



Preparation for Adulthood Overview

Castle School's careers programme is built into everything we do, starting with the youngest students to give them the best start in life and the best possible careers and independent living outcomes. Our schools careers plan is designed around the Preparing for Adulthood framework. The sub headings can be adapted to suit the level and needs of the student.

	Employment and Enterprise	Independent Living Skills	Relationships & Community	Good Health
Early Years Key Stage 1	<ul style="list-style-type: none">• Adapting to new environments• Playing with other children• Real world play (builder / nurse / doctor)• Following instructions - consider any specifics around sensory impairment• Numeracy• Real world visits (fire stations, farms etc.) 'What do you want to be when you grow up?'• Meeting role models	<ul style="list-style-type: none">• Feeding and drinking Toileting• Real world play (kitchens, DIY, cleaning)• Getting dressed• Making choices• Washing / brushing teeth• Paying in shops role play	<ul style="list-style-type: none">• Making friends• Social interaction• Making requests using communication devices• Visits / day trips• Team playing• After school clubs• Weekend activitiesDeveloping friendships / friendship groups	<ul style="list-style-type: none">• Diet - making choices• Physical exercise• Articulating pain / health problems

Key Stage 2	<ul style="list-style-type: none"> • Talk about different careers and education options • Access to career related role models • Start to build a personal profile of interests and ambitions • School sessions from visitors • Identifying people who help us and their jobs. • Real world visits (fire stations, farms etc.) 	<ul style="list-style-type: none"> • Feeding and drinking • Toileting • Real world play (kitchens, DIY, cleaning) • Getting dressed • Making choices • Sleep-overs and residential trips • Cooking at school and home • Understanding money • Shopping • Moving around the school independently • Transport and road signs • 	<ul style="list-style-type: none"> • After-school clubs • Learning to be safe on and offline • Knowing the local area • Walking short distances alone • Friendships • Understanding bullying • Managing change 	<ul style="list-style-type: none"> • Managing minor health needs e.g. asthma • Starting puberty immunisation • Articulating pain / health problems • Starting puberty • Physical exercise • Communication
Key Stage 3	<ul style="list-style-type: none"> • Subject option choices - picking the right subjects for targets and future career goals – • Options events, booklets, evenings, assemblies • Exploring different careers • Learning opportunities outside the class room 	<ul style="list-style-type: none"> • Travel training (some) • Making decisions about what to spend money on • Making own food 	<ul style="list-style-type: none"> • Managing social media and other technology • Online gaming and staying safe • Belonging to different groups • Friendships and relationships 	<ul style="list-style-type: none"> • Sex education (PHSE lessons) • Immunisation (some) • Managing more complex health needs • Mental health and wellbeing Drug and alcohol education

	to build self-confidence, social skills, risk awareness, understanding of the world of work and other key (employability) skills.		<ul style="list-style-type: none"> • Understanding the bigger picture and building resilience • These things are covered in ICT lessons, assemblies, special events e.g. SRE, tutor periods, residential visits, class day trips 	<ul style="list-style-type: none"> • Switching the screens off and getting a good sleep • PHSE (covering SRE, drugs awareness, and understanding of sleep) • Science lessons, counsellor, nurse, class teacher / TA support.
Key Stage 4	<ul style="list-style-type: none"> • Planning for Post 16: what qualifications do you need, what study programme should you be on, what work experience would be most helpful (careers / next steps support through careers interviews, support by Teacher / TA with college applications, transition visits, taster sessions) Work experience, (if appropriate for student's needs) starting with tasters and building up to increasing time in the 	<ul style="list-style-type: none"> • Travel training (some) • Making decisions about what to spend money on • Making own food • Independent living skills (some work around money and budgeting) 	<ul style="list-style-type: none"> • Managing social media and other technology • Online gaming and staying safe • Belonging to different groups • Friendships and relationships • Understanding the bigger picture and building resilience • These things are covered in ICT lessons, assemblies, special events e.g. SRE, tutor periods, 	<ul style="list-style-type: none"> • Sex education (PHSE lessons) Immunisation (some) • Managing more complex health needs • Mental health and wellbeing • Drug and alcohol education • Switching the screens off and getting a good night sleep • PHSE (covering SRE, drugs awareness, and

	<p>workplace - with support where needed.</p> <ul style="list-style-type: none"> • Entry level qualifications/ AQA/Ascentis/ASDAN Vocational options / BTEC • Discussion with tutors and others about possible options and pathways. • After school / Saturday jobs / part-time employment (some) • Transition to new settings (work done to support changes to college and Post 16) 		<p>residential visits, class day trips</p>	<p>understanding of sleep)</p> <ul style="list-style-type: none"> • Science lessons, counsellor, nurse, class teacher / TA support.
Post 16	<ul style="list-style-type: none"> • Qualifications linked to employment Entry level qualifications/ AQA/Ascentis/ASDAN • Internal and external work experience placements • Supported internships • Project Search • Transition visits to Further Education providers/ specialist providers 	<ul style="list-style-type: none"> • Looking after your home • Travel training • Decisions about money • Money based curriculum in place • Managing own time • Personal safety • Transition skills for adult care • Residential trips 	<ul style="list-style-type: none"> • Staying safe online • Managing social time • Developing new friendships/ meeting students from other settings • Social skills in the workplace • Understanding the criminal justice system 	<ul style="list-style-type: none"> • PSHE Curriculum • Understanding friendships • Relationship and Sex Education • Using local gyms/ exercise classes and swimming pools • Understanding consent

	<ul style="list-style-type: none"> • CV writing • Skills in applying for jobs • Job coaching • School Café based jobs • Part-time jobs outside of school • Enterprise businesses – gardening, catering • Impartial careers advice 	<ul style="list-style-type: none"> • Cooking for yourself • Setting up a bank account/using bank card 	<ul style="list-style-type: none"> • Accessing local events • Raising money for a local charity • Working within the local community • Visiting speakers from other educational provisions 	
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