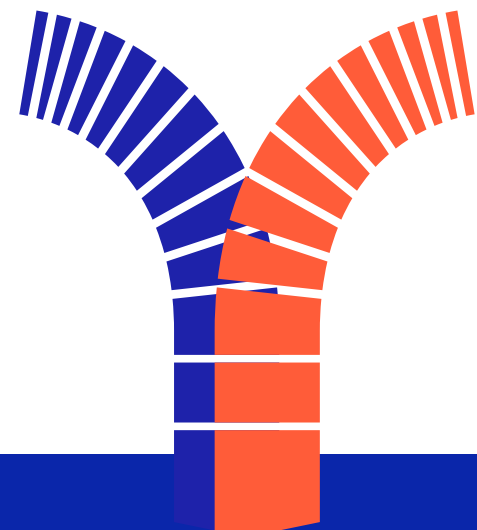
This self-review tool is designed to help you pause, reflect and grow as a leader. It works best when used as a live document – revisit it at moments that suit you, whether that's termly, mid-year or when planning your next steps. There's no need to have all the answers. Instead, use the questions to prompt honest reflection, spark ideas and guide your development. Adapt it to suit your role, context and goals – it's here to support your ongoing journey, not define it. We also encourage you to share your reflections with a colleague or mentor – opening up conversations like these can deepen insight, build confidence and support your professional growth.

1. My Confidence and Knowledge

Which areas of PE leadership do I feel most confident in?

Where do I feel unsure or less experienced?

What would help me feel more equipped in my role?



2. My Role and Impact

What difference have I made in my school this term/year?

How do I know I'm making a positive impact?

When did I last feel proud of something I led?

Do you support trainee teachers at your school? If so, how could you ensure your support is more effective? If not, would you and your school benefit from exploring how you might?

What difference have I made in my school this term/year?

3. My Voice and Influence

Do I feel my voice is heard by senior leaders?

How comfortable am I advocating for PE and physical activity?

What helps me feel like a leader, not just a coordinator?

4. My Professional Growth

What's one thing I've learned recently?

When did I last step outside my comfort zone?

What support or CPD would I benefit from next?

5. My Wellbeing and Balance

How do I look after my own wellbeing?

Am I setting boundaries that help me manage my workload?

What gives me energy and motivation in this role?

6. Your CPD and Professional Engagement

Reflect on how you're growing and helping others grow.

When did I last lead a CPD session, internally or externally?

What was the last CPD or conference I attended and what did I take from it?

Am I sharing my expertise more widely or learning from others in different settings?

How might I build CPD more intentionally into my year?

7. Your Balance and Motivation

You can't lead well without looking after yourself.

How am I balancing
leadership with
teaching and life?

What do I do to recharge
and stay resilient?

What motivates me when
things feel tough?

What matters most to
me outside of work?

What are the early
signs that I'm feeling
overwhelmed?

Next Step:

Pick one small action from your reflections to take forward this term.

Acknowledgements:

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