



Autumn Term
Term 1

Health and 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

Option B
Geography
Health and Social Care

Option C
Childcare
Psychology
Sport

Half Term 1 (8 weeks) - Year 11		
Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 1 1st September 2025	Cornell Notes on: N/A	Question: N/A
Week 2 8th September 2025	Revision Cards on: Social Inclusion/Exclusion	Question: What are the aspects of health and well being and the factors that affect them? [8]
Week 3 15th September 2025	Cornell Notes on: Recap of Comp 2	Question: Explain one positive effect of supportive family relationships on physical wellbeing of an individual. [2]
Week 4 22nd September 2025	Revision Cards on: Gender Roles	Question: Explain two negative effects that discrimination can have on health and wellbeing. [4]
Week 5 29th September 2025	Cornell Notes on: Cultural Factors	Question: Explain how noise pollution can affect the health and wellbeing of an individual. [2]
Week 6 6th October 2025	Revision Cards on: PSA Focus prep	Question: Explain one positive effect of having a good income on health and wellbeing. [2]
Week 7 13th October 2025	Cornell Notes on: PSA Focus prep	Question: PSA Focus prep
Week 8 20th October 2025	Revision Cards on: The impact of life events.	Question: Explain how a well-paid job can affect a person's wellbeing in both a positive and negative way. [4]

Half Term 2 (7 weeks) - Year 11

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 9 3rd November 2025	Cornell Notes on: Gender roles and expectations, gender identity and sexual orientation.	Question: Describe how parenthood can positively and negatively affect a person's emotional health and wellbeing. [4]
Week 10 10th November 2025	Revision Cards on: Physical and Relationship Changes	Question: Explain how bereavement can affect a person's emotional and social wellbeing? [2]
Week 11 17th November 2025	Cornell Notes on: How life circumstances can impact on growth and development	Question: Explain the effect of a life-changing accident on an individual's social development? [2]
Week 12 24th November 2025	Mock Exams	Mock Exams
Week 13 1st December 2025	Mock Exams	Mock Exams
Week 14 8th December 2025	Cornell Notes on: Effects of life events on our PIES.	Question: Explain the positive effects of starting work for the first time on emotional and social wellbeing of a young adult? [4]
Week 15 15th December 2025	Revision Cards on: Health Indicators	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

Definition of health and wellbeing

- a) Positive definition
- b) Negative definition
- c) Holistic definition
- d) Life Stages and our needs (Maslow's Hierarchy of needs pyramid)

Social Factors: Relationships and Social Inclusion/Exclusion

- 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)

Social Factors: Bullying and Discrimination

- 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)

Cultural Factors: Religion and Community Participation

- a) Religion (positive and negative effects of being part of a religious group)
- b) Community Participation

Cultural Factors: Gender Roles and Expectations, Gender Identity and Sexual Orientation

- 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)

Economic Factors: Employment Situation and Financial Resources

- 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

Environmental Factors: Housing and Home Environment

- 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)

Environmental Factors: Exposure to Pollution

- a) Air Pollution (Causes and conditions)
- b) Noise Pollution (Effects on health)
- c) Light Pollution (Effects on health)

Impact of Life Events: Physical events and Relationship Changes

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.

Impact of Life Events: Life Circumstances

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)

Health Indicators

- 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

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: N/A	Revision guide page: N/A
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Links Questions	Notes

Summary

WEEK 2: Exam Question (Homework task 2)

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

Answer:

WEEK 2: Exam Question review and improvement (Classwork)

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

Answer:

WEEK 3: Cornell Notes (Homework task 1)

Topic: Recap on Comp 2	Revision guide page: N/A
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[illegible]

Summary

WEEK 3: Exam Question (Homework task 2)

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

Answer:

WEEK 3: Exam Question review and improvement (Classwork)

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

Answer:

WEEK 4: Exam Question (Homework task 2)

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

Answer:

WEEK 4: Exam Question review and improvement (Classwork)

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

Answer:

WEEK 5: Cornell Notes (Homework task 1)

Topic: Cultural Factors	Revision guide page
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[illegible]

Summary

WEEK 5: Exam Question (Homework task 2)

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

Answer:

WEEK 5: Exam Question review and improvement (Classwork)

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

Answer:

WEEK 6: Exam Question (Homework task 2)

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

Answer:

WEEK 6: Exam Question review and improvement (Classwork)

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

Answer:

WEEK 7: Cornell Notes (Homework task 1)

Topic: PSA Focus prep	Revision guide page N/A
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Links	Notes
Questions	

Summary

WEEK 7: Exam Question (Homework task 2)

Question: No question as students need to do PSA preparation.

Answer:

WEEK 7: Exam Question review and improvement (Classwork)

Question: No question as students need to do PSA preparation.

Answer:

WEEK 8: Exam Question (Homework task 2)

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

Answer:

WEEK 8: 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 9: Cornell Notes (Homework task 1)

Topic: Gender roles and expectations, gender identity and sexual orientation.	Revision guide page
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[illegible]

Summary

WEEK 9: Exam Question (Homework task 2)

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

Answer:

WEEK 9: 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 10: Exam Question (Homework task 2)

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: Cornell Notes (Homework task 1)

Topic: How life circumstances can impact on growth and development	Revision guide page
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Links	Notes
Questions	

Summary

WEEK 11: Exam Question (Homework task 2)

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: Assessment Week Revision (Homework task 1)

Topic:

[illegible]

WEEK 13: Assessment Week Revision (Homework task 1)

Topic:

[illegible]

WEEK 14: Cornell Notes (Homework task 1)

Topic: Effects of life events on our PIES.	Revision guide page
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Links	Notes
Questions	

Summary

WEEK 14: Exam Question (Homework task 2)

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

Answer:

WEEK 14: 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 15: Exam Question (Homework task 2)

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

Answer:

WEEK 15: 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:

Week 2

Revision Card on Social Inclusion/Exclusion	Answers
1. Define Social Inclusion? 2. Give an example of something that helps us to socially integrate? 3. How might being excluded make us feel? 4. Give two reasons why someone might end up socially isolated?	



Week 4

Revision Card on Gender Roles	Answers
1. Give an example of inequality in gender in the workplace? 2. What is gender identity? 3. Give an example of someone's sexual orientation? 4. What does LGBTQ+ stand for?	



Week 6

Revision Card on PSA Focus (to be added)	Answers
1. 2. 3. 4. 5.	

Week 8

Revision Card on The impact of life events 1. What is a 'Life event'? 2. Name two 'Expected life events' 3. Name two 'Unexpected life events'. 4. Name two 'Relationship changes' 5. How could 'Imprisonment' affect a person's social well being?	Answers
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Week 10

Revision Card on Physical and Relationship Changes 1. Give an example of a physical life event? 2. Give one example of how a physical life event can affect us emotionally? 3. Give an example of an expected relationship change? 4. Give an example of an unexpected relationship change? 5. Grief is an emotional response to which life event?	Answers
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Week 15

Revision Card on Health Indicators 1. How is health monitoring useful? 2. Give one way health can be measured? 3. What is health screening? 4. Can aspects of lifestyle be measured? 5. Give an example of an observed indicator?	Answers
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