



Autumn Term
(Half Term 1 and 2)

BTEC

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	Sparx Science	Option B Task 1	Sparx Maths
Wednesday	Sparx Maths	Science Task 1	Option C Task 2
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
Spanish

Option B
Geography
Health and Social Care
Psychology

Option C
Psychology
Sports Studies
Childcare
Drama

Half Term 1 (6 weeks) - Year 10

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 2 11th September 2023	Cornell Notes on: on recap of PIES	Question: Explain how independence changes throughout the life stages.
Week 3 18th September 2023	Revision Cards on: PIES	Question: Explain how physical activity can affect an individual's PIES (making reference to different lifestages)
Week 4 25th September 2023	Cornell Notes on: preparation of notes for PSA	Question: Explain how poor housing can affect an individual's PIES.
Week 5 2nd October 2023	Revision Cards on: the types of support that can help an individual adapt to a life event.	Question: Explain the impact that divorce can have across an individual across the life stages. Refer to PIES for each life stage
Week 6 9th October 2023	Cornell Notes on: preparation of notes for PSA	Question: Explain the sources of informal support that an individual can access when going through a life event
Week 7 16th October 2023	Revision Cards on: how parenthood can impact a person's development	Question: Explain the importance of resilience when an individual goes through a life event.

Half Term 2 (8 weeks) - Year 10

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 8 30th October 2023	Cornell Notes on: preparation of notes for PSA	Question: Explain the sources of professional support that an individual can access when going through a life event
Week 9 6th November 2023	Revision Cards on: Character traits that can affect how a person copes with a life event	Question: Explain how individuals cope with change
Week 10 13th November 2023	Cornell Notes on: Task 1 & 2 focus for improvement	Question: Explain how emotional intelligence can help a person cope with a life event
Week 11 20th November 2023	Revision Cards on: Task 3a & 3b focus for improvement	Question: Explain what different sources of support there are and how they can support an individual.
Week 12 27th November 2023	Cornell Notes on: Task 3a & 3b focus for improvement	Question: Explain the difference between multi-agency and multidisciplinary working.
Week 13 4th December 2023	Revision Cards on: Types of support	Question: Explain how Type 2 diabetes can impact an individual's PIES
Week 14 11th December 2023	Cornell Notes on: Health conditions (Cardiovascular Conditions and Dementia)	Question: Explain what improvements/changes a person can make to help their health if they have coronary heart disease
Week 15 18th December 2023	Revision Cards on: Health conditions	Question: Explain the risks to a person's health and wellbeing if they have a high BMI

Knowledge Organiser

Component 1 Human Lifespan Development		
Learning Aim A: Understand human growth and development across life stages and the factors that affect it How do people grow and develop throughout their lives? How can factors such as lifestyle choices, relationships affect this? Understanding these processes is essential knowledge and understanding for health and social care practitioners.		
A1 Growth and development across life stages		
<u>Lifestages</u> 1. Infancy (0 – 2 years) 2. Early childhood (3 – 8 years) 3. Adolescence (9 – 18 years) 4. Early adulthood (19 – 45 years) 5. Middle adulthood (46 – 65 years) 6. Later adulthood (65+ years)	<u>Holistic Development</u> 1. Physical development – Physical growth and physiological change 2. Intellectual development – Developing thinking and language skill and common activities that promote learning and development 3. Emotional development – Developing feelings about self and other 4. Social development – Forming relationships	
A2 Factors affecting growth and development		
<u>1. Physical factors</u> a) Genetic inheritance b) Illness and disease c) Physical and mental ill health d) Disability and Sensory impairment e) Lifestyle choices (Nutrition, Physical Activity, Smoking, Alcohol, Substance misuse)	<u>2. Emotional and social factors</u> a) Emotions such as fear, Anxiety, grief b) Relationships: Supportive and Unsupportive c) Social Inclusion and Exclusion d) Discrimination and Bullying	
<u>3. Cultural factors</u> a) Influence of religion b) Community participation c) Gender roles, gender identity and sexual orientation d) Race	<u>4. Environmental factors</u> a) Housing b) Home environment c) Pollution	<u>5. Economic factors</u> a) Employment situation b) Financial resources

B1 Different types of life event

1. Physical events

- a) Accident/ injury
- b) Ill health

2. Relationship changes

- a) Entering a relationship
- b) Marriage
- c) Divorce
- d) Parenthood
- e) Bereavement

3. Life circumstances

- a) Moving house, school or job
- b) Exclusion from education
- c) Redundancy
- d) Imprisonment
- e) Retirement

B2 Coping with change caused by life events

1. Adapting to change

- a) Accepting change, Giving time
- b) Character Traits (Resilience, Self-esteem, Emotional Intelligence, Disposition)

2. Sources of support

- a) Informal (friends and family)
- b) Professionals, Multi-agency and multidisciplinary working
- c) Voluntary (Community groups, voluntary and faith based organisations)

3. Types of support

- a) Emotional
- b) Information and advice
- c) Practical help, e.g. financial assistance, childcare, transport

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) **Type 2 Diabetes** - Condition that causes the level of sugar in the blood to become too high. Caused by problems with a hormone called insulin.
- b) **Arthritis** - Condition that affects the joints (hands, spine, knees and hips). Causes mobility issues. No cure but treatments can slow progression.
- c) **Coronary Heart Disease (CHD)** - Occurs when fatty substances build up in the coronary arteries, causing narrowing of the arteries and restricting blood flow to the heart. Can be caused by poor lifestyle choices such as poor diet, excess alcohol, smoking.
- d) **Dementia** - A condition that reduces brain function. Commonly causes memory loss, poor information processing, difficulty speaking. Is progressive and there is no cure.
- e) **Cerebral Vascular Accident** - Interrupts the flow of blood to the brain, can be caused by stroke or a brain injury.
- f) **Obesity** - Term used to describe a person who has a high level of body fat and a BMI of over 30. Main cause is poor diet.

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 2: Cornell Notes (Homework task 1)

Date / /	Topic: recap of PIES	Revision guide page:
----------	----------------------	----------------------

links	Notes
Questions	

Summary

WEEK 4: Cornell Notes (Homework task 1)

Date / /	Topic: preparation of notes for PSA	Revision guide page
------------------	-------------------------------------	---------------------

links	Notes
Questions	

Summary

WEEK 5: Exam Question (Homework task 2)

Date.....

Question: Explain the impact that divorce can have across an individual across the life stages. Refer to PIES for each life stage

Answer:

WEEK 5: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 6: Cornell Notes (Homework task 1)

Date / /	Topic: preparation of notes for PSA	Revision guide page
------------------	-------------------------------------	---------------------

links	Notes
Questions	

Summary

WEEK 7: Exam Question (Homework task 2)

Date.....

Question: Explain the importance of resilience when an individual goes through a life event.

Answer:

WEEK 7: Exam Question review and improvement (Classwork)

Answer:

WEEK 8: Cornell Notes (Homework task 1)

Date / /	Topic: preparation of notes for PSA	Revision guide page
------------------	-------------------------------------	---------------------

links	Notes
Questions	

Summary

WEEK 10: Cornell Notes (Homework task 1)

Date / /	Topic: Task 1 & 2 focus for improvement	Revision guide page
------------------	---	---------------------

links	Notes
Questions	

Summary

WEEK 12: Cornell Notes (Homework task 1)

Date / /	Topic
------------------	-------

WEEK 14: Cornell Notes (Homework task 1)

Date / /	Topic: Health conditions (Cardiovascular Conditions and Dementia)	Revision guide page
---------------------	--	---------------------

links	Notes
Questions	

Summary

WEEK 15: Exam Question (Homework task 2)

Date.....

Question: Explain the risks to a person's health and wellbeing if they have a high BMI

Answer: _____

WEEK 15: Exam Question review and improvement (Classwork)

Answer: _____

Week 3

Revision Card on recap of PIES	Answers
<ol style="list-style-type: none">1. P stands for?2. I stands for?3. E stands for?4. S stands for?5. Give an example of a gross motor skill?6. Which of the PIES does language development link to?	



Week 5

Revision Card on the types of support that can help an individual adapt to a life event.	Answers
<ol style="list-style-type: none">1. What does resilience mean?2. Why do people find it hard to accept change?3. What is informal support4. Define the word adapt.5. Define professional sources of support.	



Week 7

Revision Card on how parenthood can impact a person's development.	Answers
<ol style="list-style-type: none">1. Define parenthood.2. Provide 3 examples how parenthood can be a positive experience.3. Provide 3 examples how parenthood can be a negative experience.4. How can parenthood impact	

Week 9

<p>Revision Card on character traits that can affect how a person copes with a life event</p> <ol style="list-style-type: none">1. What is resilience2. What is Self esteem3. What is emotional intelligence4. What is Deposition	<p>Answers</p>
---	-----------------------



Week 11

<p>Revision Card on Task 3a & 3b focus for improvement (students to create questions based on their improvement areas)</p> <ol style="list-style-type: none">1.2.3.4.	<p>Answers</p>
---	-----------------------



Week 13

<p>Revision Card on types of support</p> <ol style="list-style-type: none">1. What is emotional support?2. How do people provide emotional support?3. What is informational support?4. How do people provide this type of support?5. What is practical help?6. How do people provide this type of support?	<p>Answers</p>
--	-----------------------

Week 15

Revision Card on Health conditions

1. Type 2 diabetes is caused by what?
2. What does CHD stand for?
3. What lifestyle changes can a person make who has CHD?
4. What is asthma?
5. What is dementia

Answers



