



Westcliff High School for Boys

UNLOCK YOUR POTENTIAL

Careers across the curriculum

in PE

Soft Skills Development (these are the skills we are committed to developing in the Careers Department)

All Years	We develop communication and teamwork by encouraging students to work collaboratively in team sports, lead warm-ups, and provide constructive feedback to peers. Activities such as group drills, match play, and officiating roles require clear communication, active listening, and cooperation.
Years 8, 9, Middle School and Sixth Form	We develop time management skills by requiring students to organise themselves efficiently during lessons, manage equipment, meet deadlines for NEA (e.g. GCSE/A Level PE), and balance practical and theoretical components of the subject.
Year 9, Middle School and Sixth Form	We develop creative thinking by allowing students to design tactics, choreograph routines (e.g. in gymnastics), and adapt strategies in competitive situations. Students are encouraged to think independently and respond innovatively to challenges.
In Middle School	We develop problem solving by engaging pupils in game-based scenarios where they must analyse performance, identify weaknesses, and adapt tactics in real time. Leadership roles such as coaching peers also promote decision-making and analytical thinking.
In Sixth Form	We develop networking by providing opportunities to engage with external coaches, attend sports events, participate in mentoring programmes, and undertake sports-related work experience. Students are encouraged to build connections within the sports industry and related career pathways.

Development of Subject Specific Skills which are Relevant to Next Steps / the Workplace

In Physical Education, students develop a wide range of subject-specific skills including physical competence, leadership, analytical thinking, resilience, and an understanding of health and fitness. These skills are nurtured through a combination of practical performance, theoretical study, and leadership opportunities. Students analyse performance using data, learn about anatomy and physiology, and develop coaching and officiating skills. They are regularly required to reflect on their own progress and set targets for improvement. The relevance of these skills extends to a variety of next steps and careers. For example, teamwork and leadership are essential in fields such as sports coaching, teaching, and the fitness industry. Analytical and evaluative skills support careers in physiotherapy, sports science, and healthcare. Time management, resilience, and communication are transferable skills valued in all workplaces, helping students to succeed in both further education and employment.



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Extra-curricular Opportunities	
School Sports Teams (e.g. football, Sixth Form netball, rugby)	Develop teamwork, leadership, and discipline skills which are essential for careers in sport, coaching, and fitness.
Inter-House Competitions	Encourage resilience, performance under pressure, and goal setting.
Fitness Club / Gym Sessions	Promote knowledge of training methods and links to careers in personal training and health.
Sports Trips (e.g. outdoor education, tours)	Develop independence, teamwork, and wider exposure to sports-related industries.
Officiating Opportunities (refereeing/umpiring)	Enhance decision-making and understanding of rules; these skills are relevant to sports governance roles.
Work Experience in Sports Settings	Provide insight into careers such as physiotherapy, coaching, and sports management.