



CCSC Careers In Our Curriculum

PE

	Curriculum Links	Employer Encounters/Ideas	Career Opportunities
Year 7	<ul style="list-style-type: none"> Develop knowledge of health and well-being. Discussing the importance of diet and hydration in relation to sporting performance. Understand the importance of 'soft skills' in both an individual and team setting – communication, leadership, problem solving and decision making. Learning to deal with competitive environments through sport and understanding how to deal with winning and losing. General skill development in a range of sporting activities. Understanding of basic rules in terms of health and safety and games situations. 	<ul style="list-style-type: none"> Becky Morely – PT Carl Inskip Ward – Sports centre manager/school games organiser 	<ul style="list-style-type: none"> Apprenticeship Personal Trainer Fitness Instructor Recreational or Leisure Assistant Sport Coach Activity Leader Coaching Sports Teacher Physio Therapy
Year 8			
Key Stage 4	<ul style="list-style-type: none"> Know how to live a healthy and active lifestyle and understand the consequences of not doing so. Secure knowledge of types of training/fitness testing and how to improve components of fitness. Understand the impact of psychology in sport in terms of how personality, motivation and arousal can affect sporting performance. Learn the different types of guidance and feedback. Sports Injuries and how they are treated. Use of performance enhancing drugs and the potential harm and effects. Secure knowledge of the Muscular skeletal system and other body systems. 	<ul style="list-style-type: none"> Jenny Masterman – Trampolining Coach PE department <p>Sian Rosewarne – Physiotherapist</p>	