

	Autumn 1 Half Term 1: Options at 16 and 18 Week	Autumn 2 Half Term 2: Employability Skills (Global Entrepreneurs Week 16th - 22nd November 2026)	Spring 1 Half Term 3 Apprenticeships and Work Based Learning (National Apprenticeship Week 8th - 14th February 2027)	Spring 2 Half Term 4 Higher Education (National Careers Week 1st - 6th March 2027)	Summer 1 Half Term 5 Labour Market Information	Summer 2 Half Term 6 Employer Encounters
Yr 7 Aim: To introduce students to Kingsmeadow Careers provision & identify the skills needed and future options of study / work. Majority of thrives introduced will be skills based and will focus on personal qualities	Assembly: 2026 Leavers; Where did they go and overview of Kingsmeadow careers programme. Thrive: Intro to careers programme, Unifrog login and introduction to pathways at 16. Unifrog focus - Reflecting on who you are. Future skills questionnaire completed in Thrive so progress can be seen as this will be completed on a yearly basis.	Assembly: What is an entrepreneur? What skills do they have? Guest speaker - Entrepreneur focus Thrive: Identify and explore employability skills and students complete Unifrog Profile quizzes. Unifrog focus - Find out what entrepreneurs do.	Assembly: apprenticeship team to deliver assembly. Thrive: What are Apprenticeships? Hearing from apprentices. Apprenticeship links to subjects.	Assembly: FutureMe (local university delegated) to deliver age appropriate assembly about higher education. Thrive: National Careers Week/Unifrog resources. Unifrog focus - Explore your dream job.	Assembly: Guest Speaker from the Alumni Thrive: Focus on local employment opportunities (NELEP resources). What is labour market information? Unifrog focus - Learn about careers and the future.	Assembly: What are employer encounters? Reflecting on our careers programme. Thrive: What are employer encounters? Understanding virtual work experience. First impressions and interview preparation. Unifrog focus - Reflecting on who you are.
Gatsby Benchmarks	1,2	1,2,5	1,2,4,5	1,2,5	1,2,5	1,2
Yr 8 Aim: To encourage students to develop their own skills whilst building aspirations for future careers pathways.	Assembly: 2026 Leavers; Where did they go and overview of Kingsmeadow careers programme in Year 8. Thrive: What are my post 16 options and where will they take me? Unifrog focus - Reflect on your interests. Targeted students: Individual mentoring sessions with professionals via My Big Careers with a focus raising aspirations. Future skills questionnaire completed in Thrive so progress can be seen as this will be completed on a yearly basis. STEM events and skill development	Assembly: What is an entrepreneur? What skills do they have? Guest speaker - Entrepreneur focus Thrive: Identify and explore employability skills. Links to careers. Students record skills on Unifrog. Unifrog focus - Find out how to create the life you want and find out what entrepreneurs do. Lunchtime exhibition in school: local personal development opportunities.	Assembly: apprenticeship team to deliver assembly. Thrive: What are Apprenticeships? Hearing from apprentices. Apprenticeship links to subjects. Careers fair in school with over 25 employers, training providers, colleges and further education establishments.	Assembly: FutureMe (local university delegated) to deliver age appropriate assembly about higher education. Thrive: National Careers Week/Unifrog resources Unifrog focus - Learn about careers and the climate	Assembly: Guest Speaker from the Alumni Thrive: Focus on local employment opportunities (NELEP resources). What is labour market information? Unifrog focus - Learn about careers and the climate.	Assembly: What are employer encounters? Reflecting on our careers programme. Thrive: What are employer encounters? Understanding virtual work experience. First impressions and interview preparation. Unifrog focus - Learn about the workplace.
Gatsby Benchmarks	1,2,3	1,2,5	1,2,4,5,7	1,2,5	1,2,5	1,2
Yr 9 Aim: Students can confidently choose KS4 options with an understanding of how this may impact their future career	Assembly: 2026 leavers destinations; Where did they go and overview of Kingsmeadow careers programme in year 9. Thrive: What are my post 16/18 options and Where will they take me? Unifrog focus - Reflect on your skills Future skills questionnaire completed in Thrive so progress can be seen as this will be completed on a yearly basis.	Assembly: What is an entrepreneur? What skills do they have? Guest speaker - Entrepreneur focus Thrive: What are my skills? How do they link to roles and subject choices? Unifrog focus - Learn how to choose KS4 options. Lunchtime exhibition in school: local personal development opportunities.	Assembly: apprenticeship service to deliver assembly. Thrive: What are Apprenticeships? Hearing from apprentices. Apprenticeship link to subjects. Year 9 options process: Options evening led by careers lead, headteacher and assessment lead. Parents involvement. Tutor time activities to support students on options process. One to one options advice available with careers leader. Targeted students: Individual mentoring sessions with professionals via My Big Careers with a focus on KS4 Option Choices. Careers fair in school with over 25 employers, training providers, colleges and further education establishments.	Assembly: FutureMe (local university delegated) to deliver age appropriate assembly about higher education. Thrive: National Careers Week/Unifrog resources Unifrog focus - Find out how to take control of your career journey.	Assembly: Guest Speaker from the Alumni. Thrive: Focus on local employment opportunities (NELEP resources). What is labour market information? Unifrog focus - Learn about the Labour Market.	Assembly: What are employer encounters? Reflecting on our careers programme. Thrive: What are employer encounters? Understanding virtual work experience. First impressions and interview preparation. Unifrog focus - Finding out how take control of your career journey.
Gatsby Benchmarks	1,2	1,2,4,5	1,2,3,4,5,7,8	1,2,5	1,2,5	1,2
Yr 10 Aim: Students gain more insight into the various post 16 pathways and experience a variety of employers and employees	Assembly: Work experience introduction Thrive: Work experience preparation and information Future skills questionnaire completed in Thrive so progress can be seen as this will be completed on a yearly basis.	Assembly: What is an entrepreneur? What skills do they have? Guest speaker - Entrepreneur focus Thrive: Work experience, presenting my skills on a CV and application. Unifrog focus - CV builder Lunchtime exhibition in school: local personal development opportunities.	Assembly: apprenticeship team to deliver assembly. Thrive: What are Apprenticeships? Hearing from apprentices. Apprenticeship links to subjects. Unifrog focus - Virtual apprenticeship stories Careers fair in school with over 25 employers, training providers, colleges and further education establishments. Aspirations group.	Assembly: FutureMe (local university delegated) to deliver age appropriate assembly about higher education. Thrive: National Careers Week/Unifrog resources Unifrog focus - Learn about different career types.	Assembly: Guest Speaker from the Alumni. Tutor week: Focus on local employment opportunities (NELEP resources). What is labour market information? Unifrog focus - Is AI a threat to jobs?	Assembly: What are employer encounters? Reflecting on our careers programme. Thrive: Preparing for Careers Speed networking event. Presenting yourself well. Careers speed networking event in school. Students to visit 5 employers in small groups fact finding through Q&A. Work experience
Gatsby Benchmarks	1,2	1,2,4,5	1,2,4,5,7	1,2,5	1,2,5	1,2,5
Yr 11 Aim: Students will make a successful transition into their chosen pathway after GCSE	Assembly: 2026 leavers destinations; Where did they go and overview of Kingsmeadow careers programme in year 11. Thrive: What are my post 16/18 options and where will they take me? Unifrog - Reflect on your employability skills. Individual careers guidance interviews begin. Gathering initial intended destinations. External visit Year 11 visit to careers fair at St James Park (Date to be confirmed) Future skills questionnaire completed in Thrive so progress can be seen as this will be completed on a yearly basis.	Assembly: What is an entrepreneur? What skills do they have? Guest speaker - Entrepreneur focus. Thrive: How are my skills linked to post 16 options? Unifrog focus - Learn how to choose a post-16 pathway. Individual careers guidance interviews continue.	Assembly: apprenticeship team to deliver assembly. Thrive: Applying for Apprenticeships. Hearing from apprentices. Apprenticeship links to subjects. Unifrog focus - Virtual apprenticeship stories Group and Individual Apprenticeship application support, finding vacancies, completing applications, preparing for interview and assessment. Individual careers guidance interviews continue. Careers fair in school with over 25 employers, training providers, colleges and further education establishments.	Assembly: FutureMe (local university delegated) to deliver age appropriate assembly about higher education. Thrive: National Careers Week/Unifrog resources Unifrog focus - compare apprenticeships and Higher Education Individual careers guidance interviews continue, gathering of intended destinations. Individual Mock interviews with employers (afternoon).	Assembly: Guest Speaker from the Alumni. Thrive: Focus on local employment opportunities (NELEP resources). What is labour market information? Targeted support College visits for students who are unable to attend with parental support. Student survey review of Careers programme.	Targeted support for students still making applications. Attending open events.
Gatsby Benchmarks	1,2,3,5,7,8	1,2,3,4,8	1,2,4,5,7,8	1,2,5	1,2,5	1,2,7
Yr 12 Aim: Students continue to develop their transferable skills whilst enhancing application knowledge for post 18	Focus on Post 18 Options including an overview of Postgraduate Options with a focus on University and UCAS. External Speaker: Northumbria Uni (Learning to succeed and Intro to EPQ) Sunderland Uni (Introduction to First Choice) Apprenticeship guest speaker External visit: University visit (hosted by Future Me) External visit Year 12 visit to careers fair at St James Park 1st October Individual careers guidance interviews. Start UCAS application. Future skills questionnaire completed in Thrive so progress can be seen as this will be completed on a yearly basis.	Focus on Opportunities to develop personal skills, how to access these virtually, in school and through local community. Unifrog focus - Explore pros and cons of post-18 pathways. External Speaker: Northumbria Uni (Why go to Uni and Choosing a Higher Education course) and NU Entry registration session) Sunderland Uni (First Choice welcome and registration session)	Focus on Apprenticeship opportunities at 18 including degree apprenticeships. Unifrog - Virtual fair with top employers External Speaker: ASK Apprenticeship service	Focus on Supported Entry programmes with local Universities External speaker: Sunderland Uni (First Choice skills session revision skills) Durham Supported Progression Unifrog focus - Learn how to balance life, learning and work.	Continued individual support and guidance when needed. Continue to update UCAS application. Applying for supportive progression schemes and summer schools.	Workskills Week: School led programme of work related activities including: CV and Interview skills workshops Employer visit or attendance at Careers speed networking event Work experience Preparing to make applications: Unifrog focus - Recording achievements and competencies UCAS personal statements Attending open events University Summer Schools: Northumbria, Newcastle and Sunderland.
Gatsby Benchmarks	1,2,3,5,7,8	1,2,3,4,5,7	1,2,3,5,7,8	1,2,3,5,7	1,2,3,8	1,2,7
Year 13 Aim: Students make a successful application to their post 18 chosen pathway.	Focus on making Post 18 choices and applications: UCAS registration and applications, preparing for Apprenticeship opportunities and student finance. External Speaker Northumbria Uni - Destination Northumbria - Newcastle Uni (Partners Programme) - Sunderland Uni (Summer school) Individual careers guidance interviews	Focus on support with Post 18 options. Unifrog focus - Preparing for interviews Continuing applications and UCAS and Job application preparation. External speaker: Northumbria Uni (Personal statement session)	Focus on Apprenticeship application support, finding vacancies, completing applications, preparing for interview and assessment. Group and Individual support with UCAS decisions and student finance External speaker Northumbria Uni (Student finance and budgeting)	Focus on Apprenticeship application support, finding vacancies, completing applications, preparing for interview and assessment. Group and Individual support with UCAS decisions and student finance. External speaker: Northumbria Uni (student life and Confirmation and clearing) Unifrog focus - Prepare for an employer assessment day.	Focus on preparing for results day confirmation and clearing. Student survey review of Careers programme.	
Gatsby Benchmarks	1,3,6,7,8	1,2,3,4,8	1,2,3,5,7,8	1,2,5,7,8	1,2	