



**Summer Term
Term 3**

Health & Social Care

Year 11

Name: _____

Tutor: _____

*Care to Learn,
Learn to Care*

Year 11 Homework Timetable

Monday	English Task 1	Option A Task 1	Option C Task 1
Tuesday	Sparx Science	Option B Task 1	Sparx Maths
Wednesday	Sparx Maths	Science Task 1	Option C Task 2
Thursday	Option A Task 2	Sparx Catch Up	Option B Task 2
Friday	Science Task 2	English Task 2	

Sparx Science

- Complete 100% of their assigned homework each week

Sparx Maths

- Complete 100% of their assigned homework each week

Option A
Geography
History
Spanish

Option B
Geography
Psychology
Health and Social Care

Option C
Childcare
Drama
Psychology
Sport

Half Term 5 (5 weeks) - Year 11

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 1 21st April 2025	Cornell Notes on: A Person-centred approach to improving health and well-being.	Question: Explain two positive effects of having a good income on health and wellbeing. (4)
Week 2 28th April 2025	Revision Cards on: Cultural Factors: Religion and Community Participation. Gender roles and expectations, gender identity and sexual orientation.	Question: Explain two potential long-term risks of having a high BMI on an individual's physical health. (4)
Week 3 5th May 2025	Cornell Notes on: The impact of Life Events: Physical events, relationship changes and life circumstances.	Question: Explain two effects divorce could have on the intellectual well-being of an individual. (4)
Exam takes place on Tuesday 6th May AM		

Knowledge Organiser

Component 3 Health and Wellbeing	
Learning Aim A: Factors that affect health and wellbeing	
<u>Definition of health and wellbeing</u> a) Positive definition b) Negative definition c) Holistic definition d) Life Stages and our needs (Maslow's Hierarchy of needs pyramid)	<u>Social Factors: Relationships and Social Inclusion/Exclusion</u> a) Relationships (eg supportive and unsupportive) b) Social Inclusion (eg integration to the community) c) Social Exclusion (eg isolation and reasons for becoming isolated like homeless, physical/mental illness)
<u>Social Factors: Bullying and Discrimination</u> a) Bullying (types and their effects eg physical, Verbal, Cyber, Emotional, Sexual) b) Discrimination (eg Age, Disability, Gender, Race, Religion, Sexual Orientation) c) Promoting anti-discriminatory behaviour in the workplace (Equalities Act)	<u>Cultural Factors: Religion and Community Participation</u> a) Religion (positive and negative effects of being part of a religious group) b) Community Participation
<u>Cultural Factors: Gender Roles and Expectations, Gender Identity and Sexual Orientation</u> a) Gender Roles and Expectations (what is expected of men and women and how this influences our lifestyle) b) Gender Identity (how a person identifies and how this impacts on emotional and mental health) c) Sexual Orientation (describes the emotional, romantic or sexual attraction a person feels towards another person)	<u>Economic Factors: Employment Situation and Financial Resources</u> a) Employment situation (eg Employed, Unemployed, Retired) b) Financial Resources (eg Income, Savings, Personal Wealth, Inheritance) c) Effects of adequate financial resources d) Effects of Poverty
<u>Environmental Factors: Housing and Home Environment</u> a) Housing needs, conditions and locations (Type of home, Size, Rural and Urban) b) The home environment (Living with parental conflict, experience of abuse and neglect)	<u>Environmental Factors: Exposure to Pollution</u> a) Air Pollution (Causes and conditions) b) Noise Pollution (Effects on health) c) Light Pollution (Effects on health)
<u>Impact of Life Events: Physical events and Relationship Changes</u>	<u>Impact of Life Events: Life Circumstances</u>

- a) Physical events such as Illness, Puberty, Ageing and Accidents
- b) Relationship changes such as:
 - i) entering into a new relationship - can affect our self-esteem, affect our focus, affect our social activity
 - ii) marriage - generally is a positive and happy event, can lead to sense of security/contentment, new opportunities
 - iii) parenthood - can keep you physically and mentally active, love and affection, but a change in social activity, can also be a stressful and anxious time.
 - iv) divorce - generally a negative event, although for some can be a positive relief. Enjoy being single again, making your own choices. Could cause a change in living standards due to less money, can be isolating and cause stress with family and friends, can cause low self-esteem.
 - v) bereavement - causes us to grieve, can make our future uncertain, raise our levels of stress and anxiety, affect our physical and mental health, and cause isolation.

- a) Effects of events on our PIES - for example how imprisonment may affect a person's health and wellbeing due to being isolated from family and friends.
- b) Different types of expected events - for example starting a new school, moving house, retirement
- c) Different types of unexpected events - for example exclusion from education, unemployment (redundancy/being fired)

Component 3 Health and Wellbeing - Learning Aim B: Interpreting health indicators

Health Indicators

- a) Health indicators
- b) Resting heart rate (pulse) and recovery after exercise
- c) Blood pressure
- d) Body mass index

Interpreting data

- a) Using published guidelines and baseline assessments
- b) Potential significance of abnormal readings
- c) Interpretation of data on nutrition
- d) Interpretation of data on physical activity
- e) Interpretation of data on smoking
- f) Interpretation of data on alcohol and substance misuse

Component 3 Health and Wellbeing - Learning Aim C: Person-centred approaches to improving health and wellbeing

Person-centred approaches to improving health and wellbeing

- a) Person-centred approaches to improving health and wellbeing
- b) The importance and benefits of a person-centred approach

Recommendations and actions to improve health and wellbeing

- a) Recommendations and actions to improve health and wellbeing
- b) Support available when following recommendations to improve health and wellbeing

Physical and sensory impairment barriers

- a) Physical barriers
- b) Barriers to people with sensory disability

Social, Cultural, language and Speech impairment Barriers

- a) Barriers to people with different social and cultural backgrounds
- b) Language Barriers

Geographical, resource and financial Barriers

- a) Geographical barriers
- b) Resource barriers for service providers
- c) Financial barriers

Emotional/Psychological Obstacles

- a) Lack of motivation
- b) Low self-esteem
- c) Acceptance of current state

Obstacles Time Constraints & Availability of Resources

- a) Why time can be an obstacle
- b) Work/ study commitments
- c) Family commitments
- d) Financial resources
- e) Physical resources

Obstacles unachievable Targets and Lack of Support

- a) Unachievable for the individual
- b) Unrealistic timescales
- c) Lack of support (Diet, smoking and alcohol consumption).

Physical Factors

- o inherited conditions
- o physical ill health
- o mental ill health
- o physical abilities

Social Factors

- o supportive and unsupportive relationships
- o inclusion & exclusion
- o bullying
- o discrimination.

Cultural

- o religion
- o gender roles, identity and expectations
- o sexual orientation
- o community

Lifestyle Factors

- o nutrition
- o physical activity
- o smoking
- o alcohol
- o substance misuse.

Economic

- o employment situation
- o financial resources – income, inheritance, savings.

Environmental

- o housing needs, conditions, location
- o home environment
- o exposure to pollution
- air, noise and light.

Factors that affect Health & Wellbeing

Component 3 Health & Wellbeing

..from unhealthy to healthy.. your plan...



PIES health & wellbeing impact of different types of life event:

- * physical events
- * relationship changes
- * life circumstances

Blood Pressure Stages

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Low blood pressure (Hypotension)	less than 80	or	less than 60
Normal	80-120	and	60-80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension Stage 1)	140-159	or	90-99
High Blood Pressure (Hypertension Stage 2)	160 or higher	or	100 or higher
High Blood Pressure Crisis (Seek Emergency Care)	higher than 180	or	higher than 110

Person-centred care ALL ABOUT THE INDIVIDUAL.. their circumstances, their needs to reduce health risks, individual's wishes, preferences and choices

Guidance from the government....



Eatwell plate guide proportions



Max 14 units alcohol



No smoke and nicotine



No legal or illegal drugs

Importance of a person-centred approach for people

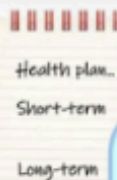
more comfortable with recommendations, advice and treatment, more confidence, seen as unique and personal needs are met, increases the support available, improves their independence, more motivated, feel happier and more positive about their health and wellbeing.

Importance of person-centred approach for staff and services

job satisfaction for staff, saves time for services, saves money and reduces complaints about health and social care services and workers.

Recommendations for improving health:

- o improving resting heart rate and recovery rate after exercise
- o improving blood pressure and maintaining a healthy weight
- o eating a balanced diet and getting enough physical activity
- o quitting smoking, sensible alcohol consumption, stop substance misuse.



Health plan..
Short-term
Long-term

Problems and solutions....

Potential barriers

- o physical barriers
- o sensory disability
- o social and cultural backgrounds
- o language barrier or speech impairments
- o geographical barriers
- o resource barriers for service provider
- o financial barriers.

Types of support to get and remain healthy:

Formal support eg.GP
Informal support eg. family

Potential obstacles:

- o emotional/psychological
- o time constraints
- o availability of resources
- o unachievable targets
- o lack of support.

Resting Heart Rate Chart

Men (beats per minute)

Age	18 - 25	26 - 35	36 - 45	46 - 55	56 - 65	65 +
Athlete	49 - 55	49 - 54	50 - 56	50 - 57	51 - 56	50 - 55
Excellent	56 - 61	55 - 61	57 - 62	58 - 63	57 - 61	56 - 61
Great	62 - 65	62 - 65	63 - 66	64 - 67	62 - 67	62 - 65
Good	66 - 69	66 - 70	67 - 70	68 - 71	68 - 71	66 - 69
Average	70 - 73	71 - 74	71 - 75	72 - 76	72 - 75	70 - 73
Below Average	74 - 81	75 - 81	76 - 82	77 - 83	76 - 81	74 - 79
Poor	82 +	82 +	83 +	84 +	82 +	80 +

Women (beats per minute)

Age	18 - 25	26 - 35	36 - 45	46 - 55	56 - 65	65 +
Athlete	54 - 60	54 - 59	54 - 59	54 - 60	54 - 59	54 - 59
Excellent	61 - 65	60 - 64	60 - 64	61 - 65	60 - 64	60 - 64
Great	66 - 69	65 - 68	65 - 69	66 - 69	65 - 68	65 - 68
Good	70 - 73	69 - 72	70 - 73	70 - 73	69 - 73	69 - 72
Average	74 - 78	73 - 76	74 - 78	74 - 77	74 - 77	73 - 76
Below Average	79 - 84	77 - 82	79 - 84	78 - 83	78 - 83	77 - 84
Poor	85 +	83 +	85 +	84 +	84 +	85 +

agileinvesting.com

BMI

Below 18.5
18.5-24.9
25.0-29.9
30.0-34.9
35.0-39.9
Above 40

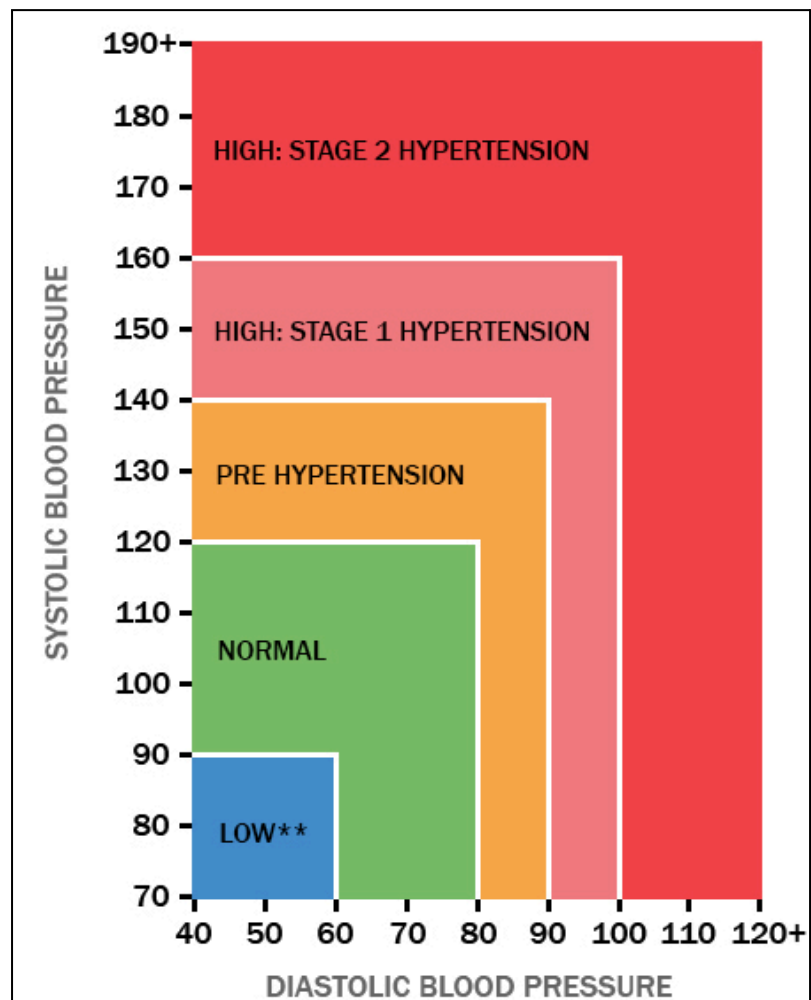
Weight status

Underweight
Normal weight
Overweight
Obesity class I
Obesity class II
Obesity class III

Effects on Current Physical Health and Risks to future Physical Health

Health Indicator	Current Effects on Physical Health	Risks to future physical health
Abnormal Heart Rate	<ul style="list-style-type: none"> • Light headedness • Dizziness • Shortness of breath • Chest pain • Fainting • High blood pressure 	<ul style="list-style-type: none"> • Increased risk of cardiovascular problems (eg heart attack and stroke) • Risk of heart failure (as the heart becomes too weak and isn't able to pump blood around the body)
High Blood Pressure	<ul style="list-style-type: none"> • Headaches • Shortness of breath • Nose bleeds 	<ul style="list-style-type: none"> • Heart attack (because of damage to the arteries which decreases blood flow to the heart) • Stroke (because the arteries supplying blood to the brain can burst)# • Vascular Dementia (because of persistent damage to the small blood vessels in the brain)
Low Blood Pressure	<ul style="list-style-type: none"> • Dizziness • Blurred vision • Fainting • Feeling sick 	<ul style="list-style-type: none"> • Body goes into shock and organs don't get enough blood and oxygen which can be life-threatening. Symptoms include: cold and clammy skin, rapid breathing, a weak pulse
BMI - Overweight or Obese	<ul style="list-style-type: none"> • Reduced mobility • Shortness of breath • High blood pressure • Joint pain 	<ul style="list-style-type: none"> • Risk of cardiovascular problems such as heart attack and stroke • Joint problems (eg arthritis) • Type 2 diabetes
BMI - Underweight	<ul style="list-style-type: none"> • Feeling weak and tired • Headaches and dizziness • Women's periods may become irregular or stop • Weakened immune system (so becoming ill more often) 	<ul style="list-style-type: none"> • Slower or abnormal growth • Fertility problems • Deficiency diseases (eg anaemia due to low iron, osteoporosis due to low calcium)

Physiological Indicators- Impact on current and future health risks:



Resting Heart Rate Chart

Men (beats per minute)

Age	18 - 25	26 - 35	36 - 45	46 - 55	56 - 65	65 +
Athlete	49 - 55	49 - 54	50 - 56	50 - 57	51 - 56	50 - 55
Excellent	56 - 61	55 - 61	57 - 62	58 - 63	57 - 61	56 - 61
Great	62 - 65	62 - 65	63 - 66	64 - 67	62 - 67	62 - 65
Good	66 - 69	66 - 70	67 - 70	68 - 71	68 - 71	66 - 69
Average	70 - 73	71 - 74	71 - 75	72 - 76	72 - 75	70 - 73
Below Average	74 - 81	75 - 81	76 - 82	77 - 83	76 - 81	74 - 79
Poor	82 +	82 +	83 +	84 +	82 +	80 +

Women (beats per minute)

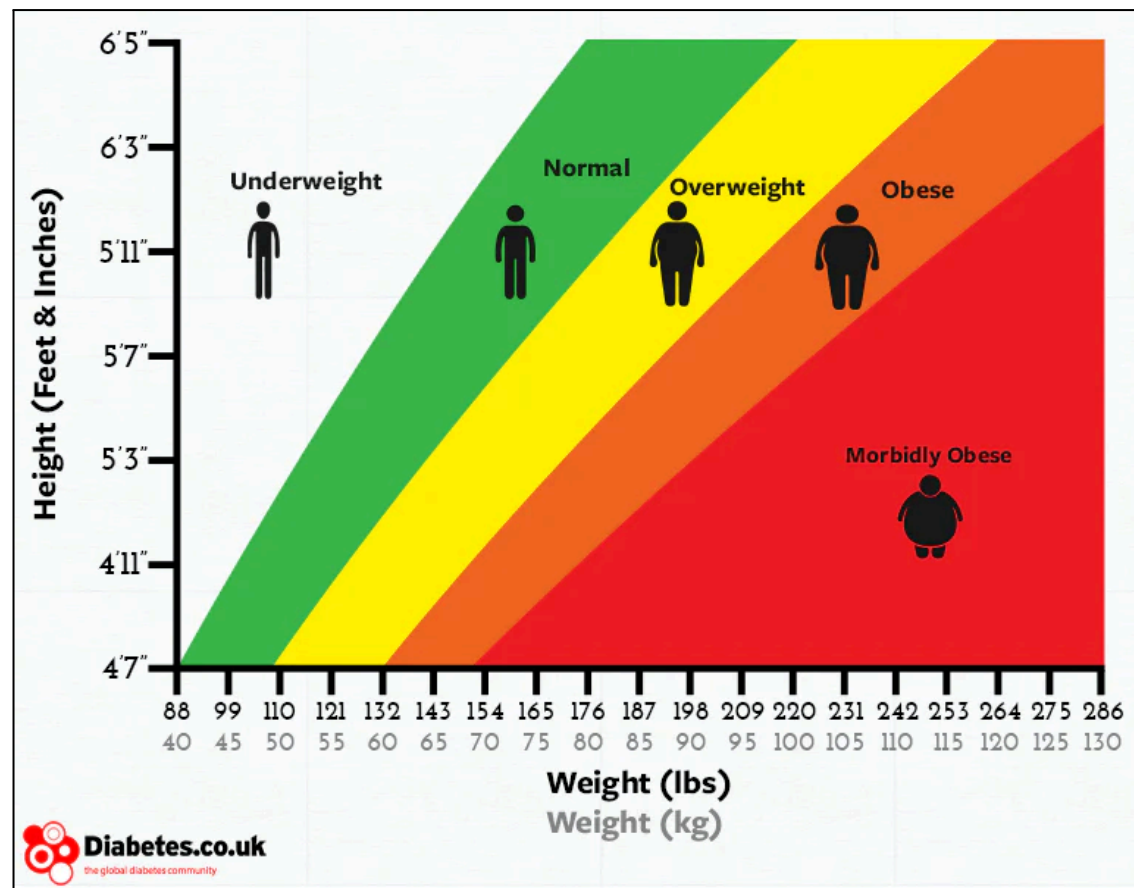
Age	18 - 25	26 - 35	36 - 45	46 - 55	56 - 65	65 +
Athlete	54 - 60	54 - 59	54 - 59	54 - 60	54 - 59	54 - 59
Excellent	61 - 65	60 - 64	60 - 64	61 - 65	60 - 64	60 - 64
Great	66 - 69	65 - 68	65 - 69	66 - 69	65 - 68	65 - 68
Good	70 - 73	69 - 72	70 - 73	70 - 73	69 - 73	69 - 72
Average	74 - 78	73 - 76	74 - 78	74 - 77	74 - 77	73 - 76
Below Average	79 - 84	77 - 82	79 - 84	78 - 83	78 - 83	77 - 84
Poor	85 +	83 +	85 +	84 +	84 +	85 +

agelessinvesting.com

Knowledge Organiser

Physiological Indicators- Impact on current and future health risks:

BMI	CLASSIFICATION
Under 18.5	Underweight
18.5 - 24.9	Normal
25 - 29.9	Overweight
30 - 39.9	Obese
40 +	Extremely Obese



STEP 2: CREATE CUES

What: Reduce your notes to just the essentials.

What: Immediately after class, discussion, or reading session.

How:

- Jot down key ideas, important words and phrases
- Create questions that might appear on an exam
- Reducing your notes to the most important ideas and concepts improves recall. Creating questions that may appear on an exam gets you thinking about how the information might be applied and improves your performance on the exam.

Why: Spend at least ten minutes every week reviewing all of your previous notes. Reflect on the material and ask yourself questions based on what you've recorded in the Cue area. Cover the note-taking area with a piece of paper. Can you answer them?

STEP 1: RECORD YOUR NOTES

What: Record all keywords, ideas, important dates, people, places, diagrams and formulas from the lesson. Create a new page for each topic discussed.

When: During class lecture, discussion, or reading session.

How:

- Use bullet points, abbreviated phrases, and pictures
- Avoid full sentences and paragraphs
- Leave space between points to add more information later

Why: Important ideas must be recorded in a way that is meaningful to you.

STEP 3: SUMMARISE & REVIEW

What: Summarise the main ideas from the lesson.

What: At the end of the class lecture, discussion, or reading session.

How: In complete sentences, write down the conclusions that can be made from the information in your notes.

Why: Summarising the information after it's learned improves long-term retention.

WEEK 1: Cornell Notes (Homework task 1)

Topic: A Person-centred approach to improving health and well-being.	Revision guide page:
---	----------------------

[illegible]

Summary

WEEK 1: Exam Question (Homework task 2)

Question: Explain two positive effects of having a good income on health and wellbeing. (4)

Answer:

WEEK 1: Exam Question review and improvement (Classwork)

Question: Explain two positive effects of having a good income on health and wellbeing. (4)

Answer:

WEEK 2: Exam Question (Homework task 2)

Question: Explain two potential long-term risks of having a high BMI on an individual's physical health. (4)

Answer:

WEEK 2: Exam Question review and improvement (Classwork)

Question: Explain two potential long-term risks of having a high BMI on an individual's physical health. (4)

Answer:

WEEK 3: Cornell Notes (Homework task 1)

<p>Topic: The impact of Life Events: Physical events, relationship changes and life circumstances.</p>	<p>Revision guide page</p>
---	----------------------------

[illegible]

Summary

WEEK 3: Exam Question (Homework task 2)

Question: Explain two effects divorce could have on the intellectual well-being of an individual. (4)

Answer:

WEEK 3: Exam Question review and improvement (Classwork)

Question: Explain two effects divorce could have on the intellectual well-being of an individual. (4)

Answer:

Week 2

Revision Card on Cultural Factors	Answers
<ol style="list-style-type: none">1. Name one reason why personal beliefs may prevent an individual from accessing health and social care services.2. What is a 'Pride' march?3. What does 'Diversity' mean?4. Provide a reason for why gender roles and expectations may impact a person and how they access health and social care services.5. If somebody is unable to express their gender identity, how could this impact their emotional development?6. What does 'Gender expression' mean?	

