



Autumn Term
Term 1

Health and Social Care

Year 10

Name: _____

Tutor: _____

*Care to Learn,
Learn to Care*

Year 10 Homework Timetable

Monday	English Task 1	Option A Task 1	Option C Task 1
Tuesday	Option B Task 1	Sparx Maths	Science Task 1
Wednesday	Sparx Maths	Option C Task 2	Sparx Science
Thursday	Option A Task 2	Sparx Science	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
History
Geography

Option B
Health and Social Care
Languages
Drama

Option C
Psychology
Health and Social Care
Sport

Half Term 1 (8 weeks) - Year 10		
Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 1 1st September 2025	Cornell Notes on: Lifestages and types of development	Question: Identify the six life stages, explain how PIES impacts each life stage
Week 2 8th September 2025	Revision Cards on: Health and wellbeing and genetic inheritance	Question: Explain two negative impacts of Physical factors on an individual's health and well being
Week 3 15th September 2025	Cornell Notes on: Physical development across the lifestages	Question: Explain the impact of a genetic condition that effects that respiratory condition on an individuals health and well being
Week 4 22nd September 2025	Revision Cards on: Ill health and diet	Question: Explain two positive impacts of diet on health and well being
Week 5 29th September 2025	Cornell Notes on: Intellectual, language and emotional development	Question: Explain the impact of alcohol consumption on an individual's intellectual and emotional well being
Week 6 6th October 2025	Revision Cards on: Exercise and substance misuse	Question: Explain the positive impact of exercise on an individual's health and well being.
Week 7 13th October 2025	Cornell Notes on: Emotional and social development	Question: Explain the impact in substance misuse on an individual's emotional and social development.
Week 8 20th October 2025	Revision Card on Factors (Physical, lifestyle and social/cultural)	Question: Describe the different types of relationships that an individual may have during their lifespan.

Half Term 2 (7 weeks) - Year 10

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 9 3rd November 2025	Cornell Notes on: Factors (Physical, social/cultural)	Question: Identify each factors that can have an impact on a child's development
Week 10 10th November 2025	Revision cards on: Life Events	Exam Questions: Explain two positive effects that marriage could have on the emotional wellbeing of an individual.
Week 11 17th November 2025	Cornell Notes Lifestyle Factors	Exam Questions: Explain two potential long-term risks of Elizabeth's blood pressure on her physical health.
Week 12 24th November 2025	Revision Cards on: Relationships, isolation and life events	Question: Explain two positive impacts on health and well being that stress can have
Week 13 1st December 2025	Cornell Notes on: Relationships and isolation and life events	Question: Explain what is meant by a life events and the difference between a predictable and unpredictable life event
Week 14 8th December 2025	Revision Cards on: Relationship changes and life circumstances	Question: Explain one positive and one negative impact of financial factors on an individual health and well being
Week 15 15th December 2025	Cornell Notes on: Lifestages and types of development	Question: Identify the six life stages, explain how PIES impacts each life stage

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

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: Lifestages and types of development	Revision guide page:
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Summary

WEEK 1: Exam Question (Homework task 2)

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:

Answer:

WEEK 2: Exam Question (Homework task 2)

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:

Answer:

WEEK 3: Cornell Notes (Homework task 1)

Topic: Physical development across the lifestages	Revision guide page:
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Summary

WEEK 3: Exam Question (Homework task 2)

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:

Answer:

WEEK 4: Exam Question (Homework task 2)

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

Answer:

WEEK 4: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 5: Cornell Notes (Homework task 1)

Topic: Intellectual, language and emotional development	Revision guide page:
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Summary

WEEK 5: Exam Question (Homework task 2)

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:

Answer:

WEEK 6: Exam Question (Homework task 2)

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:

Answer:

WEEK 7: Cornell Notes (Homework task 1)

Topic: Emotional and social development	Revision guide page:
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Summary

WEEK 7: Exam Question (Homework task 2)

Question: Explain the impact in substance misuse on an individual's emotional and social development (4 marks)

Answer:

WEEK 7: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 8: Exam Question (Homework task 2)

Question: Describe the different types of relationships that an individual may have during their lifespan (4 marks)

Answer:

WEEK 8: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 9: Cornell Notes (Homework task 1)

Topic: Factors (Physical, social/cultural)	Revision guide page:
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Summary

WEEK 9: Exam Question (Homework task 2)

Question: Identify each factors that can have an impact on a child's development (4 marks)

Answer:

WEEK 9: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 10: Exam Question (Homework task 2)

Question: Explain two positive effects that marriage could have on the emotional wellbeing of an individual (4 marks)

Answer:

WEEK 10: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 11: Cornell Notes (Homework task 1)

Topic: Lifestyle Factors	Revision guide page:
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Links Questions	Notes

Summary

WEEK 11: Exam Question (Homework task 2)

Question: Explain two potential long-term risks of Elizabeth's blood pressure on her physical health (4 marks)

Answer:

WEEK 11: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 12: Exam Question (Homework task 2)

Question: Explain two positive impacts on health and well being that stress can have (4 marks)

Answer:

WEEK 12: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 13: Cornell Notes (Homework task 1)

Topic: Relationships and isolation and life events	Revision guide page:
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Links	Notes
Questions	

Summary

WEEK 13: Exam Question (Homework task 2)

Question: Explain what is meant by a life events and the difference between a predictable and unpredictable life event (6 marks)

Answer:

WEEK 13: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 14: Exam Question (Homework task 2)

Question: Explain one positive and one negative impact of financial factors on an individual health and well being (4 marks)

Answer:

WEEK 14: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 15: Cornell Notes (Homework task 1)

Topic: Lifestages and types of development	Revision guide page:
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Links Questions	Notes

Summary

WEEK 15: Exam Question (Homework task 2)

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

Answer:

WEEK 15: Exam Question review and improvement (Classwork)

Question:

Answer:

Week 2

Revision Card on Health and wellbeing and genetic inheritance	Answers
1. What is the definition of positive health? 2. What is meant by the term 'holistic' development? 3. Identify a genetic disorder? 4. What does the term predisposition mean? 5. What is the difference between a dominant and recessive gene?	



Week 4

Revision Card on Ill health and diet	Answers
1. Identify an acute illness? 2. Identify a chronic illness? 3. What does obesity mean? 4. What is the eatwell guide? 5. Identify the components of a healthy diet	



Week 6

Revision Card on Exercise and substance misuse	Answers
1. What are the benefits of regular exercise 2. What conditions can lack of exercise lead to 3. What does 'monitor' mean? 4. What does 'addiction' mean? 5. What are the hazards of smoking?	

Week 8

Revision Card on Factors (Physical, lifestyle and social/cultural)	Answers
1. What is genetic inheritance? 2. Identify three lifestyle choices 3. What is meant by the term 'culture' 4. Identify where a person could find a community? 5. What does better education lead to?	



Week 10

Revision Card on Life events	Answers
1. What is meant by a predictable life event? 2. What is meant by an unpredictable life event? 3. What does bereavement mean? 4. What does imprisonment mean? 5. Identify which life event you think has the most significant impact on an individual and why?	



Week 12

Revision Card on Relationships, isolation and life events	Answers
1. Identify what is meant by a role model? 2. What is an attachment? 3. Why might a person experience social isolation? 4. Identify an unexpected life event? 5. Identify an expected life event?	

Week 14

Revision Card on Relationship changes and life circumstances

1. How might illness impact your life in adolescence?
2. How might illness impact your life in early adulthood?
3. What is meant by the term bereavement?
4. How can divorce impact a person's social development?

Answers



