



Year 7 P.E Learning Journey

Transferable skills:

Cognitive Skills: Students will develop their understanding of effective performance and experiment with ways of increasing success

Personal Skills: Students work on their ability to stay positive when put under pressure.

Physical Skills: Students work on more advanced passing, catching, scoring and movement skills for rugby (boys) and netball (girls)

Social Skills: Students will develop their ability to work well with others. Looking at putting the team first and taking on new roles

Health and Fitness Skills: Students will improve their own level of fitness as well as experience different methods of fitness training

Careers Links:

- Taking on different roles in P.E and personal motivation, could be very beneficial for careers in **Sports Development** or **Events Management**.
- Students develop communication skills, their ability to work with others and their decision making/critical thinking skills. All of which would be beneficial in a variety of industries from **education, social work, and public relations**.
- Knowledge of how to improve their physical fitness, and the requirements of fitness training would support careers in the **armed forces, agriculture or security**.
- Strong link with a career in **personal training**. Students are devising their own training program and evaluating and adapting it.

