



**Autumn Term
Term 1**

Health and Social Care

Year 11

Name: _____

Tutor: _____

*Care to Learn,
Learn to Care*

Year 11 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 11

Week / Date	Homework task 1 Exam Question
Week 1 7th September 2026	Question: What are the aspects of health and well being and the factors that affect them? [8]
Week 2 14th September 2026	Question: Explain one positive effect of supportive family relationships on physical wellbeing of an individual. [2]
Week 3 21st September 2026	Question: Explain two negative effects that discrimination can have on health and wellbeing. [4]
Week 4 28th September 2026	Question: Explain how noise pollution can affect the health and wellbeing of an individual. [2]
Week 5 5th October 2026	Question: Explain one positive effect of having a good income on health and wellbeing. [2]
Week 6 12th October 2026	Question: Explain how a well-paid job can affect a person's wellbeing in both a positive and negative way. [4]
Week 7 19th October 2026	Question: Describe how parenthood can positively and negatively affect a person's emotional health and wellbeing. [4]

Half Term 2 (6 weeks) - Year 11

Week / Date	Homework task 1 Exam Question
Week 8 9th November 2026	Mock Exams
Week 9 16th November 2026	Mock Exams
Week 10 23rd November 2026	Question: Explain how bereavement can affect a person's emotional and social wellbeing? [2]
Week 11 30th November 2026	Question: Explain the effect of a life-changing accident on an individual's social development? [2]
Week 12 7th December 2026	Question: Explain the positive effects of starting work for the first time on emotional and social wellbeing of a young adult? [4]
Week 13 14th December 2026	Question: Explain how asking questions about an individual's lifestyle contributes to a GP assessment of their health and wellbeing. [2]

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> 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.	<u>Impact of Life Events: Life Circumstances</u> 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)
<u>Health Indicators</u> a) Health monitoring and illness prevention - can help detect any problems and then can be dealt with quickly to give the best chance of sorting them out. b) Measuring Health - measurable indicators such as blood pressure, weight, resting pulse rate c) Positive and negative aspect of lifestyle - can be trickier to measure, questionnaires are often used to collect information about lifestyle aspects such as amount of exercise someone does, do they have a balanced diet, do they use/misuse substances d) Observed indicators - helps health professionals gain information about the individual such as if they are flushed, sweating, breathless, limping etc	

WEEK 1: Exam Question

Question: What are the aspects of health and well being and the factors that affect them? [8]

Answer:

WEEK 1: Exam Question review and improvement (Classwork)

Question: What are the aspects of health and well being and the factors that affect them? [8]

Answer:

WEEK 2: Exam Question

Question: Explain one positive effect of supportive family relationships on physical wellbeing of an individual. [2]

Answer:

WEEK 2: Exam Question review and improvement (Classwork)

Question: Explain one positive effect of supportive family relationships on physical wellbeing of an individual. [2]

Answer:

WEEK 3: Exam Question

Question: Explain two negative effects that discrimination can have on health and wellbeing. [4]

Answer:

WEEK 3: Exam Question review and improvement (Classwork)

Question: Explain two negative effects that discrimination can have on health and wellbeing. [4]

Answer:

WEEK 4: Exam Question

Question: Explain how noise pollution can affect the health and wellbeing of an individual. [2]

Answer:

WEEK 4: Exam Question review and improvement (Classwork)

Question: Explain how noise pollution can affect the health and wellbeing of an individual. [2]

Answer:

WEEK 5: Exam Question

Question: Explain one positive effect of having a good income on health and wellbeing. [2]

Answer:

WEEK 5: Exam Question review and improvement (Classwork)

Question: Explain one positive effect of having a good income on health and wellbeing. [2]

Answer:

WEEK 6: Exam Question

Question: Explain how a well-paid job can affect a person's wellbeing in both a positive and negative way. [4]

Answer:

WEEK 6: Exam Question review and improvement (Classwork)

Question: Explain how a well-paid job can affect a person's wellbeing in both a positive and negative way. [4]

Answer:

WEEK 7: Exam Question

Question: Describe how parenthood can positively and negatively affect a person's emotional health and wellbeing. [4]

Answer:

WEEK 7: Exam Question review and improvement (Classwork)

Question: Describe how parenthood can positively and negatively affect a person's emotional health and wellbeing. [4]

Answer:

WEEK 8: Exam Question

Question: Mocks

Answer:

WEEK 8: Exam Question review and improvement (Classwork)

Question: Mocks

Answer:

WEEK 9: Exam Question

Question: Mocks

Answer:

WEEK 9: Exam Question review and improvement (Classwork)

Question: Mocks

Answer:

WEEK 10: Exam Question

Question: Explain how bereavement can affect a person's emotional and social wellbeing? [2]

Answer:

WEEK 10: Exam Question review and improvement (Classwork)

Question: Explain how bereavement can affect a person's emotional and social wellbeing? [2]

Answer:

WEEK 11: Exam Question

Question: Explain the effect of a life-changing accident on an individual's social development? [2]

Answer:

WEEK 11: Exam Question review and improvement (Classwork)

Question: Explain the effect of a life-changing accident on an individual's social development? [2]

Answer:

WEEK 12: Exam Question

Question: Explain the positive effects of starting work for the first time on emotional and social wellbeing of a young adult? [4]

Answer:

WEEK 12: Exam Question review and improvement (Classwork)

Question: Explain the positive effects of starting work for the first time on emotional and social wellbeing of a young adult? [4]

Answer:

WEEK 13: Exam Question

Question: Explain how asking questions about an individual's lifestyle contributes to a GP assessment of their health and wellbeing. [2]

Answer:

WEEK 13: Exam Question review and improvement (Classwork)

Question: Explain how asking questions about an individual's lifestyle contributes to a GP assessment of their health and wellbeing. [2]

Answer:
