



Jobs and Health (Middle/Senior) – Part 2

Health and PE

Suitable: Level 3-4 Guided / Independent / Shared

WALT:

Assess a job against a set of criteria.

Explain how a job can positively or negatively impact a person's well-being (e.g. physically, mentally).

Look at the list of jobs below that people do within most communities.

Jobs:

Doctor	Police Officer	Truck Driver	Teacher
Nurse	Bike Courier	Postie	Train Conductor
Builder	Bus Driver	Engineer	Ambulance Driver
Electrician	Plumber	Athlete	Computer Programmer

Activity

Choose 5 different jobs from the list and assess them according to the criteria below.

Note: *Criteria is a set of standards that you can use to measure or judge something by.*

Criteria includes:

- **Physical activity**
Does this job allow people to move around?
- **Stress levels**
*How do people cope with the pressure of doing this job?
Do you think they find it easy, fun, difficult, tiring, upsetting etc...*
- **Community involvement**
Does this job allow people to see and help others?
- **Sense of achievement**
Does this job make people feel like they are achieving something?





Remember there is no right or wrong way of assessing a job because every person will have a different perspective (view) on it.

Job	Physical activity	Stress levels	Community involvement	Sense of achievement
e.g. Doctor	3	5	5	5

What to do?

Rate each job on a scale of 1-5

1 = Low 2 = A little 3 = Medium 4 = A lot 5 = High

Discussion

- Does a job affect a person’s lifestyle? Why / Why not?
- If so, what does this mean for people who work in these jobs?

