Personal Trainer

**SUITABLE FOR KS3 +**

Lesson Plan – 15 minutes Learning Outcomes

**Frameworks**

**Gatsby:**

**CDI:**

**Skills: Personal development, informed**

**Resources Needed**

1. Powerpoint
2. Quiz
3. Planner (handout)
* **What the role involves**
* **Key information about the role**
* **What routes are available to you**
* **What are your next steps**

Note: make sure to play in presentation mode

|  |  |  |
| --- | --- | --- |
| Slide Number | Timings | Key teaching points |
| 2 | 1 min | Learning outcomes – what you will discover in this lesson |
| 3 | 1 min | Key info |
| 4 | 2 min | What does a personal trainer do? |
| 5 | 1 min | Career Progression |
| 6 | 1 min | What routes can you take? |
| 7 | 1 min  | What subjects? |
| 8 | 1 min | Watch the video  |
| 9 | 7 min | Discussion  |
| 10 | 30 sec | Next steps  |

Evaluation & Reflection

Check the reflection sheet. Have students identified things they wish to work on and actions they want to implement? Did all students find the lesson helpful? Don’t forget to feed back to WorldSkills UK. Complete the survey at [https://www.surveymonkey.co.uk/r/3ZBZX89](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.surveymonkey.co.uk%2Fr%2F3ZBZX89&data=04%7C01%7CTShirt%40worldskillsuk.org%7Ca55379ddea0043444c3108d9adcd26e3%7C8167e3da8c51471c9f34326988053d0a%7C0%7C0%7C637731918892793695%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=WbeF8TPfvMFU2TjbFqIxiP1OFqpSpD9wrWI%2FtKtdW3M%3D&reserved=0)

**Additional Info**

**Plenary Actions:** Watch some of the WorldSkills Champions videos - find out how becoming a skill champion has supported these young people to be the best [www.worldskillsuk.org/directions/careers-advice-resources/skills-champions-share-their-stories](http://www.worldskillsuk.org/directions/careers-advice-resources/skills-champions-share-their-stories)