



Work sheet 12-14 | Learning from Olympians

Sport and skills

In teams, pick eight different olympic sports and decide how you could describe them without speaking or using any props. Once you've decided take it in turns to act our your eight sports infront of the class. Your classmates have to guess the right sport. You'll be timed and the fastest team wins!

Even when we are having fun we can be developing 'employability skills' which can make us more attractive to future employers. In this game you were involved in teamwork, you solved problems and made decisions, you probably had to be adaptable and flexible and hopefully you were enthusiastic and motivated.

If you are going to be on the winning team you will need to work at developing these skills.

Why not carry out an **Employability skills audit** on yourself. Circle the numbers below to rate your ability and experience **1 = None** to **5 = Lots of ability and experience**

Employability Skill	Rate your skill 1-5 (5 being excellent)	Examples. How can I improve?
Problem Solving/ decision making		
Communication		
Responsibility		
Dependability		
Adaptability and Flexibility		
Teamwork		
Organisation and planning		
Enthusiasm and motivation		
Commitment		