

New, free online resources for secondary learners

Date: Monday 9 February to Friday 15 February 2026

Location: bbc.co.uk/bitesize/careers

What: Short classroom activities for secondary schools and learners aged 11 to 16. Activity ideas and videos that can be used for a quick classroom activity, discussion starters, adapted into an entire lesson, or developed into a longer activity using the follow-up suggestions provided.

The fun, themed days from Monday to Friday are designed to inspire your students to think about apprenticeships, jobs and what could be the right pathway for their future career.

There is a pre-planned activity for each day as outlined in this activity guide, ready to use in your classroom. Simply follow the steps below to join in during the week. If that's not possible, the content will remain online and available for you to use flexibly at any time.

- **Step 1:** Use this guide to help **plan** your lessons or form time in advance.
**Please note, you will need access to the internet and a screen.*
- **Step 2:** From Monday 9 February, visit the '[College, apprenticeship and uni](#)' page on the Bitesize Careers website each weekday.
- **Step 3:** Click on the links provided on the website and below to access the content and follow the suggested discussion topics with your learners.

Curriculum links

These resources are suitable for teaching careers education in secondary schools for students aged 11 to 16. The collection of content can be used as part of your wider careers programme and has been designed with an educational consultant to help schools meet the [Gatsby Benchmarks for careers guidance](#). They cover a range of topics that can be mapped against benchmarks 2 to 6.

The learning outcomes include:

- To gain a basic understanding of what apprenticeships are and how they compare to full time education.
- To help students understand the meaning of transferable skills and how they can apply them when job hunting.
- Have a good understanding of apprenticeships and the options around choosing this as a pathway after GCSEs or Nationals.

MIND-FULL MONDAY

What is an apprentice and what do they do?

Learning outcome: The content below will give your students a basic understanding of what apprenticeships are and how they compare to full time education.

BUSINESS BOOST TUESDAY

VIDEO: Watch [‘Comedians try an apprenticeship’](#)

where well-known comedians including Russel Kane, meet apprentices working in the fire service, zookeeping and Formula 1. Get your students to note down the aspects of each role they'd like or dislike.

VIDEO: View the short video titled [‘Apprenticeships: Busting the myths’](#) that challenges some common misconceptions about apprenticeships. Ask your students to look out for and note the common misconceptions about apprenticeships.

QUIZ: Students can test what they know by taking the quiz [‘How much do you know about apprenticeships?’](#) This could be done working together, as a class, or set as a homework activity.

Follow up activities (if you have access the internet):

1. It's time for your students to meet some more apprentices! [Georgia is a science apprentice](#), [Eddy is a globemaker](#). Or your students could vote for which 'How to become an apprentice' video to watch. Just go to the [‘College, apprenticeships and uni’ page](#) and scroll down to find the videos to chose from.
2. Go through the quiz referred to above with the whole class and select the most popular answer or split into teams and keep track of the group that answers the most correctly.
3. Ask students to discuss the pros and cons of doing an apprenticeship, versus staying on in full-time education. You could ask two students to give an argument for each option and then the students can vote for their favourite option and explain why.

Follow up activities (if you have no internet access):

Print out or display some of the basic facts about apprenticeships from the article [‘What is an apprentice and how could I get one? FAQs answered’](#).

Ask the group:

1. What do you know about apprenticeships?
2. Ask your students if they could do any apprenticeship in the world what would it be and write down the reasons why.
3. Then, you can ask them to make a list or talk about the aspects of this apprenticeship they'd enjoy, and what they would find challenging.



Check out our guide about how to get a [business and administration apprenticeship](#).

Which apprenticeship could suit me best?

Learning outcome: The content below will encourage your class to decide if an apprenticeship could be right for them and, if so, which one.

QUIZ: Get your students to take our new, fun quiz ['Which apprenticeship would suit you best?'](#) This will give them ideas and inspiration about the types of apprenticeship they could do.

VIDEO PODCAST: As a class, watch **The Bitesize Careers Video Podcast** episode ['Is an apprenticeship right for me?'](#) with apprentice Jasmine and careers coach Mark Anderson. They discuss what apprenticeships involve and provide inspiration and advice for students who may be interested in pursuing this option.

Short on time? Watch from 2 minutes and 11 seconds to 3 minutes and 14 seconds.

Ask students to write down what they think are the best bits of advice given.

Follow up activities:

1. A good starting point for students if they don't know what type of work will suit them, is to explain to them that most jobs can be categorised into at least one of the following groups: working with people, working with practical things, working with information/data, and using written communication or numerical skills.

Ask the students to work in pairs and explain their parents' or carers' job, then discuss which of the above categories they fit into.

2. Ask students which of the above categories most appeals to them.
3. Ask students to think of (or write down) as many jobs as they can for each category and pick their top three jobs.
4. Direct students to the apprenticeship job profiles on the [Bitesize Careers website](#) to find the apprenticeships that match most closely with their top three jobs.

WELLBEING WEDNESDAY

If I want an apprenticeship, how can I get one?

Learning outcome: The content below will show students what steps they need to take to find and apply for apprenticeships.

VIDEO PODCAST: Making new connections is important at the start of your career. Find out what networking is and get tips for secondary school students in the video podcast episode ['Help! What is networking and how can it help me?'](#)

Short on time? Watch from 2 minutes and 41 seconds.

ACTIVITY: Print out or display '[How to write a personal profile](#)' and this '[Example CV](#)'. Using this information as a guide, ask your class to write their own short personal profile (also called a personal statement) to include in their CV.

Explain to your students that if they apply for an apprenticeship, they will want to see a CV and/or application form. Ask the class what details this will need.

Follow-up activities:

1. After showing the podcast clip ask your students to break into groups to discuss the following questions:
 - **Who is in your network?** Encourage them to answer, school staff/teachers, relatives, friends, other people you may know less well in your local community.
 - **How can you expand your network?** If they don't know, highlight some of the ways they can do this, by engaging in activities where they get to meet new people safely and finding relevant work experience.
 - Use this student facing '[Safer networking](#)' tips as a short homework activity.
2. Ask the class to think of ways to find out about organisations that may offer their dream apprenticeship. How could they research these organisations? For example, this could be through internet searches, research online or having career conversations with people who might know more.
3. Ask each student to decide on one or two people they could reach out to for advice and support with their goals.

TECH & TRADE THURSDAY

How can I use my skills in the workplace?

Learning outcome: The content below will enable your students to understand the meaning of transferable skills and how they can use them whilst job hunting or considering an apprenticeship.

VIDEO PODCAST: As a class, watch **The Bitesize Careers Video Podcast** episode '[Where can my subjects take me?](#)'. It features **BBC Radio 1 presenter Calum Leslie** discussing his career journey. The episode explores some of the transferable skills students can develop in the classroom and how they can lead to a range of jobs. **Short on time?** Jump to 2 minutes and watch until 3 minutes and 15 seconds.

QUIZ: Use the quiz '[Can you guess what jobs these people do?](#)' to encourage students to identify the transferable skills that can be gained from different school subjects. This quiz will provide them with ideas on how their own skills, gained from school, can be used in an apprenticeship or job that might interest them.

VIDEO: If you have time, watch this video as a class for an example of how three young people use their skills in their apprenticeships, [‘Why an apprenticeship is right for me.’](#)

Follow-up activities:

1. After listening to the podcast as outlined above, ask your students to think of their favourite subjects and the three skills that are developed through studying the subject.
2. Ask the students to write down their top five transferable skills that they would love to use in a job, even if they don’t know what job they’d like to do in the future. Examples could include written communication, verbal communication, listening, problem solving, organisation, teamwork, numeracy or IT and leadership.
3. Explain to the students that transferable skills can be obtained from other activities too, such as extra-curricular clubs or teams, work experience, volunteering, sport or playing a musical instrument.
4. Encourage students to think about the skills they want to develop further, especially the ones needed for the apprenticeships they’re interested in and ask them to work in pairs to come up with ways they could go about this. e.g. new hobbies they could try.

HANDS-ON FRIDAY

How can I get a job I’ll enjoy?

Learning Outcome: The content below will help students learn about the range of apprenticeships they could explore as a future step. It will also help them to verbalise their best qualities that could support them when applying for an apprenticeship and job.

VIDEO PODCAST: Watch the **BBC Bitesize Careers Video Podcast** [‘What should I do in a job interview?’](#) BBC Radio 1’s Katie Thistleton is joined by career expert and student Seren and they discuss the dos and don’ts of interviews.

Short on time? Watch ‘How do you talk about yourself’ at 4 minutes and 40 seconds.

QUIZ: To end the week, your students could read our apprenticeship [FAQ’S](#) and take the quiz [‘How much do you know about apprenticeships?’](#) again to see how much they’ve learned.

OR, VIDEO: As a class, view the video on the website about engineering [apprentices working at popular UK attractions](#). This features real-life stories of young people who have successfully applied for engineering apprenticeships, and accounts of what is involved and the skills they use in the roles.

Follow-up activities:

1. Ask students to think of their ideal apprenticeship, then ask them to write a thirty second presentation or 'pitch' to answer the following questions: Why do you want the job and why should we choose you? Encourage students to reflect on the skills and qualities needed and how their knowledge and experiences are relevant. Give them five minutes to write it, then ask them to present this to a classmate.
2. Alongside apprenticeships, you could help students explore all the options available to them, which include other vocational qualifications such as T-levels, BTECs, or higher education. Encourage the students to speak to a teacher of a subject they enjoy or a careers adviser.
3. Make sure students are aware of the period they can start looking for apprenticeship vacancies. If they're looking to start an apprenticeship straight after school, a good time to start looking is in the spring term of Year 11, and equivalent in Scotland and Northern Ireland.



bbc.co.uk/bitesize/careers

Your students can scan this QR code to access the website

