



Supporting Careers Education in PE

The following careers link with the teaching and learning of each key stage across the curriculum

Key Stage 3	Key Stage 4	Key Stage 5
<p>Armed Forces and public services: Serving the country within the armed forces, police, fire, ambulance and fire service all require good levels of fitness and this is promoted through lessons.</p> <p>Official: Students have the opportunity through core PE to officiate matches/games. A referee is an official, in a variety of sports and competition, responsible for enforcing the rules of the sport.</p> <p>Personal Trainer - Through fitness sessions and an introduction into the fitness suite, with the use of gym equipment. Students get the opportunity to come up with their own workouts and look at using the correct technique to maximise outcome.</p>	<p>Performance analyst - Through GCSE analysis of performance students develop skills needed to make qualitative and quantitative analysis of performances. They also make recommendations for improvement. A performance analyst will provide relevant key performance information to athletes and coaches during and after performance. This can be done through different ways such as video or notational analysis.</p> <p>Coach - During leadership opportunities in core PE and Sports Studies students develop their leadership ability amongst peers. As a sports coach, your role is to help athletes of all ages and abilities to reach their sporting potential in a range of sports.</p> <p>Outdoor Educator: Through Sports Studies modules and core PE students experience and learn about the role of an outdoor educator. An outdoor activities instructor or leader teaches individuals and groups, of all ages and abilities, outdoor based activities and watersports such as hillwalking, abseiling, orienteering, canoeing, sailing, skiing and snowboarding.</p>	<p>Physiotherapist - An insight into A level PE offers students the opportunity to develop knowledge and understanding of different joints, muscles and movements allowing an introduction into the realm of anatomy and physiology.</p> <p>Strength and Conditioning Coach: Students on academic courses experience S and C at university visits. A strength and conditioning coach (also known as an S&C coach) is a physical performance professional who uses exercise prescription to improve the performance of competitive athletes or athletic teams. This is achieved through the combination of strength training, aerobic conditioning, and other methods.</p> <p>Physiologist: A sports physiologist seeks to understand the physiological demands of a sporting performance, which inform what characteristics an athlete should have to be successful competing at the highest level.</p>

Key Stage 3	Key Stage 4	Key Stage 5
	<p>PE Teacher: Through the modelling of our own role as a PE teacher and the leadership and coaching opportunities students experience, it introduces them to the roles and responsibilities of a Physical education (PE) teacher in secondary schools.</p> <p>Physiotherapist - An insight into GCSE PE offers students the opportunity to develop knowledge and understanding of different joints, muscles and movements allowing an introduction into the realm of anatomy and physiology.</p> <p>Nutritionist - Through core PE students are educated on a healthy lifestyle and what a nutritionist would advise different athletes. Through academic PE this is covered in more detail.</p>	<p>Sport Psychologist: Through the study of Sport Psychology at A level students are introduced to the strategies to deal with nerves, anxiety, self-confidence, concentration and motivation. Sport Psychologists plan activities to improve team and individual performance and support athletes in coping with injuries.</p> <p>Researcher: Perform research and data collecting duties to achieve the necessary data to bring in a steady line or revenue and opportunity. (EPQ and Alevel).</p> <p>Sports Development Officer - Students learn about the role of a sports development officer through KS5 courses. Sports Development Officers plan and organise sports projects and campaigns in order to get more people involved. They work towards making sport more accessible to everyone and aim to get people living a healthier lifestyle.</p> <p>Lecturer - Lecturers are vastly experienced in their chosen subject and usually teach classes of older students in further education. (A Level PE Flipped learning and presenting)</p>