



**Spring Term
Term 2**

Health & 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
Child Development
Health and Social Care

Option C
Psychology
Health and Social Care
Sport

Half Term 3 (6 weeks) - Year 10

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 1 6th January 2025	Cornell Notes on: Asthma and Chronic Obstructive Pulmonary Disease.	Question: What is one similarity and one difference between asthma and COPD?
Week 2 13th January 2025	Revision Cards on: Primary, Secondary and Tertiary Services.	Question: Why is a person with a learning disability more likely to experience health problems?
Week 3 20th January 2025	Cornell Notes on: Multi-disciplinary team working.	Question: Name two different services for children and young people and explain the services that they provide.
Week 4 27th January 2025	Revision Cards on: Informal Social Care.	Question: Name two ways to overcome physical barriers within health and social care settings.
Week 5 3rd February 2025	Cornell Notes on: Sensory barriers.	Question: What might people from different cultural backgrounds find it difficult to access health and social care services?
Week 6 10th February 2025	Revision Cards on: Barriers to people with learning disabilities.	Question: Name two potential geographical barriers to accessing health and social care services.

Half Term 4 (6 weeks) - Year 10

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 7 24th February 2025	Cornell Notes on: Financial Barriers.	Question: Name two health and social care services that individuals might need to pay for.
Week 8 3rd March 2025	Revision Cards on: Services for adults or children with specific needs.	Question: Name two Allied health professionals and explain what they do.
Week 9 10th March 2025	Cornell Notes on: Social, cultural and psychological barriers.	Question: Explain two ways to overcome sensory barriers.
Week 10 17th March 2025	Revision Cards on: Services for children and young people.	Question: What is Type 2 Diabetes and what are the symptoms of this condition?
Week 11 24th March 2025	Cornell Notes on: The 6 C's.	Question: Name two skills and two attributes needed to work within health and social care.
Week 12 31st March 2025	Revision Cards on: Obstacles that individuals requiring care may face.	Question: Explain two ways that professionals could promote independence for a service user.

Knowledge Organiser

Component 2 Health and Social Care Services and Values

Learning Aim A: Understand the different types of health and social care services and barriers to accessing them

Health Conditions

- a) Respiratory (eg COPD, Asthma)
- b) Additional Needs
- c) Type 2 Diabetes

Types of Services

- a) Primary (eg GP), Secondary(eg Physiotherapy) & Tertiary (eg Cardiac Surgeon)
- b) Allied health professionals (eg paramedic, therapists)
- c) Mult-disciplinary team working (eg how primary services work with secondary services to meet needs of people)
- d) Services for children and young people (eg CAMHS, Child Social Services)
- e) Informal social care (eg Friends and family)
- f) Services for adults or children with specific needs (eg Social Services)

Types of Barriers

- a) Physical (eg chronic illness and Disabilities)
- b) Overcoming physical access barriers
- c) Sensory (eg hearing or sight loss)
- d) Overcoming sensory barriers
- e) Social, cultural and psychological (EAL, Unsupportive Relationships, Mental Health conditions)
- f) Barriers to people with learning disabilities
- g) Geographical
- h) Financial

How the above can prevent someone from accessing services such as appointments with health and social care services, or understanding information given to them.

Learning Aim B: Understand the skills, attributes and values required to give care

Skills

- a) Problem Solving
- b) Observation
- c) Dealing with difficult situations
- d) Organisation

Attributes

- a) Empathy
- b) Patience
- c) Trustworthiness
- d) Honesty

The six Care Values

- | | |
|------------------|---------------|
| 1) Communication | 4) Competence |
| 2) Care | 5) Courage |
| 3) Compassion | 6) Commitment |

Obstacles (to recovery)

- a) Emotional & Psychological: Motivation, Self-esteem, Acceptance of current state, Stress, Previous bad experience, Effects of diagnosis on career, Time constraints, Lack of Support.

Benefits to individuals of the skills, attributes and values in health and social care practice

- a) Independence

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: Asthma and Chronic Obstructive Pulmonary Disease.

Revision guide page:

Links	Notes
Questions	

Summary

WEEK 3: Cornell Notes (Homework task 1)

Topic: Multi-disciplinary team working.

Revision guide page

Links	Notes
Questions	

Summary

WEEK 4: Exam Question (Homework task 2)

Question: Name two ways to overcome physical barriers within health and social care settings.

Answer:

WEEK 4: Exam Question review and improvement (Classwork)

Question: Name two ways to overcome physical barriers within health and social care settings.

Answer:

WEEK 5: Cornell Notes (Homework task 1)

Topic: Sensory barriers	Revision guide page
-------------------------	---------------------

Links	Notes
Questions	

Summary

WEEK 5: Exam Question (Homework task 2)

Question: What might people from different cultural backgrounds find it difficult to access health and social care services?

Answer:

WEEK 5: Exam Question review and improvement (Classwork)

Question: What might people from different cultural backgrounds find it difficult to access health and social care services?

Answer:

WEEK 6: Exam Question (Homework task 2)

Question: Name two potential geographical barriers to accessing health and social care services.

Answer:

WEEK 6: Exam Question review and improvement (Classwork)

Question: Name two potential geographical barriers to accessing health and social care services.

Answer:

WEEK 7: Cornell Notes (Homework task 1)

Topic: Financial Barriers	Revision guide page
---------------------------	---------------------

Links	Notes
Questions	

Summary

WEEK 8: Exam Question (Homework task 2)

Question: Name two Allied health professionals and explain what they do.

Answer: _____

WEEK 8: Exam Question review and improvement (Classwork)

Question: Name two Allied health professionals and explain what they do.

Answer: _____

WEEK 9: Cornell Notes (Homework task 1)

Topic: Social, cultural and psychological barriers	Revision guide page
--	---------------------

Links	Notes
Questions	

Summary

WEEK 10: Exam Question (Homework task 2)

Question: What is Type 2 Diabetes and what are the symptoms of this condition?

Answer:

WEEK 10: Exam Question review and improvement (Classwork)

Question: What is Type 2 Diabetes and what are the symptoms of this condition?

Answer:

WEEK 11: Cornell Notes (Homework task 1)

Topic: The 6 C's

Revision guide page

Links	Notes
Questions	

Summary

WEEK 11: Exam Question (Homework task 2)

Question: Name two skills and two attributes needed to work within health and social care.

Answer:

WEEK 11: Exam Question review and improvement (Classwork)

Question: Name two skills and two attributes needed to work within health and social care.

Answer:

WEEK 12: Exam Question (Homework task 2)

Question: Explain two ways that professionals could promote independence for a service user.

Answer:

WEEK 12: Exam Question review and improvement (Classwork)

Question: Explain two ways that professionals could promote independence for a service user.

Answer:

Week 2

<p>Revision Card on: Primary, Secondary and Tertiary Services.</p> <ol style="list-style-type: none">1. Name a primary care service.2. Name a secondary care service.3. Name a tertiary care service.4. What is the difference between secondary and tertiary care?5. Give an example of a health condition that might require tertiary care.	<p>Answers</p>
--	-----------------------



Week 4

<p>Revision Card on: Informal Social Care</p> <ol style="list-style-type: none">1. Name two examples of informal carers.2. What support can informal carers provide?3. Name two benefits of informal care.4. Provide an example of support that a community group may provide.5. Name an example of support that a charity may provide.	<p>Answers</p>
--	-----------------------



Week 6

<p>Revision Card on: Barriers to people with learning disabilities.</p> <ol style="list-style-type: none">1. What is a learning disability?2. What is a barrier that they could face when accessing health and social care services?3. Name a method to support the individual to overcome this barrier.4. What are the benefits of this method?5. Name two professionals who could support an individual with a learning disability.	<p>Answers</p>
--	-----------------------

Week 8

<p>Revision Card on: Services for adults or children with specific needs.</p> <ol style="list-style-type: none">1. What is a sensory impairment?2. Name two long-term health conditions.3. What is Residential Care?4. What is Respite Care?5. What is Domiciliary Care?	<p>Answers</p>
---	-----------------------



Week 10

<p>Revision Card on: Services for children and young people.</p> <ol style="list-style-type: none">1. Name two reasons why some children or young people may need care and support.2. What is Foster care?3. What is Residential care?4. What is Youth work?5. Name two skills that a support worker working with children would need.	<p>Answers</p>
---	-----------------------



Week 12

<p>Revision Card on: Obstacles that individuals requiring care may face.</p> <ol style="list-style-type: none">1. What is an obstacle?2. Why can time constraints be an obstacle for someone requiring care?3. Why might a person with low self-esteem struggle to access health and social care services?4. What is a SMART target?5. What is person-centred care?	<p>Answers</p>
--	-----------------------