



# Longridge High School

Excellence and ambition from all, for all

With England off to a solid (if slightly nerve-wracking) start in the Euros, football fever is upon us! Today, we're focusing on how you can launch a career in Sport and Fitness – with a special focus on footballing careers.

## Sport & Fitness

**Whether you want to play or help others get involved, jobs in sport & fitness will always keep you on your toes.**

For every professional athlete that steps out onto the field, there are scores of other people supporting them to train and keep healthy. And, from the journalists who bring us close-up shots of the action to the organisers and managers getting spectators in their seats, there are plenty of people making sure that the spotlight shines on sport.

Many careers in sport & fitness also focus on promoting healthier lifestyles and sports more widely amongst the general public. These roles are essential in making sure that people everywhere have access to sports facilities and the knowledge to train and stay fit.

### What sport and fitness jobs can I do?

- Athletes
- Coaches
- Club/event managers and coordinators.
- Instructors
- PE teachers
- Nutritionists
- Outdoor activity leaders
- Personal trainers
- Physiotherapists
- Sports development officers
- Sports journalists and presenters - If you're considering a [career in sports journalism](#), check out our 60 Second Interview with a real sports journalist.
- There are lots of jobs available in marketing, admin, finance and maintenance at sports clubs to



### How can I start a career in sport and fitness?

You don't necessarily need a degree to land a great job in sport, but competition is high and you must show your commitment to all things sporting, so get involved playing, volunteering and assistant coaching as soon as you can. A school team is a great place to start!

- Aim for grade 4-9 in maths and English. Take PE and biology, especially for coaching and healthcare roles.
- At A-level, take PE and biology and consider a health and social care qualification.
- Apprenticeships and vocational
- Qualifications include an NVQ in sport, active Leisure and wellbeing, a BTEC in sport, or a certificate or diploma in outdoor activities.

You can find out more about this course.

[Sporting excellence professional \(level 3\) - apprenticeship training course \(education.gov.uk\)](#)

GROW YOUR STRENGTHS WITH

**CHOOSE YOUR NCS EXPERIENCE**



Year 11

**AWAY FROM HOME EXPERIENCES**

**ONLINE EXPERIENCES**

**LOCAL COMMUNITY EXPERIENCES**

NCS is where young people can find their strengths and become world-and work-ready.

Find out more about how NCS can help young people grow and develop today.

You can do NCS your way. Go away from home for five days (and four nights), stay local to you, or do NCS online from the comfort of your sofa. If you're ready to start growing your strengths, then grab your place today. <https://wearencs.com/experiences>

Year 10 College

# TASTER DAY

Pupils will be visiting the colleges below on the following days: -

<b>Mon 24<sup>th</sup> June</b>	<b>Runshaw College (selected pupils)</b>
Mon 1 <sup>st</sup> July	Preston College
Tues 2 <sup>nd</sup> July	Cardinal Newman College
Wed 3 <sup>rd</sup> July	Blackburn College



**Amazing Apprenticeships** is a leading organisation in the education sector, working with schools, colleges and employers, tackling misconceptions and promoting the benefits of apprenticeships and technical education.

As experts on apprenticeships and technical education, we influence the way that apprenticeships are perceived and drive forward innovative and creative work in England and internationally, to ensure that more individuals and businesses can access the benefits of apprenticeships. We have already brought about a huge culture change amongst schools in the way that apprenticeships are perceived and promoted to students... but there is always more to do! [About ASK - Amazing Apprenticeships](#)

This month's edition of the Parents & Carers Pack. <https://www.apprenticeships.gov.uk/influencers/support-for-parents-and-guardians>

Read about the experience of an apprentice Veterinary Nurse and the Animal Care T Level in this month's edition of the Parents and Carers pack. You can also find out more about exciting apprenticeships in the Royal Signals, Tesco's Stronger Starts apprenticeship programme, Protected Services and much more.

**PRESTON  
COLLEGE**

# APPRENTICESHIP OPEN EVENT

MONDAY 1 JULY 4-7PM

**REGISTER TODAY!**



T 01772 225768

E [appsinfo@preston.ac.uk](mailto:appsinfo@preston.ac.uk)

W [www.preston.ac.uk/  
apprenticeship-open-event-2024](http://www.preston.ac.uk/apprenticeship-open-event-2024)

**PRESTON  
COLLEGE**

Join us at **Preston College** for an exciting opportunity at our upcoming Apprenticeship Open Event! Discover a pathway to success as we showcase a full range of apprenticeship opportunities tailored to kick start your career journey. Meet industry professionals, speak to the employers we work with, and gain an insight into the invaluable benefits of apprenticeships! Mark your calendars and seize the opportunity to shape your future at our Apprenticeship Open Event!

[Apprenticeship Open Event 2024 - Preston College](#)

**Earn while  
you learn!**

Apprenticeships  
are open to  
anyone of working  
age (subject to  
eligibility checks)

Interested in an apprenticeship? Leaving school or college? Or wanting to switch industries and advance your career? Then check out Runshaw's exciting apprenticeship opportunities

**Service Care Solutions**

Apprenticeship Recruitment  
Business Administrator L3  
Medical (Ref: BA08)  
Service Care Solutions -  
Preston - £336.18 per week

**Gelston Manor**

Early Years Apprenticeship level  
2 or 3 (Ref: CC08)  
Gelston Manor Day Nursery  
Chorley  
£5.28 per hour

**PERFECT  
RECRUITMENT**

Apprentice Resourcer Level  
3 (Ref: BA86)  
Perfect Recruitment Ltd -  
Chorley  
£5.28 plus bonus

**Upskill in  
your existing  
role with an  
apprenticeship  
(subject to  
eligibility  
checks)**

**InXpress**

Customer Service L2  
Apprentice Shipping  
Specialist - InXpress Preston  
(Ref: CS03)  
£200 per week

**Aspris**

Apprentice Teaching  
Assistant L3  
Ribbles Autism School  
(Ref: TA02)  
£8 per hour

## More vacancies



If you have any questions or want to apply now please contact us either by email at [apprenticeships@runshaw.ac.uk](mailto:apprenticeships@runshaw.ac.uk) or call us on 01772 643008

**RUNSHAW COLLEGE**

The majority of our apprentices are not required to come to college, our programmes are delivered in the workplace.

Runshaw College Additional Learning Support Team are having an informal Open Event at college to inform pupils and parents of the support offered here at Runshaw. There will be the chance to talk to staff from the ALS team, explore the department and discuss the services provided. Colleagues from Student Services will also be available to provide information on bursary and transportation, and information will be available about medical needs, safeguarding and wellbeing.

**We invite Year 10 and 11 pupils to come along on Monday 24th June, the event will run from 4.30 pm to 7.00 pm.**

If you have any questions regarding the event, please contact Tracy Stuart, [stuart.t@runshaw.ac.uk](mailto:stuart.t@runshaw.ac.uk)

**RUNSHAW COLLEGE**

**Runshaw College**, we work with hundreds of partner employers in a variety of sectors who are always on the lookout for new talent! We offer apprenticeships in areas such as Accounting, HR, Leadership & Management, Childcare and Business.

Full vacancy details can be found here: [Live Apprenticeship Vacancies](#)

# JOB OF THE WEEK

## QUARRY MANAGER

Quarry Manager/Engineers explore new sites, oversee extraction operations and manage sites at the end of their commercial life.

ANNUAL SALARY

£28,000 to £52,000

### Working Environment.

Your working environment may be cramped, dusty and dirty, you may spend nights away from home. You may need to wear protective clothing. You could work at a quarry or in an office.

### Working Hours

- ❖ 37 to 40 a week
- ❖ You could work weekends; occasionally.

### In your day-to-day duties you could:

- Use ground-surveying techniques to check the sites geology.
- Drill earth and rock samples for lab testing.
- Build up computer models of a site and its deposits.
- Make recommendations on how to proceed.

### If mining goes ahead, you will:

- Manage the day-to-day running of operations.
- Oversee technical staff.
- Produce progress reports.
- Monitor health and safety.
- Draw up plans to guard against emergencies like a tunnel collapsing or flooding.
- Make plans for restoration of the site after quarry workings end.



You can get into this job through:

- A university course.
- An apprenticeship.

**University** - You can become a quarry or mining engineer by completing a foundation degree, higher national diploma or degree. You can choose from a subject like:

- Minerals Engineering
- Mining Engineering
- Geophysics
- Geology
- Earth Sciences
- Civil Engineering

Courses that give you the opportunity to gain work experience through internships, placements or a year in industry may give you an advantage.

You will usually need:

- 1 or 2 A levels, or equivalent, for a foundation degree or higher national diploma
- 2 to 3 A levels, or equivalent, for a degree

**Apprenticeship** - You may be able to gain some of the skills and knowledge relevant to this role through a higher apprenticeship as a minerals product technician.

To do this apprenticeship, you will need:

- 4 or 5 GCSEs at grades 9 to 4 (A\* to C) and A levels, or equivalent, for a higher or degree apprenticeship.

**For more information speak to a Career Adviser or your local colleges.**

### What skills are required?

- Knowledge of engineering science and technology.
- Operations analysis skills.
- Maths knowledge.
- Design skills and knowledge.
- Knowledge of building and construction.
- Excellent verbal communication skills.
- Thinking and reasoning skills.
- Analytical thinking skills.
- The ability to read English.
- To be able to use a computer and the main software packages competently.



**Career Path & Progression** - With experience, you could move into people or project management roles or into related careers like civil, construction or environmental engineering.

<https://www.careerpilot.org.uk/job-sectors/on-site/job-profile/quarry-engineer>

[JOB OF THE WEEK EPISODE #064 - QUARRY MANAGER - YouTube](#)