

Our Internship Programme: What You'll Experience

Our three-week teaching internship is designed for graduates and career-changers who want to explore teaching and build the confidence to apply for teacher training. You'll gain first-hand classroom experience, expert guidance, and structured support to help you decide whether teaching is the right career for you.

Throughout the programme, you'll develop practical skills, deepen your understanding of effective teaching, and build a strong foundation for a successful ITT application.

What the Programme Includes

Expert-Led Training

You'll take part in interactive online training sessions led by TSAT's ITT Lead—an experienced teacher educator who works with leading SCITTs and universities.

Across the three weeks, you'll explore:

- How great teachers create calm, purposeful classrooms
- How to explain challenging ideas clearly and ask the right questions
- How pupils learn, remember, and make progress over time
- What makes a strong teacher-training application

You'll be introduced to evidence-informed teaching strategies used every day in successful classrooms.

Supported Practice

You'll have the opportunity to practise new techniques in a safe, supportive environment through guided role-play and activities led by an experienced tutor. Tutors will model effective teaching approaches and give you immediate, constructive feedback to help build your confidence.

Classroom Experience

You'll observe expert teachers in real classrooms, seeing first-hand how effective teaching looks in practice. Observations are carefully planned so you can focus on key aspects of teaching each week. To give you a broader perspective, you'll also spend time observing teaching in a primary school.

Guided Reflection and Coaching

Daily reflection sessions with your tutor will help you make sense of what you've seen and practised, linking classroom experience to what we know about effective teaching. These sessions are designed to support your development and help you articulate your learning clearly—an essential skill for teacher-training applications.

Your Professional Learning Log

You'll keep a reflective log throughout the programme, supported by short readings and guided questions. This will help you track your progress, clarify your motivations, and prepare you for interviews and application writing. The programme concludes with a short presentation where you share what you've learned.

Ongoing Support into Teacher Training

Your support doesn't end when the internship finishes. You'll be invited to follow-up online sessions throughout the year, covering:

- Applying for teacher training
- Writing a compelling personal statement
- Finding further school experience

You'll also receive a one-to-one guidance meeting with a tutor or ITT Lead, be invited to DfE School Experience Days, and have access to TSAT recruitment events. We'll continue to support you as you take your next steps into teacher training.