

Subject Health and Social Care

Year 11

Curriculum Overview



THE HART
SCHOOL
Creative
Education
Trust

Intent:

In this component, you look at the factors that can have a positive or negative influence on a person's health and wellbeing. You will learn to interpret physiological and lifestyle indicators, and what they mean for someone's state of health. You will learn how to use this information to design an appropriate plan for improving someone's health and wellbeing, including short- and long-term targets. Additionally, you will explore the difficulties an individual may face when trying to make these changes.

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	Assessment 1			Assessment 2		
Core Course Topic: These topics are taught through the identified terms. They are taught in small bitesize chunks and revisited regularly.	Component 3 Health and Wellbeing	Component 3 Health and Wellbeing	Component 3 Health and Wellbeing	Component 2 Learning Aim B Care Values	Component 2 Learning Aim B Care Values	
Additional support links: Here are links to additional resources which will help your child	Pearson Active Learn Textbook and worksheets - provides additional support with differentiation and revision for Component 3 BBC iPlayer – Available Relevant Content such as Ambulance - One born every minute – Elizabeth is Missing - 4 OD 99 what's your emergency – Care home for 4-year olds - Born to be different - Still Alice – The upside – linking to Components 1/2/3 Seneca - genetic diseases Teams - To access audio lessons and interactive resources YouTube Videos: <ul style="list-style-type: none"> Ross Kemp: Living with Dementia - to be appreciate the holistic impact on individual's health and wellbeing during later adulthood Professor Green: Living in Poverty – to develop understanding of economic factors Poor House Rich House – to appreciate the impact of housing, support, and relationships You are What you Eat - To comprehend the physical impact of a healthy and unhealthy diet					
Knowledge: Included here is the specific knowledge your child will learn in detail	<ul style="list-style-type: none"> Genetic Inheritance Diet and Exercise Recreational Drugs Personal hygiene Relationships Religion Economic situation Employment Housing conditions 	Understanding Physiological and Lifestyle Indicators: <ul style="list-style-type: none"> blood pressure peak flow and BMI measurements Interpreting information regarding smoking, alcohol consumption and lifestyle choices Person-centred care - personalised support based on an individual's needs and preferences.	Make use of SMART Targets Specific Measurable Achievable Realistic Time Long term target – 6 months+ something that can be achieved over a year or so Short-term targets - something that an individual can work towards within 6 months Realistic recommendations based on the individuals needs Potential barriers that may prevent an individual from improving their health: Lack of support, time, understanding and finances.	Apply theory to practice – Practical activity - can be performed as a role-play or real-life scenario Consider and demonstrate how the different Care Values can be applied in a situation: <ul style="list-style-type: none"> Empowerment Promoting independence Promoting Dignity Maintaining Confidentiality Anti-discriminatory practice Respect Communication skills 	Evaluate own performance by identifying the strengths and weaknesses of how effectively each care value was applied. This can be demonstrated as a practical task – interaction with a group of individuals and by reflecting on own performance and referring to the feedback received from teacher. Consider the benefits of applying each of the care values and the impact on the service user (s).	
Skills: Included here is the specific skills your child will learn in detail	Interpreting Data Literacy Numeracy Data Analysis Problem solving including Smart Targets and Action Plans Independent learning Pattern Application Evaluation Reflection Managing Health and Well being	Interpreting Data Literacy Numeracy Data Analysis Problem solving including Smart Targets and Action Plans Independent learning Pattern Application Evaluation Reflection Managing Health and Well being Understand Barriers	Interpreting Data Literacy Numeracy Data Analysis Problem solving including Smart Targets and Action Plans Independent learning Pattern Application Evaluation Reflection Managing Health and Well being	Performance Practice Peer Assessment Reflection Human Interaction Communication Ethics Community Awareness Cultural Diversity Contextual Role Play Evaluation	Performance Practice Peer Assessment Reflection Human Interaction Communication Ethics Community Awareness Cultural Diversity Contextual Role Play Evaluation	
Common Lexicon:	Acute Chronic	Physiological Cardiovascular system	Collaboratively Empathy	Person Centred Approach Care Values	Person Centred Approach Care Values	



Subject Health and Social Care

Year 11

Curriculum Overview

These are the key words and terms learnt. These can be found on knowledge organisers.	Short and Long Term Monitor Nicotine Addiction Social Class Material Possessions Income Pollution Self esteem	Arteries Blood Pressure Peak Flow Body Mass Index Waist circumference Potential Significance Pulse Rate Consumption Targets	Goal Norm Smart Targets Review Formal Informal Psychological Obstacles Time Scale Stigma Barriers	Reviewing Improvement Collaborative Working Observation Feedback Safeguarding Confidentiality Empowerment Promoting independence Dignity and Respect Anti-discriminatory Practice	Reviewing Improvement Collaborative Working Observation Feedback Safeguarding Confidentiality Empowerment Promoting independence Dignity and Respect Anti-discriminatory Practice	
---	---	--	---	---	---	--