

Subject Yearly Overview 2025-2026

Subject: Careers Y10	TOPIC	COMPONENT	<i>Notes: Why are you delivering this topic at this time of year?</i>
Autumn 1	WELLBEING	1.1 State what is meant by emotional wellbeing 1.2 Give examples of factors that can affect mental health 1.3 Explain what is meant by resilience 1.4 Give examples of ways to develop resilience 2.1 State what is meant by physical wellbeing 2.2 Describe how your physical wellbeing can be impacted by your lifestyle 2.3 Identify characteristics of healthy relationships 2.4 Give examples of elements of personal hygiene that are important for physical wellbeing 3.1 State what is meant by stress 3.2 Give examples of possible causes of stress 3.3 Give examples of physical and emotional signs of stress 3.4 Identify strategies for reducing and managing stress	Following the work intensive units of Managing Money and Career Planning, the pupils are motivated by completing this shorter and more personally reflective unit.
Autumn 2	PREPARING FOR WORLD OF WORK	1.1 Outline the advantages of being in work 1.2 Outline the meaning of having a work-life balance 2.1 Describe different types of employment/work contracts 2.2 Give examples of different ways to undertake job search activities 2.3 Identify the information given on a payslip 2.4 Outline rights of an employee 3.1 Give examples of interpersonal skills which are valued in the workplace 3.2 Outline behaviours that are expected within the workplace 3.3 Describe the skills required in two different workplaces 3.4 Give examples of career options relevant to own skills and interests	Through the Career Planning unit pupils look at the basics behind finding a job, then consolidate their understanding of some of the complexities of employment laws, through this unit.

Spring 1	TEAM WORK	1.1 State advantages of working as a team 1.2 State problems of working as a team 1.3 Explain why appropriate communication is important for team working 1.4 Describe individual behaviours that are important when working in a team 1.5 Explain the role of a team leader 2.1 Give examples of activities you have participated in as a team member 3.1 Describe the contributions you made during teamwork activities 3.2 Obtain feedback on your own teamwork skills 3.3 Give examples of how the team worked well together 3.4 Explain how being part of a team provides opportunities for personal development 3.5 Give examples of teamwork skills you want to develop 3.6 Explain what skills you could bring to the role of a team leader	
Spring 2	PLANNING A PRESENTATION	1.1 Explain why presentations are used 1.2 Give examples of different situations when presentations may be used 2.1 Describe the features of an effective presentation you have reviewed/watched 2.2 Give examples of things to avoid when creating presentations 2.3 Give examples of the benefits of practising before delivering a presentation 2.2 Explain the choice of presentation topic 3.1 Explain the materials used to support your presentation 3.2 Give a presentation using at least one presentation aid 4.1 Obtain feedback on your presentation 4.2 Describe what aspects of your presentation went well 4.3 Describe what aspects of your presentation could have been improved 4.4 Give examples of skills that you have developed	At this point in the year, the Year 10s will have usually completed presentations in English for their Speaking and Listening aspect of their course. This means they can refer to their own experiences of creating the Powerpoint Presentation and delivering it to their group.
Summer 1	DIGITAL SKILLS	1.1 State what is meant by “e-safety” 1.2 Explain how you can protect against online threats 1.3 Explain features that make a password secure 2.1 Give examples of positive and negative online behaviours 2.2 Explain the importance of maintaining appropriate online behaviour 3.1 Give examples of tasks which require digital tools 3.2 Explain the advantages and disadvantages of different digital tools	Having worked on their Powerpoint Presentations, the pupils will still have fresh memories of the skills they have ad lacked, aiding their responses to this unit.

		4.1 Explain why it is important to keep digital skills and knowledge up to date 4.2 Give examples of own digital skills that need to be developed 4.3 Plan activities to develop these digital skills	
Summer 2	ENTERPRISE	1.1 Give examples of successful enterprises 1.2 Explain why the enterprises are successful 2.1 Outline the strengths and weaknesses of potential enterprise project ideas 2.2 List the tasks and resources needed to carry out the chosen enterprise project 2.3 State how much you will charge for the products or services 3.1 Contribute to the creation of a marketing resource for the enterprise project 3.2 Take part in the enterprise project 4.1 Give examples of what went well with the enterprise project 4.2 Give examples of how the enterprise project could have been improved 4.3 Calculate how much profit or loss the enterprise project made	The Car Boot Sale at Rosehill opens in the summer months, which times well with the pupils planning for, then executing their fundraising plans.