



## **My Learning My Future**

**Where can studying Physical Education take you?**

Highlighting the relevance of Physical Education to future careers and opportunities



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My Future**

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# Why Physical Education matters

**Have you ever considered  
where studying Physical  
Education can take you?**

Today, we'll be exploring some of the career opportunities that are available to you, as well as the various pathways you can take to get there.

What pathways  
can you take with  
this subject?

What do you  
think these roles  
involve (daily  
task, etc.)?

What careers can  
you think of that  
use Physical  
Education?

Why is Physical  
Education an  
important  
subject?

Why is PE important  
- You tube

What skills do  
you think you  
might need for  
these roles?



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# Explore a career as a...

Here are some  
example roles and  
careers linked to

Physical Education



Choreographer/Dancer

BBC Bitesize case study

BBC Bitesize case study



Sports Development  
Officer

BBC Bitesize case study

icould case study



Sports Commentator

BBC Bitesize case study

icould case study



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# Explore a career as a...

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example roles and  
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## Sports Coach

BBC Bitesize case study

BBC Bitesize case study

icould case study



## Firefighter

BBC Bitesize case study

icould case study



## Physiotherapist

BBC Bitesize case study

You tube case study



# Discover more about the role

Explore careers using National Careers Service and find out about what jobs involve and how they are right for you

## Includes:

- Average salary
- Typical hours
- Work patterns
- Pathways/How to become
- Essential Skills
- Daily tasks
- Career path and progression
- Current opportunities

## Research Ideas:

Choreographer  
Sports Development Officer  
Sports Commentator  
Sports Coach  
Firefighter  
Physiotherapist

## National Careers Service

We provide information, advice and guidance to help you make decisions on learning, training and work.

This service is available to people who live in England.

### Skills assessment

Learn more about your skills and match them to potential new careers.

[Assess your skills](#)

### Explore careers

Choose from over 800 career profiles to discover what each job involves.

[Search job profiles](#)

### Find a course

Look for online learning opportunities and training courses local to you.

[Look for courses](#)

### Careers advice

#### Making career choices

Whether starting your career, changing job or if you have been affected by COVID-19, understand and make the right choice for you.

#### Getting a job

Be successful in the recruitment process with tips on great CVs, interviews and graduate scheme applications.

#### Progressing your career

Move up in your career by developing new skills. Find opportunities like volunteering and online learning.

### About us

The National Careers Service can help you with your career, learning and training choices. [Find out more](#) about the different ways we can support you.

### Speak to a careers adviser

Wherever you are in your decision-making, you can call us on [0800 100 900](tel:0800100900) or [use webchat](#).

### Follow us

[Twitter](#)  
[Facebook](#)  
[LinkedIn](#)  
[YouTube](#)



# Why not teach Physical Education?

Start in the classroom, where you go from there is up to you. Bring your passion for your subject, keep learning, and pass your knowledge onto others

- No two days are the same – and neither are the pupils
- Once qualified you can teach throughout your life
- You could teach abroad
- Progress your career into leadership and management
- Bring your outside interests into the classroom and your subject

## Explore teaching

Daniel's Story

Jem's Story

Shaniqua's Story

## The right skills to teach?

Work well  
in a team?

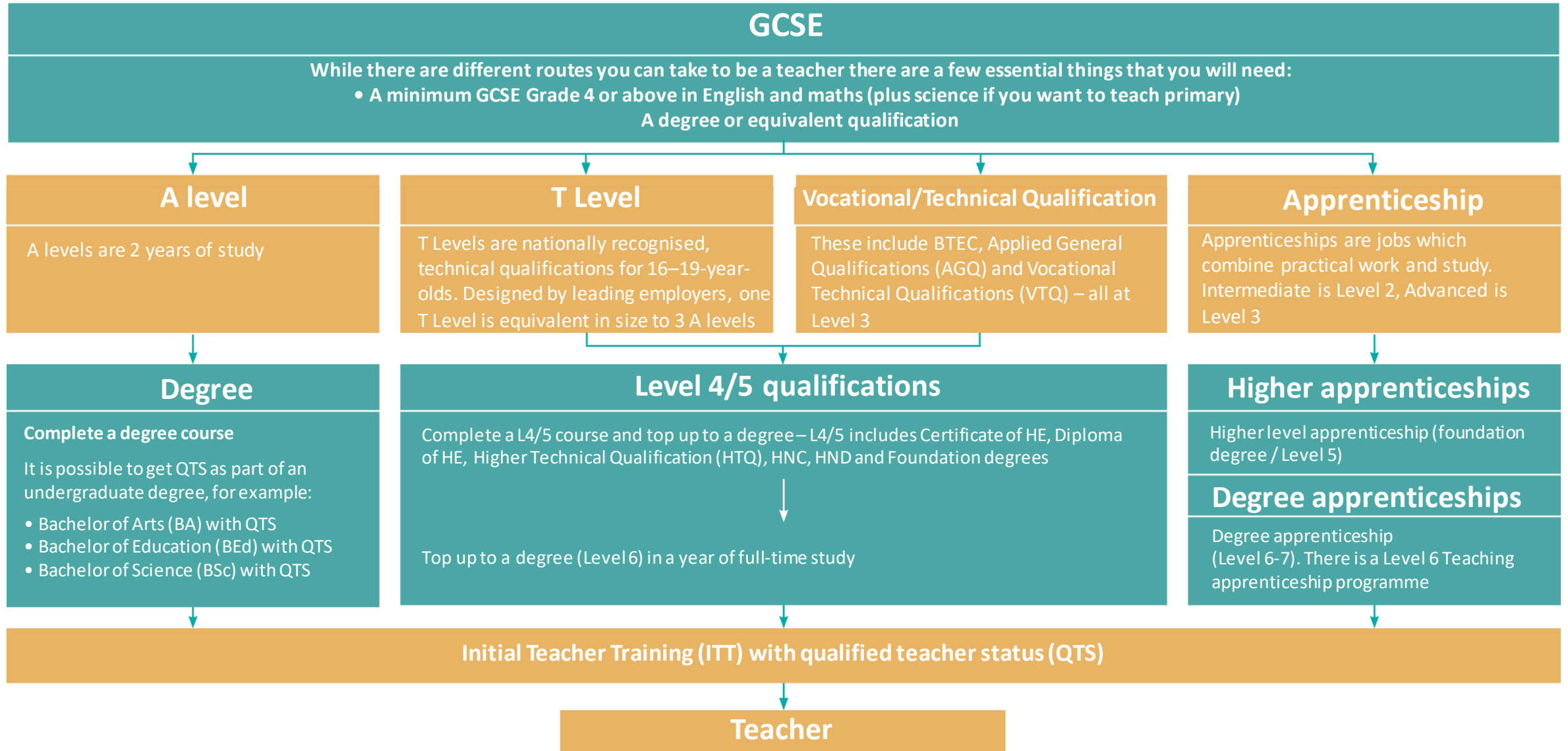
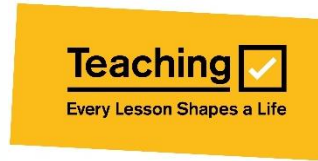
Love to nurture  
imagination?

Love to keep  
learning?

What makes a great  
teacher?

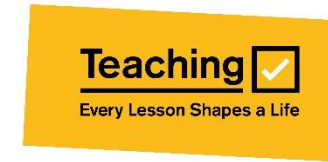


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# Why not teach activity?



- Pick a topic in Physical Education you think you would like to try and teach
- Agree your choice of topic with your teacher and the length of session (and with which group)  
(It may be the perfect opportunity to try this with a younger class lower down the school, or as a transition activity for Y6)
- Plan a short activity to cover the topic in a way you feel will be engaging and memorable for your peers as part of a lesson starter, main activity or plenary

## Consider:

- What are you trying to achieve (teach)? Be clear what information you intend to impart
- How will you make it fun? How will you make it 'stick'? How long will this take?
- What type of activity will you plan for? (written/practical)
- How will you know others have learned it?
- How will you make sure everyone is stretched and challenged?
- What will the end-product be?

Once you have checked it with your teacher, try the lesson with a small group (as agreed by your teacher)

Try and get feedback during and after the session from those in the lessons and from the teacher

## After, consider:

- What you enjoyed about the experience
- Whether this is something, with training, you would enjoy
- How you felt when others learned from you



## 5 | Non-obvious jobs using PE: Ever thought about..?

➤ How to become a Development Officer: Jenna's story

➤ How to become a Firefighter: Izzy's story

➤ How to become a Stunt Performer: Rick's story

➤ Careers ideas and information - Sports Science and PE

➤ Resort Representative | Explore careers | National Careers Service

➤ Leisure Centre Manager | Explore careers | National Careers Service

➤ Health Play Specialist | Explore careers | National Careers Service



<https://www.bbc.co.uk/bitesize/articles/zhst2sg>



<https://nationalcareers.service.gov.uk/explore-careers>

## MYPATH Job of the week (PE)



Outdoor Pursuits Manager



Prison Officer



Fire Fighter



# PE careers in a changing world: How can I future-proof my career pathway?

The world will be changing drastically in the next few years to cope with the impacts of climate change and nature loss, and the need to lower greenhouse gas emissions and unsustainable practices. How might this steer your choice of career path using your PE skills?

**Sustainability**  
means meeting our  
own needs without  
compromising the  
ability of future  
generations to  
meet their own  
needs.  
*(UN definition)*





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# PE careers in a changing world



**Football Chairperson**



**Founder (Community Sports Project)**



**Sports Consultant Business and Legal (in French with English subtitles)**



Founders4Schools



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# A spotlight on Technicians using Physical Education

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Discover here how the technical jobs related to Physical Education keep industries moving and the real difference technicians make in our lives.

R028  
Countryside  
Ranger

R100  
Wind  
Turbine  
Technician

R078  
Prosthetic  
and Orthotic  
Technician



GATSBY



**Technicians**  
We make the  
difference

[Visit the Gallery here](#)

[Find further resources here](#)



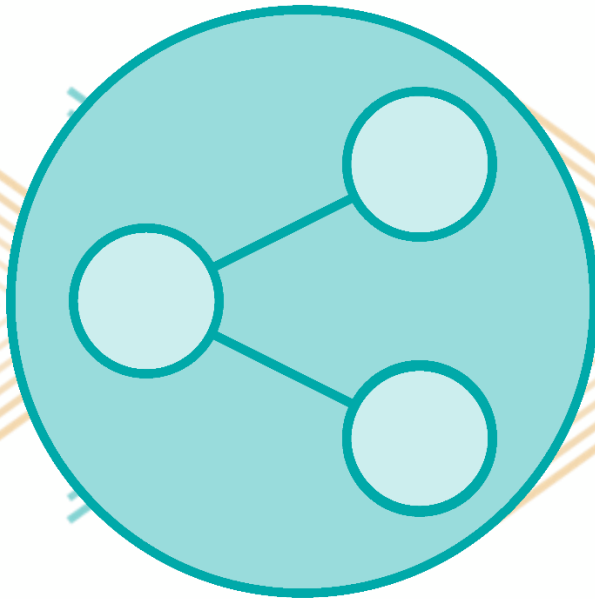


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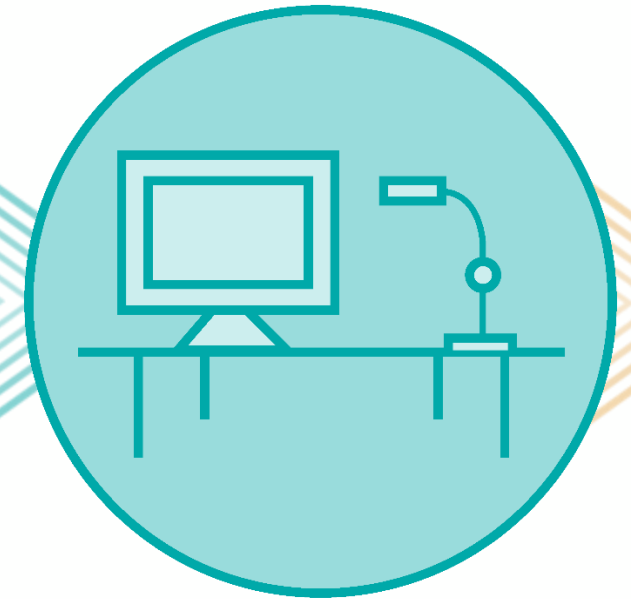
## 7 | Physical Education Pathways



Combine Study  
and Work



Study



Work



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# 7 | Combine Study and Work

## Apprenticeships

- Personal Trainer
- Sports Turf Operative
- Teacher
- Leisure Team Member
- Sports Coach
- Golf Greenkeeper
- Community Activator Coach
- Outdoor Activity Instructor
- Operational Firefighter
- Sporting Excellence Professional
- Workboat Crew Member

## T Levels

T Levels | National Careers Service Education and Childcare

T Levels | Health

T Levels | Healthcare Science

T Levels | Animal Care and Management

T Levels | Agriculture, Land Management and Production

## VTQs

Vocational Technical Qualifications (VTQs) | National Careers Service

- Sport and Physical Activity
- Performing Arts
- Sport and exercise science
- Sport and Outdoor Activities
- Public Services
- Sport, Fitness and Personal Training
- Sporting Excellence and Performance
- Sports Coaching and Development
- Uniformed Protective Services

[Find more >](#)



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# 7 | Study Pathways

## HTQs (Higher Technical Qualifications)

Higher technical qualifications (HTQs) | National Careers Service

**You might find courses in:**

- Sport and Exercise Science
- Public Services
- Dance Education
- Health and Exercise
- Football Coaching and Management
- Dance Practice – Urban and Contemporary
- Sport

## A levels

A levels | National Careers Service

**You might find courses in:**

- Physical Education
- Psychology
- Dance
- Drama
- Biology

## Higher education

Higher education | National Careers Service

You can explore undergraduate courses in Sport

**You might find courses in:**

- Applied Sports Science
- Applied Sports Science and Management
- Adventure Sports and Coaching
- Ballet Education
- Dance Education
- Applied Sports Coaching
- Applied Sports Coaching and Physical Education
- Football Business





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## 7 | Work Pathways

### Supported internships with an education, health and care plan

[Supported internships | National Careers Service](#)

[Watch Saul's story](#)

**You might read about:**

- [Access to Work Funding](#) (if you have a disability or health condition)
- [Preparing for Adulthood](#)
- [Talking Futures](#) (A parents' toolkit for career conversations)

### School leaver schemes

[School leaver schemes | National Careers Service](#)

**You might read about:**

- [How to fill in an application form](#)
- [How to write a CV](#)
- [Interview help](#)
- [Progressing your career](#) (Careers Advice from NCS)



# 7 | University League Tables

See at a glance the university ranking for Physical Education

[Sports Science Rankings \(thecompleteuniversityguide.co.uk\)](https://thecompleteuniversityguide.co.uk/sports-science-rankings)

**Filter by:**

- Overall score
- Entry standards
- Student satisfaction
- Research quality
- Research intensity
- Graduate prospects







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# Discover Uni

Have you ever  
considered if higher  
education is right  
for you?

[discoveruni@officeforstudents.org.uk](mailto:discoveruni@officeforstudents.org.uk)

1. Go to <https://discoveruni.gov.uk/>

## 2. Search for a course or subject

(You should get a page of search results, you can filter these by university or college, whether you want to study full or part time or perhaps you want to see that courses are near you)

Once you have had a look at a few different courses and subjects now it is time to compare some side by side

3. Check out this video which shows you how to use our comparison tool <https://youtu.be/dBFzCQgTp8I> -  
Pick 5 courses and add these as a saved course and then you can compare

## 4. Once you have your chosen five side by side, try to answer the following questions:

- What kinds of qualifications do students on the course have when they start the course?
- How many have a placement year?
- How many courses let you study abroad?
- Which has the highest student satisfaction rating? How do you know this?
- What kinds of job do graduates from this course go on to?
- Which course has the highest salary after three years? (higher/lower than national average)
- Choose your favourite course and explain why you chose this course over the others?

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**4. Once you have your chosen five side by side, try to answer the following questions:**

Is the data I am looking at for a course or a subject?

- What year, or years, does the data relate to?
- How many students or graduates is this data based on?
- Does the data represent all the students on the course or subject area?
- Does the data include people like me?
- What factors might impact the data?



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## In 10 years time...

Job in 10 years time  
(related to PE):

---

What GCSEs helped you get this job:

---

What KS5 Pathways choice did you make and what did you study:

Apprenticeship

T level

A Level

other L3 equivalent

---

Post 18 pathways choices did you make: explain:

Study & Work

Study

Work

---

Essential skills used in the job:

---

Progression route:

---



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## My local options...

Subject chosen (related to PE):  
\_\_\_\_\_

Local college options:  
\_\_\_\_\_  
\_\_\_\_\_

Local apprenticeships options:  
\_\_\_\_\_  
\_\_\_\_\_

Other options:  
\_\_\_\_\_  
\_\_\_\_\_

The pros and cons of these options for me:

Pros:  
\_\_\_\_\_

Cons:  
\_\_\_\_\_

Consider how these will apply and explain:

Cost \_\_\_\_\_

Travel \_\_\_\_\_

Convenience \_\_\_\_\_

Aspirations \_\_\_\_\_

Personal circumstances \_\_\_\_\_

Other \_\_\_\_\_

Final choice – justify:  
\_\_\_\_\_  
\_\_\_\_\_

Next steps:  
\_\_\_\_\_



3 |



**Prepare a 3 - 5 minute talk to share with a small group on any role that interests you related to PE**



What's the role



Where do you need to go to carry out the role



Where has the interest come from



What's the chances of getting this role



What do you need to do to become one



Who do you look up to in this role



Where can you go to study and what level of study



What might a typical day look like





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My career path....



## Essential Skills

Here are  
three key  
skills needed  
for a career  
that uses

PE



Working cooperatively  
with others towards  
achieving a shared goal

[Watch  
here](#)

[Short Lesson  
Teamwork Step 6-  
8](#)

[Short Lesson  
Teamwork Step 8-  
10](#)

[Short Lesson  
Teamwork  
Step 10-12](#)



The receiving,  
retaining and  
processing  
of information or ideas

[Watch  
here](#)

[Short Lesson  
Listening Step 6-8](#)

[Short Lesson  
Listening Step 8-10](#)

[Short Lesson  
Listening Step  
10-12](#)






The ability to set clear,  
tangible goals and  
devise a robust route  
to achieving them

[Watch  
here](#)

[Short Lesson  
Aiming High Step  
6-8](#)

[Short Lesson  
Aiming High Step 8-  
10](#)

[Short Lesson  
Aiming High  
Step 10-12](#)

	Video	Skills Builder Resource KS3	Skills Builder Resource KS4	Skills Builder Resource Post 16
	Working cooperatively with others towards achieving a shared goal	<a href="#">Watch here</a>	<a href="#">Short Lesson Teamwork Step 6- 8</a>	<a href="#">Short Lesson Teamwork Step 10-12</a>
	The receiving, retaining and processing of information or ideas	<a href="#">Watch here</a>	<a href="#">Short Lesson Listening Step 6-8</a>	<a href="#">Short Lesson Listening Step 10-12</a>
	The ability to set clear, tangible goals and devise a robust route to achieving them	<a href="#">Watch here</a>	<a href="#">Short Lesson Aiming High Step 6-8</a>	<a href="#">Short Lesson Aiming High Step 10-12</a>



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**Skills Builder**  
PARTNERSHIP

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	Teamwork	Tick which apply
Step 6	I contribute to group decision making	
Step 7	I contribute to group decision making, whilst recognising the value of others' ideas	
Step 8	I contribute to group decision making, encouraging others to contribute	
Step 9	I improve the team by not creating unhelpful conflicts	
Step 10	I improve the team by resolving unhelpful conflicts	
Step 11	I improve the team by building relationships beyond my immediate team	
Step 12	I influence the team by reflecting on progress and suggesting improvements	

**My Strength (s)**

**My area (s) of Development**



8 |



	Listening	Tick which apply
Step 6	I show I am listening by how I use eye contact and body language	
Step 7	I show I am listening by using open questions to deepen my understanding	
Step 8	I show I am listening by summarising and rephrasing what I have heard	
Step 9	I am aware of how a speaker is influencing me through their tone	
Step 10	I am aware of how a speaker is influencing me through their language	
Step 11	I listen critically and compare different perspectives	
Step 12	I listen critically and think about where differences in perspectives come from	

My Strength (s)

My area (s) of Development



8 |



## Aiming High

Tick which  
apply

Step 6	I set goals informed by an understanding of what is needed	
Step 7	I set goals, ordering the prioritising tasks to achieve them	
Step 8	I set goals and secure the right resources to achieve them	
Step 9	I set goals and plan to involve others in the best way	
Step 10	I create plans that are informed by my skill set and that of others	
Step 11	I create plans that include clear targets to make progress tangible	
Step 12	I create plans that are informed by external views, including constructive criticism	

My Strength (s)

My area (s) of Development







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