

5 WORK SKILLS PHYSICAL EDUCATION WILL GIVE YOU



COMMUNICATION



In class: In your school sports team, you'll plan tactics together then use verbal and non-verbal cues to communicate during gameplay.

At work: Good communication is key to making the most of everybody's input and getting information across to colleagues and customers.

Career paths: Customer service agent, district nurse, sportsperson

LEADERSHIP



In class: You'll learn different ways to motivate and coordinate teammates in a competitive sports setting and take the initiative at crucial points.

At work: As well as equipping you for management roles – in sports and other fields – leadership can help inspire and give confidence to colleagues.

Career paths: Manager, sports coach, supervisor

MOTIVATION



In class: You'll learn about motivation and how to motivate different people. You'll cover achievement motivation and achievement goal theory.

At work: Being able to motivate people is useful in many jobs, whether you're working in business or healthcare.

Career paths: Occupational therapist, manager, motivational speaker

TEAMWORK



In class: You'll learn to cooperate with teammates to ensure everyone is playing to their strengths and is supported by other team-members.

At work: Teams work best when everyone is contributing their strongest attributes and skills, and feels included and listened to.

Career paths: Performer, police officer, team leader

TIME MANAGEMENT



In class: A sports match is highly time dependent and you'll learn to adapt your priorities to where you are in the game.

At work: Many jobs are project-based or deadline focused, requiring you to plan how to produce high-quality work within the available time.

Career paths: Bid writer, project manager, therapist

