

Module 10 - Sitting selection tests

Module 10 explains what selection tests are, lists some of the different types, gives examples of tests and lots of tips on how to prepare for and practice them.

Work your way through the [Sitting selection tests Module](#), completing the activities.

Teacher/Trainer Notes

If you are a teacher or trainer delivering this module to young people, you can use the [PowerPoint presentation](#), which includes notes, activities, tasks/discussion points and estimated timings. There are also [teacher/trainer notes](#), which outlines delivery requirements, aims, outcomes, career management skills and senior phase criteria.

If completing this module as a paper-based exercise, print out [Activity 1 Worksheet](#) as well as the content before delivering it.