



**Spring Term
Term 2**

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 3 (6 weeks) - Year 11

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 1 6th January 2025	Cornell Notes on: Health indicators, resting heart rate and blood pressure.	Question: Explain how asking questions about an individual's lifestyle contributes to a GP assessment of their health and wellbeing.
Week 2 13th January 2025	Revision Cards on: Lifestyle data	Question: Explain how a well-paid job can affect a person's wellbeing in both a positive and negative way.
Week 3 20th January 2025	Cornell Notes on: Social, Cultural, Language and Speech Barriers	Question: Explain how a person accepting their current state of health because they feel fine, might be an obstacle to following a recommendation to help improve their health.
Week 4 27th January 2025	Revision Cards on: Obstacles to implementing a health and wellbeing improvement plan.	Question: Explain why a target of giving up drugs in the space of 2 weeks is unrealistic for someone who uses them regularly.
Week 5 3rd February 2025	Cornell Notes on: Recap of LAA Topics	Question: Explain the difference between a physical and sensory disability.
Week 6 10th February 2025	Revision Cards on: General Revision	Question: Explain the three key factors that need to be taken into account when adopting a person-centred approach.

Half Term 4 (6 weeks) - Year 11

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 7 24th February 2025	Cornell Notes on: Recap on LAB Topics	Question: Describe how parenthood can positively and negatively affect a person's emotional health and wellbeing.
Week 8 3rd March 2025	Mock Exams	Mock Exams
Week 9 10th March 2025	Mock Exams	Mock Exams
Week 10 17th March 2025	Cornell Notes on: Recap on LAC Topics	Question: Explain two recommended actions that someone could adopt to improve health and wellbeing?
Week 11 24th March 2025	Revision Cards on: General Revision	Question: Explain how high blood pressure can affect someone's long term physical health?
Week 12 31st March 2025	Cornell Notes on: DIRT from Mock Topics	Question: Explain two positive effects of Religion or Community participation on health and well being.

Knowledge Organiser

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 #)	or	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



Health plan..

Short-term

Long-term



No smoke and nicotine



No legal or illegal drugs

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.

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.

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 +

BMI

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

Weight status

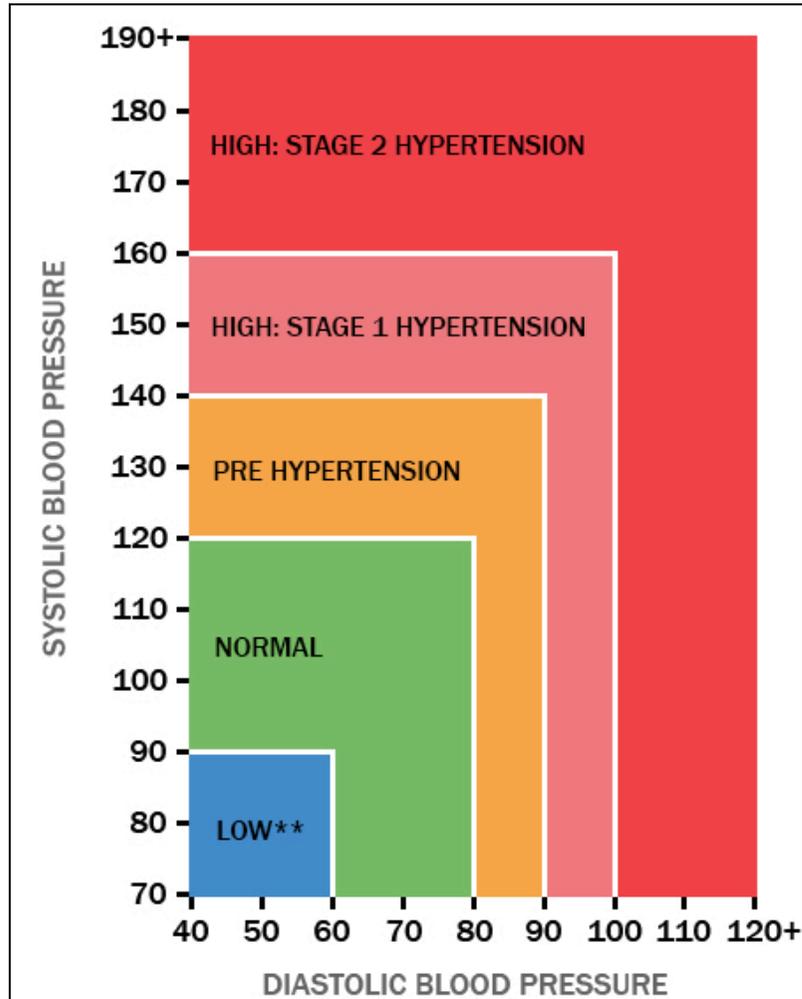
Underweight
Normal weight
Overweight
Obesity class I
Obesity class II
Obesity class III

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)

Knowledge Organiser

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
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Good	66 - 69	66 - 70	67 - 70	68 - 71	68 - 71	66 - 69
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Women (beats per minute)

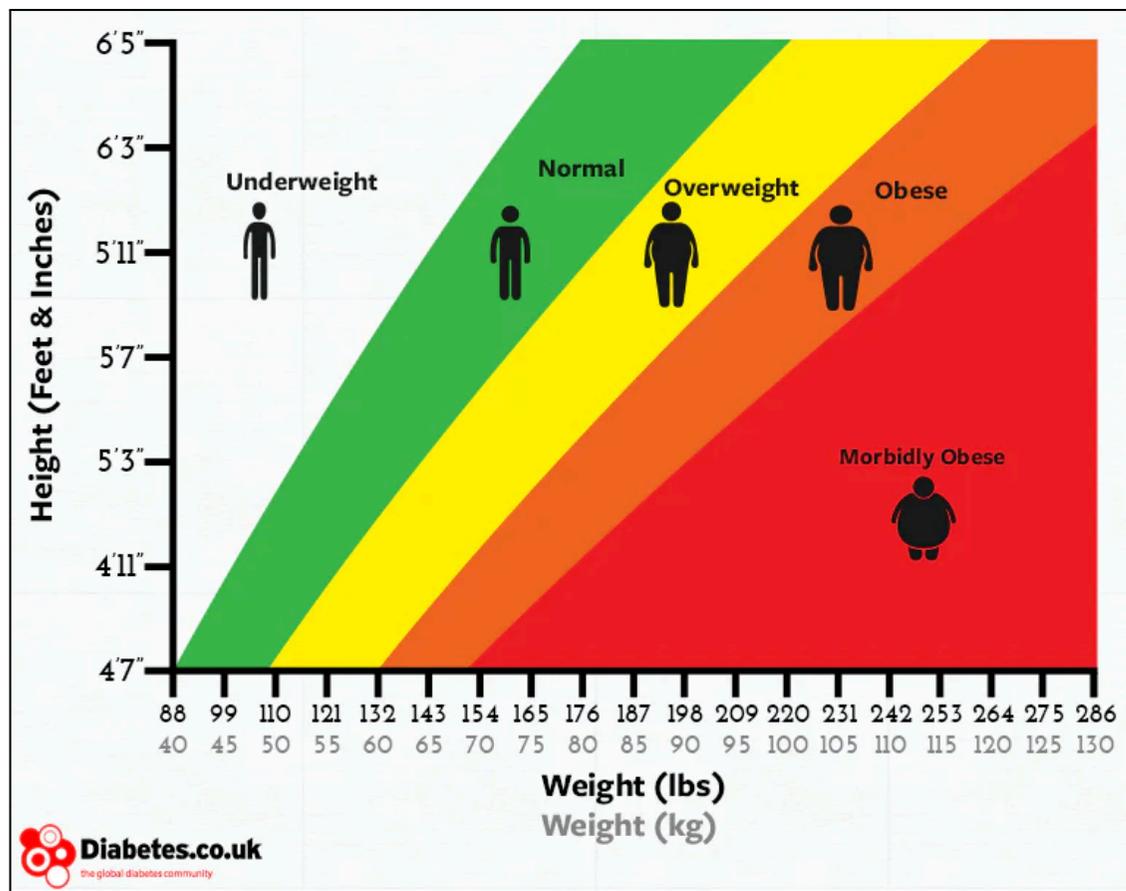
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Athlete	54 - 60	54 - 59	54 - 59	54 - 60	54 - 59	54 - 59
Excellent	61 - 65	60 - 64	60 - 64	61 - 65	60 - 64	60 - 64
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Average	74 - 78	73 - 76	74 - 78	74 - 77	74 - 77	73 - 76
Below Average	79 - 84	77 - 82	79 - 84	78 - 83	78 - 83	77 - 84
Poor	85 +	83 +	85 +	84 +	84 +	85 +

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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: Health indicators, resting heart rate and blood pressure.

Revision guide page:

Links	Notes
Questions	

Summary

WEEK 3: Cornell Notes (Homework task 1)

Topic: Social, Cultural, Language and Speech Barriers

Revision guide page:

Links	Notes
Questions	

Summary

WEEK 5: Cornell Notes (Homework task 1)

Topic: Recap of LAA Topics	Revision guide page:
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Links	Notes
Questions	

Summary

WEEK 7: Cornell Notes (Homework task 1)

Topic: Recap on LAB Topics	Revision guide page:
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Links	Notes
Questions	

Summary

WEEK 10: Cornell Notes (Homework task 1)

Topic: Recap on LAC Topics

Revision guide page:

Links	Notes
Questions	

Summary

WEEK 12: Cornell Notes (Homework task 1)

Topic: Please complete for student	Revision guide page:
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Links	Notes
Questions	

Summary

Week 2

<p>Revision Card on Lifestyle data.</p> <ol style="list-style-type: none">1. What is the average resting pulse rate of an adult?2. What is the 'cardiovascular system'?3. What is the measurement for healthy blood pressure?4. Name two things that can cause high blood pressure.5. What is the calculation to work out a person's BMI?	<p>Answers</p>
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Week 4

<p>Revision Card on Obstacles to implementing a health and wellbeing improvement plan.</p> <ol style="list-style-type: none">1. How could a person improve their 'Self-esteem'?2. Name a strategy for a person to implement exercise into a busy day.3. Name two ways that a person could exercise for free.4. How could a person 'Kick-start' their motivation?5. Why are 'Timescales' important when setting ourselves targets?	<p>Answers</p>
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Week 6

Revision Card on General Revision	Answers
<ol style="list-style-type: none"><li data-bbox="236 237 687 271">1. What are lifestyle factors?<li data-bbox="236 282 799 360">2. Give an example of what a supportive relationship can give?<li data-bbox="236 371 778 450">3. Cultural factors include religion, community and what else?<li data-bbox="236 461 815 539">4. Give a negative effect of exclusion from education?	



Week 11

Revision Card on General Revision	Answers
<ol style="list-style-type: none"><li data-bbox="236 949 743 1028">1. Give an example of a physical factor?<li data-bbox="236 1039 791 1140">2. How does an unsupportive relationship impact on emotional development?<li data-bbox="236 1151 778 1252">3. What is the normal resting heart rate for someone in early adulthood?<li data-bbox="236 1263 762 1364">4. Give an example of the current effect on physical health of low blood pressure?<li data-bbox="236 1375 711 1476">5. Give an example of a risk to future health of having an abnormal heart rate?	

