



**Autumn Term
Term 1**

Health and Social Care

Year 10

Name: _____

Tutor: _____

*Care to Learn,
Learn to Care*

Year 10 Homework Timetable

Monday	English Exam Question	English Sparx	Maths Sparx
Tuesday	Option A Exam Question	Science Carousel	Science Sparx
Wednesday	Option B Exam Question	Option A Carousel	Maths Sparx
Thursday	Option C Exam Question	Option B Carousel	Science Sparx
Friday	Science Exam Question	Option C Carousel	Catch Up Sparx

Sparx Science

- Complete 100% of their assigned homework each week

Sparx Maths

- Complete 100% of their assigned homework each week

Option A
History
Geography

Option B
Health and Social Care
Languages
Drama

Option C
Psychology
Health and Social Care
Sport

Half Term 1 (7 weeks) - Year 10

Week / Date	Homework task 1 Exam Question
Week 1 7th September 2026	Question: Identify the six life stages, explain how PIES impacts each life stage
Week 2 14th September 2026	Question: Explain two negative impacts of Physical factors on an individual's health and well being
Week 3 21st September 2026	Question: Explain the impact of a genetic condition that effects that respiratory condition on an individuals health and well being
Week 4 28th September 2026	Question: Explain two positive impacts of diet on health and well being
Week 5 5th October 2026	Question: Explain the impact of alcohol consumption on an individual's intellectual and emotional well being
Week 6 12th October 2026	Question: Explain the positive impact of exercise on an individual's health and well being.
Week 7 19th October 2026	Question: Explain the impact in substance misuse on an individual's emotional and social development.

Half Term 2 (6 weeks) - Year 10

Week / Date	Homework task 1 Exam Question
Week 8 9th November 2026	Question: Identify each factors that can have an impact on a child's development
Week 9 16th November 2026	Question: Explain two positive effects that marriage could have on the emotional wellbeing of an individual.
Week 10 23rd November 2026	Question: Explain two potential long-term risks of Elizabeth's blood pressure on her physical health.
Week 11 30th November 2026	Question: Explain two positive impacts on health and well being that stress can have
Week 12 7th December 2026	Question: Explain what is meant by a life events and the difference between a predictable and unpredictable life event
Week 13 14th December 2026	Question: Explain one positive and one negative impact of financial factors on an individual health and well being

Year 10 Knowledge Organiser 1: Health and Social Care.

Keywords	Other Information
Life Stages – A number of distinct phases people pass through in life. Age 0-2 Infancy (first stages of development, gross and fine motor skills) Age 3-8 Early Childhood (children love to learn and develop new skills, most rapid growth age group) Age 9-18 – Adolescence (passing through puberty and becoming adults) Age 19-65 – Adulthood (reaching physical peak and become mature could also experience menopause and a mid-life crisis) Age 65+ – Aging/Later Adulthood (retirement, pick up new hobbies) Growth - the process of increasing in size.	Holistic Development – Seeing the child’s development as a whole and not as separate areas. Developmental Norms – The milestones that are associated with a particular age group PILES-Physical, intellectual, language, emotional and social How we develop 1. Top to toe 2. Inner to outer 3. Same patterns at different rates
Positive definition looks at how physically fit and mentally stable a person is. You have a positive attitude towards health and well being. Negative definition looks at the absence of physical disease, physical illness and mental stress. You have a negative attitude if you base your attitude on not having anything wrong with you Holistic approach is the combination of physical health and social and emotional well being	Genetic inheritance Some conditions and diseases are inherited , which means they are passed down from one generation to the next. -We have 23 chromosomes in each of our body cells. Dominant-if a gene is dominant a child inheriting it from only one parent will have the condition, for example huntington's disease Recessive-if a gene is recessive a child would only develop the condition if it is inherited from both parents, for example cystic fibrosis or sickle cell anaemia.
Physical Development – It relates to the growth and skill acquisition of the body, including the brain, muscles, and senses. Skills can be split into two categories, Gross Motor skills and Fine motor skills. Gross motor skill – the ability to control and coordinate the movement of the large body, e.g. crawling, walking and running. Fine motor skills – the ability to control and coordinate the movements of the hands and fingers, e.g. writing, painting, tying shoelaces and holding a spoon. Physical Appearance - How tall you are, what size you are, what features you have.	Puberty is a process towards sexual maturity, preparing adolescents for reproduction, releasing of hormones from the pituitary gland. Chemicals send messages to the ovaries in girls and the testes in boys. Girls, breasts begin to grow, hyphens widen, menstruation starts, sexual organs grow. Boys, the larynx (voice box) grows and causes voice to deepen, facial hair appears, penile erections occur, testes produce sperm. Primary sexual characteristics are present at birth but do not mature until sex hormones are released. Secondary sexual characteristics are signs that indicate the change from childhood towards adulthood

Year 10 Knowledge Organiser 1: Health and Social Care.

Keywords	Other Information
<u>Health and wellbeing</u> Acute-Illness comes on quickly, is short term and can be cured. Chronic-Illness comes on gradually, is long term (more than 3 months) and generally can be treated but not cured. Short term-Is less than 6 months. Nutrition groups-Carbohydrate, fats, proteins, minerals, vitamins, water, fibre.	Long term- Is 6 months or more. If we eat more than we need-Obesity, heart disease, blood pressure, strokes, tooth decay, cancer. If we eat less than we need-Eating disorders, anaemia, heart failure, depression, stunted growth, tiredness, cancer
<u>Intellectual Development</u> Building up of concepts - show understanding of why and how things happen. Mathematical concepts - adding, subtracting, multiplying and dividing. Important to learn for school exams and for future independence to work out household bills. Self-esteem - How much a person values themselves and the life they live. <u>Language Development</u> Communication skills -Verbal, non-verbal, written or specialist communication to help convey a message and to listen to receive the message.	High Self-esteem - Associated with people who are happy and confident. Low Self-esteem - Individuals experience feelings of unhappiness and worthlessness. Abstract Thinking - Being able to solve problems using concepts and general principles. Memory - It is the retention of information over time for the purpose of influencing future action. developing language - Learning how to talk, use body language and write in order to communicate.
Benefits of exercise-concentrate, relieve stress, relax and feel good, gain personal satisfaction, socialise with others Not taking exercise-stiffening of joints, poor stamina, strength and flexibility, obesity, stroke, Coronary heart disease, decreased blood flow, osteoporosis	Alcohol-addiction (not having control of doing, taking or using something) Nicotine-is a powerful addictive drug found in tobacco. Causes-Heart disease and poor circulation, smaller babies, stroke, gum disease, smelly clothes, more wrinkles, stained fingers
<u>Emotional and Social Development</u> Family influences - How family members can help or hinder your decision making. Positive and negative emotions - Feelings of happiness and excitement or unworthiness and sad. Self-concept - The overall view an individual has of themselves. Stress - The feeling of being under too much physical or mental pressure.	Peer Pressure - The influence your friends or family have on you to do something. Eg smoking. Social interaction - Communicating and spending time with other individuals. Cultural status - Public recognition of the relative social or professional position.

Year 10 Knowledge Organiser 2: Health and Social Care

Keywords	Other Information
<u>Life Stages – Physical Factors</u> Genetic Inheritance - Is the genes a person inherits from their parents. Genes determine a child's physical features such as height, eye and hair colour. Genetic inheritance can impact on our development because our physical characteristics affect our self-image and self-esteem. Genes can also determine an individual's: -disposition (mood, attitude and general nature) -intelligence -special skills such as being good at sport or art. Genetic Disorders - Health conditions that are passed from parents to children through genes.	<u>Social and Cultural Factors</u> Development can be influenced because it affects their values (how they behave) and their lifestyle (diet, appearance, hobbies). Negative effects of a person's culture or religion may include: - a feeling of security from sharing the same values and beliefs with others - feeling discriminated against leading to negative self image - good self-image through feeling accepted and valued by others - feeling excluded and isolated because their needs such as diet and not catered for.
<u>Diet and Lifestyle</u> A healthy diet can lead to, Healthy hair, skin, nails and teeth, Positive Self-image, Energy and Stamina, good Health Exercise-regular exercise is important for supporting physical development Other lifestyle choices include alcohol illegal drugs and smoking Appearance affects the way others see you. Our appearance includes, body shape, facial features. Hair and nails, personal hygiene, our clothing Not everyone develops at the same time and speed, this can lead to anxiety about their appearance, affect how they feels about themselves.	<u>Social interactions</u> -Supportive and unsupportive relationships-provide an individual with physical support and assistance, intellectual simulations, emotional support and happiness. -Social integration/isolation-our relationships help us feel whether we are expected into a community or a workplace. <u>Personal hygiene</u>-bacteria can travel when you cough, scratch, fiddle with your hair, rub your face, sneeze Conditions caused-food poisoning, tetanus, meningitis, syphilis, tuberculous
<u>Economic Factors</u> - Relate to a person's wealth and include their income, wealth and their material possessions. Income and Wealth - Income is mainly dependent on the type of work a person does. Receiving a wage or a pension (money received when retired) from work helps individuals to pay for things they, or their family, need to keep healthy. Having enough money also gives individuals and their families a feeling of contentment and security and also independence, because they can make decisions about the life that they wish to lead.	Having a low wage or being unemployed can mean people live in poverty, struggling to provide basic needs for themselves and their family which means they may have to cut down on: fuel use; shopping (particularly healthy foods); travel (holidays) and Social activities that cost. This can also speed up the ageing process and could lead to a decline in health and also affects a child's growth and development due to their diet and social opportunities.

Year 10 Knowledge Organiser 2: Health and Social Care

Keywords	Other Information
Personal Relationships - Relationships formed with parents/carers, family and friends. Relationships are important at all life stages as they provide emotional security contentment and positive self-esteem. We are reliant on relationships for our own growth and development. As children widen their friendship circles they become more confident and independent. In adolescence individuals are greatly influenced by their friends' opinions which can affect self-image both positively and negatively. A relationship breakdown due to trust could result in a lowering of self-esteem, loss of confidence and stress.	Social isolation can happen because: they live alone; are unemployed/retired; are discriminated against; have an illness or disability. This can make people feel insecure. Life events (Expected): Is a belief that something is likely to happen. Examples include Marriage, Starting school, Moving house, and Parenthood. Life events (Unexpected): Is not thought of as likely to happen. Comes unexpectedly. Examples include Illness, Accidents, Redundancy and bereavement.
Financial resources-how much money we have. Income is the money that people receive from their work, savings, pension, benefits or investments What adequate income allows us to do-afford leisure facilities, buy luxuries, heat our homes, live in house, afford nice clothes, pay rent	Environmental conditions Air pollution-high blood pressure, sleeplessness, hearing loss, increase in stress levels Noise pollution-cause respiratory conditions, irritate the eyes, nose and throat, include dust that comes from quarries, mines, factories
Divorce - A legal ending of a marriage. -Strong family ties provide the stability and security needed for positive growth and development. A breakdown in a relationship can lead to insecurity for the couple and their children. -This lack of security and poor self-image can lead to ill health affecting emotional and intellectual development. - It can affect social development as there is a loss of friendships and wider family networks. Some individuals may need time off work and thoughts are taken over by the divorce affecting intellectual development	Bereavement - Is losing a partner, relative or close friend to death. Some deaths are expected due to a long-term illness or old age however sometimes this can be unexpected such as through an accident. Losing a spouse or long-time partner has the largest impact on emotional development compared to all life events. This is due to the emotions individuals go through.
Housing-Type of home, Condition of home, size of home, amount of personal space, location of home, influence of home, influence of others in the home, level of conflict. Rural lifestyles-fresh air opportunities, improved concentration and alertness, relaxed and happy	The impact of life events relating to relationship changes, changing relationships, marriage/partnership and parenthood, divorce and bereavement. Self esteem-is how good or bad an individual feels about themselves and how much they value their abilities

WEEK 1: Exam Question

Question: Identify the six life stages, explain how PIES impacts each life stage (6 marks)

Answer:

WEEK 1: Exam Question review and improvement (Classwork)

Question: Identify the six life stages, explain how PIES impacts each life stage (6 marks)

Answer:

WEEK 2: Exam Question

Question: Explain two negative impacts of Physical factors on an individual's health and well being (4 marks)

Answer:

WEEK 2: Exam Question review and improvement (Classwork)

Question: Explain two negative impacts of Physical factors on an individual's health and well being (4 marks)

Answer:

WEEK 3: Exam Question

Question: Explain the impact of a genetic condition that effects that respiratory condition on an individuals health and well being (4 marks)

Answer:

WEEK 3: Exam Question review and improvement (Classwork)

Question: Explain the impact of a genetic condition that effects that respiratory condition on an individuals health and well being (4 marks)

Answer:

WEEK 4: Exam Question

Question: Explain two positive impacts of diet on health and well being (4 marks)

Answer:

WEEK 4: Exam Question review and improvement (Classwork)

Question: Explain two positive impacts of diet on health and well being (4 marks)

Answer:

WEEK 5: Exam Question

Question: Explain the impact of alcohol consumption on an individual's intellectual and emotional well being (4 marks)

Answer:

WEEK 5: Exam Question review and improvement (Classwork)

Question: Explain the impact of alcohol consumption on an individual's intellectual and emotional well being (4 marks)

Answer:

WEEK 6: Exam Question

Question: Explain the positive impact of exercise on an individual's health and well being (4 marks)

Answer:

WEEK 6: Exam Question review and improvement (Classwork)

Question: Explain the positive impact of exercise on an individual's health and well being (4 marks)

Answer:

WEEK 7: Exam Question

Question: Explain the impact in substance misuse on an individual's emotional and social development.

Answer:

WEEK 7: Exam Question review and improvement (Classwork)

Question: Explain the impact in substance misuse on an individual's emotional and social development.

Answer:

WEEK 8: Exam Question

Question: Identify each factors that can have an impact on a child's development

Answer:

WEEK 8: Exam Question review and improvement (Classwork)

Question: Identify each factors that can have an impact on a child's development

Answer:

WEEK 9: Exam Question

Question: Explain two positive effects that marriage could have on the emotional wellbeing of an individual.

Answer:

WEEK 9: Exam Question review and improvement (Classwork)

Question: Explain two positive effects that marriage could have on the emotional wellbeing of an individual.

Answer:

WEEK 10: Exam Question

Question: Explain two potential long-term risks of an individuals blood pressure on her physical health.

Answer:

WEEK 10: Exam Question review and improvement (Classwork)

Question: Explain two potential long-term risks of an individuals blood pressure on her physical health.

Answer:

WEEK 11: Exam Question

Question: Explain two positive impacts on health and well being that stress can have on an individual

Answer:

WEEK 11: Exam Question review and improvement (Classwork)

Question: Explain two positive impacts on health and well being that stress can have on an individual

Answer:

WEEK 12: Exam Question

Question: Explain what is meant by a life events and the difference between a predictable and unpredictable life event

Answer:

WEEK 12: Exam Question review and improvement (Classwork)

Question: Explain what is meant by a life events and the difference between a predictable and unpredictable life event

Answer:

WEEK 13: Exam Question

Question: Explain one positive and one negative impact of financial factors on an individual health and well being

Answer:

WEEK 13: Exam Question review and improvement (Classwork)

Question: Explain one positive and one negative impact of financial factors on an individual health and well being

Answer:
