

## PE Careers and Pathways

The physical education department strives to embed a life-long thirst for learning and promote pupils to lead a healthy and active lifestyle.

Physical activity is proven to improve both physical and mental attributes in all generations. Staying active helps to reduce the likelihood of many illnesses and prolong life through healthy body systems. It is also shown to help reduce stress and anxiety to improve well-being; bringing people together socially to communicate, share experiences and make friends.

### Careers

Our PE curriculum aims to develop pupils physical, mental and social well-being. Scaffolded around this is our intention to equip pupils with sufficient knowledge and skills for future learning and employment.

#### *Developing skills and techniques*

Physical education uses practical demonstrations through teachers, pupils and the use of media, to illustrate a visual representation in order to complete a skill. This is used in many industries to learn how to complete new tasks through the cycle of observe-copy-repeat.

This technique is commonly applied to those working as mechanics, electricians, plumbers and brick layers.

#### *Making and applying decisions*

Physical education requires students to make quick decisions based on the changing environment around them. They need to assess the situation and select appropriate skills based on their own strengths, the weaknesses of their opponent and positioning of team mates and opponents.

This technique is commonly applied to those working in the emergency services such as the military, police, fire services and emergency aid.

#### *Developing physical and mental capacity to succeed*

Active PE lessons help to develop our pupils physically and mentally. Physical activity builds stamina and muscular endurance as well as strength, flexibility and speed to manage the demands of everyday tasks. Pupils also learn how to deal with success and failure; gaining an understanding of their own strengths and weaknesses whilst learning how to appreciate the strengths of others which builds resilience and confidence.

These techniques are commonly applied by those working as sportsmen and women, a lifeguard, personal trainer, dance teacher, construction worker and landscape gardeners.

### *Evaluating and improving performance*

Lessons require pupils to make accurate assessments of their own and others performances. These skills are developed through making comparisons of their own performance against demonstrated techniques. As a result, pupils, with guidance, develop their own action plans and strategies for improvement.

These skills are often applied by those working as town planners, councillors, sports coaches, data managers and financial advisors.

### *Understanding the importance of a healthy and active lifestyle*

Developing pupils understanding of how to maintain and improve their lifestyle forms part of daily lessons with our aim for pupils to pursue an active lifestyle throughout life. Learning and challenges are set weekly through independent learning tasks and extra-curricular provision allows pupils further opportunity to participate. Pupils wishing to find a sports club outside of school can click [here](#) to access the Sport Across Staffordshire website.

Careers that rely on a healthy and active lifestyle include public services, personal trainers, sports coaches, sports massage, physiotherapists and life coaches.

### **Pathways**

Many students progress in to further education to study and extend their understanding of physical education. These Colleges may be of interest to our pupils:



#### [Newcastle-Under-Lyme College – Academy of Sport](#)

They offer the following courses that can be clicked. This link will highlight the course requirements required in order to secure a place.

[Level 3 A-Level Physical Education](#)

[Level 3 Diploma in Personal Training for Health, Fitness and Performance](#)

[BTEC Level 3 Extended Diploma in Sport \(Cheshire Football Academy – Alsager\)](#)

[BTEC Level 3 Extended Diploma in Sport \(Development, Coaching and Fitness\)](#)

[BTEC Level 3 Extended Diploma in Sport \(Performance and Excellence\)](#)

[BTEC Level 3 Extended Diploma in Sport and Exercise Science](#)

[BTEC Level 3 Extended Diploma in Sports Coaching, Development and Fitness](#)

[YMCA Level 3 Diploma in Personal Training and Instruction](#)

[Level 3 Diploma in Sport Massage Therapy](#)

[Level 3 Diploma Supporting the Delivery of Physical Education and School Sport Advanced Apprenticeships](#)

[BTEC Level 2 Extended Certificate in Sport](#)

[BTEC Level 2 Extended Certificate in Sport \(Andy Griffin Football Academy\)](#)

[BTEC Level 1 Introductory Certificate in Vocational Studies \(Sport and Active Leisure\)](#)



[City of Stoke-on-Trent 6<sup>th</sup> Form College](#)

They offer the following courses that can be clicked. This link will highlight the course requirements required in order to secure a place.

[Level 3 A-Level Dance](#)

[Level 3 A-Level in Physical Education](#)

[BTEC in Sport \(Level 2/3\)](#)

[BTEC in Sport and Exercise Science \(Level 2/3\)](#)

[Level 2 Certificate in Fitness Instructing](#)



[Cheshire College South](#)

They offer the following courses that can be clicked. This link will highlight the course requirements required in order to secure a place.

[BTEC Level 3 Extended Diploma in Sport \(Development and Fitness\)](#)

[BTEC Level 3 Extended Diploma in Sport and Exercise Science](#)

[Level 3 Sport Massage Therapy Diploma](#)

[BTEC Level 2 First Extended Certificate](#)