



My
World of
Work

Lesson insert

Overview

An activity using myworldofwork.co.uk to link the study of Physical Education to possible careers.

Objectives

As part of a wider lesson, this lesson insert intends to:

- Encourage pupils to research careers related to Physical Education
- Build awareness of employability skills and how these can be developed through Physical Education

My World of Work activity (10mins)

- Arrange pupils in groups of two or three
- Go to myworldofwork.co.uk
- Go to [my career options](#)
- Click on [choosing my subjects](#)
- Ask pupils to find jobs related to Physical Education using the subject choice tool
- Ask them to select three jobs related to Physical Education
- Ask the groups to note key points about the jobs including the skills required

Connect the learning (in the wider lesson)

- In small groups give pupils the employability skills cards
- Pupils match the employability skill to the definition
- Discuss with pupils where employability skills may be developed within Physical Education classes
- Discuss how these will link to many careers across different sectors

Review and reflect (5mins)

- Ask pupils to reflect on their strengths and areas for development within this topic – what can they do to promote and enhance their employability skills further?
- Ask pupils to reflect on the jobs and skills covered and if they may be interested in following one of these careers
- Homework: Ask the class to use this lesson as part of their overall research on careers related to their school subjects

Health and wellbeing

Physical Education

Broad general education

Resources

- Computers or tablets with internet access
- Employability skills cards

My World of Work links

Job profiles

[Sports and exercise scientist](#)

[Fitness instructor](#)

[Leisure Centre Manager](#)

[Personal trainer](#)

[Sports development officer](#)

[Outdoor activities instructor](#)

[Sports coach](#)

[Sports therapist](#)

[PE teacher](#)

Curriculum links

Suitable for S1 or S2 pupils studying:

Physical Education - BGE

Experiences and outcomes

LIT 3/4-06a I can independently select ideas and relevant information for different purposes, organise essential information or ideas and any supporting detail in a logical order, and use suitable vocabulary to communicate effectively with my audience.

HWB 3/4-19a I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning.

Career Education Standard (3-18)

Supports entitlements set out in the [Career Education Standard](#) for young people to:

- Experience a curriculum through which they learn about the world of work and job possibilities and which makes clear the **strengths** and **skills** needed to take advantage of these opportunities
 - Know where to find information and access support making effective use of online sources such as [My World of Work](#)
 - Develop [Career Management Skills](#) as an integral part of their curriculum
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Employability skills cards

Written communication	The ability to express yourself clearly and structure thoughts effectively in email, letters, reports, proposals, webpages, contracts, brochures or other literature.
Oral communication	Being able to discuss issues, talk about specific topics, listen to viewpoints and present information to others.
Team working	Participating in group work activities, contributing effectively and valuing inputs made by others, in order to reach a common goal.
Leadership	The ability to influence and motivate others towards the achievement of a goal.
Interpersonal skills	The skills used to interact with others properly, to get along with people while getting the job done.
Computer literacy	Being proficient in word processing, spreadsheets and other software packages.
Numeracy	Having the ability to deal with numerical data, including statistics, graphs, figures and budgets.
Planning and organising	The ability to co-ordinate yourself and others to complete tasks and meet targets for work.
Initiative	The ability to act without constant direction, to assess situations and recognise what needs to be done.
Problem solving	Being able to assess situations to recognise difficulties and come up with ideas to overcome them.
Adaptability/flexibility	Recognising that alternative action may be needed and being able to make changes to the way things are done to ensure an overall goal is met.
Time management	The ability to manage activities effectively and to prioritise tasks in order to meet deadlines.