

PE CAREER PATHWAYS

Y7/8 Core PE

- Develop Skills in a number of physical activities
- Develop personal qualities
- Confidence
- Motivation
- Resilience
- Teamwork
- Creativity
- Organisation
- Communication
- Problem Solving
- **Develop skills by:**
- Joining extra-curricular clubs
- Leading a warm up in lesson
- providing feedback on your own and others work
- Set yourself targets
- Contribute to class discussion

Y9-11 GCSE PE

- As well as continuing to develop the skills and qualities from Y7 and 8, pupils who enroll in GCSE PE will work on the following:
- Physical Training
- Applied Anatomy and Physiology.
- Sports Psychology
- Socio-cultural Influences
- Performance Analysis
- Practical Performance

Apprenticeships

- An **Apprenticeship** is a real job with training, which allows trainees to earn while they learn, as well as gaining a nationally recognised qualification.
- The following are examples:
- Sports Development
- Activity Leadership: Coaching
- Exercise and Fitness
- Sport and Health Officer

• **3 mandatory topics:**

- Anatomy and Physiology
- Fitness Training and Programming for Health, Sport and Well-being
- Professional Development in the Sports Industry
- **Class choice from one of:**
- Sports Leadership
- Application of Fitness Testing
- Sports Psychology
- Practical Sports Performance
- Coaching for Performance
- Technical and Tactical Demands of Sport
- The Athlete's Lifestyle
- Sports Performance Analysis

Y12-13 BTEC PE

Career Possibilities

- PE Teacher
- Sport and Exercise Psychologist
- Physiotherapist
- Sports Scientist
- Heath Trainer
- Personal Trainer
- Sports Development Officer
- Fitness Instructor
- Leisure Centre Assistant
- Leaisure Centre Manager
- Sports Coach