



Fact sheet 12-14 | Learning from Olympians

Sport and skills

The Olympics is such a big event. There are so many olympic sports. Cover up the table below. How many sports can you list? See if you can name more than the person next to you.

| | | | | |
|------------------|------------|------------|--------------|---------------|
| Archery | Canoeing | Gymnastics | Rowing | Tennis |
| Athletics | Cycling | Handball | Sailing | Trampoline |
| Badminton | Diving | Hockey | Shooting | Triathlon |
| Basketball | Equestrian | Judo | Swimming | Volleyball |
| Beach Volleyball | Fencing | Modern | Table Tennis | Water Polo |
| Boxing | Football | Pentathlon | Taekwondo | Weightlifting |

Did you know that participating in sports is not only good for you but it can help you develop skills that employers are looking for? Currently around one million young people are out of work, so in the future you will need to make yourself 'employable'.

Developing the right kind of employability skills is just as important as passing exams and getting the right qualifications.

Taking part in sports provides ideal opportunities for you to develop skills in;

| | | |
|-----------------|--------------|-----------------|
| Teamwork | Adaptability | Communication |
| Time management | Flexibility | Decision-making |
| Responsibility | Organisation | Problem solving |
| Dependability | Planning | Commitment |

CVs

When applying for a job, even a part time one, you will need to prepare a CV

Usually you would include the following:

- **Personal information** – your name, address and contact details.
- **Education** – the exams you are sitting or have passed.

However **personal skills and interests** are equally important. List any hobbies, interests or clubs you are a member of. Since you may not have had any work experience, this is where you can include information about your skills. Think of the different skills you have that would be attractive to an employer. Try to think of examples or experiences of when you have displayed these skills.

Try to make your covering letter/CV personal to that employer.