



**Use your UNIFROG Account** to log on from your introductory email from your school email address.

Go into the **'Know How Library'** and look at:

**'How to Prepare for College'**. This will give you a quick insight on things you need to prepare for and what you should be doing now and in your Summer holidays to get ahead of other students also going in September!



**Listen to the podcasts** by the BBC on any area of Sport you are interested in!

Listen to Peter Crouch's Podcast about how to become a Professional Footballer or Listen to 5Live where they discuss Table Tennis on the frontline and the missing London Marathon.

[The BBC Sport Podcasts](#)



**Sport Trivia**  
The Top ten Sporting Facts to satisfy your Sports Trivia appetite!

Click the link below:

[The Top Ten Sporting Trivia Facts](#)



**Read** these Sports Themed Books for Young Adults. Some Fiction, some based on real life events.

Click the link below:

[Top Ten Sports Themed Books for Young Adults](#)



**Watch** the Learn Lounge by Springpod –Inspirational Talks given by inspirational people.

Football Fantasy: How I went from School straight into Professional Football

Click the link below:

A talk by [Paul Robinson](#)  
Former professional footballer



**Studying a Public Services course** will enable you to follow a career path that will make a difference to your

Community and help others, whilst having varied and challenging work days that are never the same!  
Working in the Public Services Sector can offer you exciting and worthwhile career opportunities.

Look on your **UNIFROG Account**. Go onto the **'Subjects Library'**. Scroll down and to **'By area'**. Then click onto **'Humanities and Social Sciences'** and take a look at any of the jobs that interest you!



**Read** this article on Inspirational People in Sport and how Sport has changed their lives.

Click the link below:

[12 Amazing recent Sports Stories that you should know about](#)



**Take a look at The Careerometer Widget**

Click the links below to allow you to compare the different career choices in the UK.

[The Careerometer Widget](#)



**Have a go at completing this Free Online Course** and get some knowledge of working in the Voluntary Sector.

**Working in the voluntary sector**, will introduce you to some of the main activities carried out by volunteers and staff.

It will also give you some background on how different organisations work and will provide you with the knowledge and skills you can apply to your own work or volunteering, as well as to your everyday life.

Click the link below:

[Working in the Voluntary Sector](#)



**Some of the examples of different career paths you could follow are:**

Outdoor Activities Instructor, or work in a Children's Activity Centre. You could train to be a Lifeguard or a Gym Instructor, a Coach, Commentator, Development Officer, Nutritionist, Physiotherapist, Referee, Sports Scientist, Sports Psychologist, or an Umpire.  
By following the Public Services pathway you will gain many of the necessary skills to apply to the Armed and Uniformed Services.

Search these different types of jobs using your **UNIFROG account**.

**Go to the Careers Library and scroll down to the section 'By Career Area' and take a look at the following sections that are applicable to you:**

**Social Services  
Security and Uniformed Services  
Sport, Leisure and Tourism**



**Use your UNIFROG Account** to learn about the different college qualifications and the different levels there are.

Go into the **'Know How Library'** and look at:

**'College Qualifications and Levels explained -England'**

Follow this up with continuing to read in the **'Know How Library'**:

**'College, Apprenticeship or University'**  
Consider your future education path after finishing your course at College.



**Use the Personality Quiz tool** on UNIFROG to find out what other people who are similar to you are doing for their careers.

**'The Personality Quiz'** on the main page



**Watch** these TED Talks to inspire you about Government Innovation and Technology

Take a scroll through these 5 Ted speakers and see how they are changing Government Innovation –and the world-through Technology.

Click the link below:

[5 TED Talks to Inspire Government Innovation & Technology](#)



**Government and Public Services Quiz**  
How many things do you know? Put yourself to the test with this quiz!

Click on the link to take the quiz:  
[Government and Public Services Quiz](#)

## Year 11 Transition Activities for Sport and Public Service Courses