# Naveen Hooda

Physical Education Teacher (PET)

naveen.hooda@example.com · +91 89XXX XXX93 · Rohtak, Haryana · linkedin.com/in/naveen-hooda-example

## PERSONAL STATEMENT

Physical education teacher with 6 years of experience in CBSE schools, holding B.P.Ed. and M.P.Ed. and a former state-level wrestler. Coaches wrestling, kabaddi and athletics teams to district, state and SGFI national events, runs Fit India fitness assessments and manages school sports days for 1,500+ students.

## WORK EXPERIENCE

**PGT – Physical Education** · Haryana Vidya Mandir Senior Secondary School, Rohtak — Apr 2022 – Present

- Teach Physical Education theory and practicals to Classes XI and XII; board average in the subject rose from 84% to 92%.
- Coach the school wrestling and kabaddi squads; students won 11 state medals and 2 reached the SGFI nationals in 2024–25.
- Conduct Fit India school fitness assessments for 1,500 students twice a year and share results with parents and class teachers.
- Organise the annual sports meet, inter-house leagues and CBSE cluster athletics hosting for 26 schools.

**Physical Education Teacher** · Jhajjar Public School, Jhajjar — Jul 2019 – Mar 2022

- Ran daily PT periods and morning assembly drills for Classes I to X across 30 sections.
- Built an athletics team from scratch; 6 students qualified for district finals in sprints and long jump within two seasons.
- Introduced yoga and home fitness videos during online classes, keeping PE participation above 80%.

## EDUCATION

**M.P.Ed. in Physical Education** · Haryana College of Physical Education, Rohtak — 2017 – 2019
Grade: 74%

**B.P.Ed. in Physical Education** · Haryana College of Physical Education, Rohtak — 2015 – 2017
Grade: 77%

## SKILLS

Wrestling coaching · Kabaddi coaching · Athletics training · Fitness testing · Yoga · Tournament organisation · Sports first aid · CBSE Physical Education XI–XII

## CORE SKILLS

- Talent identification
- Team management
- Injury prevention
- Event planning
- Student discipline and motivation

## CERTIFICATIONS

**Certificate Course in Sports Coaching – Wrestling** · NIS Patiala (SAI) — Jun 2021

**First Aid and Basic Life Support** · St. John Ambulance (India) — Jan 2024

**HTET Level 3 (PGT) – Physical Education** · Board of School Education Haryana — Dec 2020

## LANGUAGES

Hindi · Native · Haryanvi · Native · English · Professional

## HOBBIES & INTERESTS

Wrestling, long-distance running, refereeing local kabaddi matches

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