

Kantharaj D

Experienced PE coach-Physical Education Instructor |
Healthy Lifestyle Advocacy

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WORK EXPERIENCE

Jyothi Kendriya Vidyalaya - CBSE  Bangalore
Physical Education Instructor (Feb-2023 - Present)

- Updated and implemented cutting-edge sports and fitness routines, enhancing students' stamina and engagement in physical education through creative and enjoyable lesson planning
- Elevated students' endurance and motivation in physical education by fostering a positive environment, celebrating achievements, and incorporating engaging fitness activities
- Implemented student assessments in physical education, identifying progress and weaknesses, enabling tailored interventions for continuous improvement in fitness and overall well-being

BRS Global School - CBSE  Bangalore
Head of sports faculty (Aug-2022 - Apr-2023)

- Orchestrated student plans and records seamlessly through the school information management system, ensuring efficient coordination and organization of academic data
- Cultivated positive and engaging environments to enhance students' overall learning experiences, fostering a conducive atmosphere for academic growth and development
- Advocated for inclusive learning by tailoring activities to diverse pupil needs, promoting an equitable and supportive educational environment for all students

Sree Mumba Devi Vidya Mandir School - ICSE  Mumbai
Asst PE Instructor of sports faculty (Jun-2019 - Jan-2020)

- Conducted diverse learning activities, showcasing proficiency in teaching across grade levels, contributing to enhanced student learning experiences
- Collaborated effectively with fellow physical education teachers to design a well-rounded program, ensuring a comprehensive and balanced approach to physical education
- Instructed students from Kindergarten to 12th grade on healthy living, exercise, and physical fitness, fostering a holistic approach to well-being and promoting lifelong health habits

Saraswathi International School - ICSE  Gujarat
Asst. Head - Sports/Faculty Coordinator (Apr-2018 - Apr-2019)

- Managed sports department, elevating coordination and program quality, resulting in enhanced student participation and athletic achievements
- Exemplified leadership and coordination skills, successfully overseeing sports faculty and programs, fostering a dynamic sports culture



PROFILE SUMMARY

Energetic and dedicated physical education instructor with 10 years of experience in creating and engaging sports and fitness program for students. Demonstrated ability to motivate and inspire students to adopt healthy lifestyles and developing skills. Skilled in utilizing various teaching techniques to accommodate different learning styles. Committed to fostering a positive and safe learning environment for all students.

SKILLS

- Physical Education
- Sports Management
- Fitness Program Development
- Communication
- Program Management
- Classroom Management
- Curriculum Implementation
- Teaching Methods
- Performance Assessment
- Problem Solving
- Athletic Achievement
- Sports Culture Promotion

ACHIEVEMENT

- Participated in the East-Zone Inter-School Badminton Tournament (1999-00)
- Excelled in the Central-Zone Inter-University for youth Affairs and Games (2008-II)
- Contributed to enrichment programs encompassing March past, Mass drill, Gymnastics, Aerobic dance, and Fun Fitness activities

CERTIFICATION

Certified Swimming Teacher (STA Award),
equipped with an IFSTA Swimming Teaching
Certificate - 2020

Diploma in Computer Application from PMC
College Hosur, 2020

Personal Trainer Certification, 2018

Ebenezer International School (ICSE)

Bangalore

PE Instructor (May-2017-Mar-2018)

- Revolutionized physical education by implementing an innovative curriculum, fostering holistic student development and active learning
- Led successful execution of fitness programs, promoting health and well-being, and ensuring a positive impact on students' lifelong fitness

Under The Sports Gurukul LLP(US based PE Curriculum, Life Long Fitness Programme) Oxford Grammar English Medium School - CBSE

Hyderabad

PE Coach (May-2016-Jun-2017)

- Revolutionized physical education, implementing a US-based curriculum, and fostering lifelong fitness habits among students
- Led successful execution of fitness programs, promoting health and well-being, and ensuring a positive impact on students' lifelong fitness

Yogi Vemana Matriculation higher secondary School

Hosur

Head of sports faculty (Jun-2013 - May-2016)

- Elevated physical education standards, fostering a culture of fitness and well-being, resulting in improved student health
- Implemented innovative fitness programs, enhancing student engagement and wellness
- Contributed to streamlined end-of-year reporting, ensuring accurate and timely compilation of essential data for comprehensive organizational insights and accountability

Swathi matriculation Hr. Sec. school

Hosur

Asst. Physical Education Instructor (Jun-2011 - Apr-2012)

- Acquired valuable classroom experience, honing on-the-job knowledge through hands-on teaching and dynamic learning environments
- Successfully navigated a mixed-school setting, adeptly addressing the diverse needs of both male and female students, fostering an inclusive and effective teaching approach
- Earned commendation from the head teacher and senior teaching staff, reflecting exceptional performance and recognition for dedication and impactful contributions to the educational environment

EDUCATION

Annamalai University, Chidambaram
B.P.Ed(Regular)
(2008 - 2011)

Madras University, Chennai
BA - History
(2004 - 2007)

LANGUAGES

English | Kannada | Tamil | Telugu

AREA OF SPECIALIZATION

- Badminton
- Throw Ball
- Track and Field
- Volleyball
- Kho-Kho