

Verulam Careers Spiral Curriculum Programme within PSHE and Unifrog

Year 7			
November – January (PSHE Booklet 2)	Unifrog September - July		
<ul style="list-style-type: none"> • What is a job, career and profession? • Stereotypes and jobs and equality of opportunity • Skills needed in a job sectors (will be using career pilot) • Importance of communication, teamwork and leadership • Developing career aspirations and using online platforms such as Unifrog (careers library), career pilot, success at school and national careers service 	Log into Unifrog Who Am I? (1 lesson)	<i>Grow Throughout Life</i>	<i>Gatsby Benchmarks 2, 3, 7 and 8</i>
	Exploring possibilities and dream jobs	<i>Explore Possibilities</i>	
	What is a career?	<i>Manage a career</i>	
	Careers and the Future	<i>See the big picture</i>	
	Career Personality Types		

Year 8			
November – January (PSHE Booklet 2)	Unifrog September - July		
<ul style="list-style-type: none"> • Understand about different ways of working (full time, part time, self-employed etc.) • Understand the skills needed as an employee/in a job • Developing career values and aspirations • Entrepreneurs and how to be enterprising • Importance of communication, teamwork and leadership 	What are my interests? (1 lesson)	<i>Grow Throughout Life</i>	<i>Gatsby Benchmarks 2, 3, 7 and 8</i>
	Job applications: superhero CVs	<i>Explore Possibilities</i>	
	What does success mean to me?		
	Challenges and rewards of work	<i>Manage a career</i>	
	What is an entrepreneur?	<i>Create Opportunities</i>	
	Intentions Plan A and B		

Year 9			
September – October (PSHE Booklet 1) and January – March (PSHE Booklet 3)	Unifrog September - July		
<ul style="list-style-type: none"> • Understanding transferable skills • Using online platforms such as career pilot, success at school and national careers service to learn about jobs, careers, skills, qualifications etc. • Skills needed in a job – including transferable skills as well as hard and soft skills • Digital footprints and how these are important when considering jobs • Developing career values and career aspirations • How to be enterprising • Importance of communication, teamwork and leadership • Choosing what to study at KS4 • Labour Market Information 	What are my skills (1 lesson)	<i>Grow Throughout Life</i>	<i>Gatsby Benchmarks 2, 3, 7 and 8</i>
	What happens after school?	<i>Explore Possibilities</i>	
	Choosing what to study at KS4	<i>Manage a career</i>	
	What is the labour market?	<i>See the Big Picture</i>	
	Update Intentions, Plan A and B	<i>Create Opportunities</i>	
	Taking control of your career journey		

Year 10

November – January PSHE Booklet 2		Unifrog September - July	
<ul style="list-style-type: none"> • Rights and Responsibilities in the workplace • Changing jobs and careers • Health and Safety in the workplace • Digital footprints • Equality of opportunity • Preparing for work experience 	Reflecting on my career: past present and future (1 lesson)	<i>Grow Throughout Life</i>	<i>Gatsby Benchmarks 2, 3, 7 and 8</i>
	Exploring employer profiles	<i>Explore Possibilities</i>	
	What type of career is best for me?	<i>Manage a career</i>	
	Planning to go on work experience	<i>Create Opportunities</i>	

Year 11

September - November PSHE Booklet 1		Unifrog September - July	
<ul style="list-style-type: none"> • Post-16 and the application processes, including writing CVs, personal statements and interview technique • Digital footprints • Preparing for job interviews • Developing career values • Developing career aspirations 	What are my employability skills?	<i>Grow Throughout Life</i>	<i>Gatsby Benchmarks 2, 3, 7 and 8</i>
	Post-16 Choices and choosing your post-16 pathway	<i>Explore Possibilities</i>	
	Money Talks – Apprenticeships and Higher Education	<i>Manage a career</i>	

Year 12

PSHE Booklet		Unifrog September - July	
<ul style="list-style-type: none"> • Being Ambitious with life goals • Knowing my strengths and skills • Career possibilities in a global economy • Balancing work and life 	Complete the University shortlisting activity	<i>Explore Possibilities</i>	<i>Gatsby Benchmarks 2, 3, 7 and 8</i>
	Complete post-18 Intentions Plan	<i>Explore Possibilities</i>	
	Complete Apprenticeships shortlisting	<i>Manage a career</i>	
	Personal Statements	<i>Manage a career</i>	
	CV	<i>Manage a career</i>	

Year 13

PSHE Booklet		Unifrog September - July	
<ul style="list-style-type: none"> • Post-16 and the application processes, including writing CVs, personal statements and interview technique • Bullying and harassment in the workplace 	Post-18 information	<i>Explore Possibilities</i>	

<ul style="list-style-type: none">• The gig economy explained• Managing life phases• Being financially savvy• Preparing for job interviews			<i>Gatsby Benchmarks 2, 3, 7 and 8</i>
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