

JEENA PREMAN K

Dedicated Physical Education Teacher with 3 years of experience delivering engaging, age-appropriate programs that promote fitness, teamwork, and healthy lifestyles. Skilled in curriculum development, lesson planning, student assessment, classroom management, and creating a safe, inclusive learning environment.

Work Experience

NATIONAL PUBLIC SCHOOL VIBHUTHIPURA, MAY2025-present Physical Education Teacher (Newly Established School)

- Played a key role in establishing the Physical Education department for a newly set-up school from the ground up
- Developed and implemented a structured Physical Education curriculum aligned with school guidelines and age-appropriate learning outcomes
 - Conducted coaching and training sessions in Athletics, Basketball, and Football for students across different age groups
 - Introduced fitness assessment programs to monitor students' physical development and progress
- Organized and supervised intra-school sports activities, drills, and practice sessions
- Coordinated with school management and teachers for sports planning, events, and timetables
- Actively contributed to the overall school setup and development, supporting co-curricular and physical wellness initiatives

GOPALAN INTERNATIONAL SCHOOL - BANGALORE

Physical Education Teacher / Swim Instructor – Feb 2023-April 2025

- Physical Education Teacher with 2 years of experience in PE and swimming programs
- Designed and delivered age-appropriate PE and swimming curriculum (Playgroup–Grade 12)
- Planned engaging, skill-based lessons for diverse learning needs
- Led mass PT sessions ensuring safety, discipline, and participation
- Conducted Physical Education theory classes and handled question paper preparation and assessments
- Organized and supervised school sports events and extracurricular activities

VISITING PHYSICAL EDUCATION EXAMINER (PRACTICAL EXAMS)

[ST. JHONES HIGH SCHOOL, BENGALURU DECEMBER 2024]

- Appointed by the ISC Board to assess and evaluate students' physical education practical exams.
- Conducted practical examinations for [cricket, football, Badminton, Basketball and Efficiency Tests], ensuring adherence to ISC standards and guidelines.
- Provided constructive feedback and suggestions for improvement to students and teachers Maintained accurate and detailed records of student performance during the practical assessments

Educational Background

Kannur University, Kerala

School of Physical Education and Sports sciences (2020-2022)

- Bachelor of Physical Education (B.P.E.D)

Kannur University, Kerala

N A M College, Kannur University (2018-2020)

- Master of commerce (MCom)

Calicut University, Kerala

MAMO College, Calicut University (2015-2018)

- Bachelor of Commerce (B com)

Contact

Bengaluru, india
jeenapreman88@gmail.com
9745761009

Skills

- Mass PT Coordination
- PE Curriculum Development
- Power point /Microsoft Excel /Word
- Sports Coaching & Skill development.
- Health & Wellness Education
- Classroom & Behaviour Management.
- Event & Tournament Organization.
- Adaptability & Inclusive Teaching
- Leadership & Team Building
- Strong Communication & Motivation

Languages

- English
- Malayalam
- Tamil
- Hindi
- Kannada

Additional Information

- Managed all sports-related systems, paperwork, and stock registers
- Coordinated physical education, activities, and timetables across grades
- Assisted in school operations, events, and inter-department coordination