



Autumn Term
(Half Term 1 & 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 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
French
Health and Social Care
Psychology
Performing Arts

Option B
History
Health and Social Care
Psychology

Option C
Health and Social Care
Psychology
Spanish
Sports Studies

Half Term 1 (6 weeks) - Year 11

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 2 11th September 2023	Cornell Notes on: Recap of Comp 2	Question: What are the aspects of health and wellbeing and the factors that affect them?
Week 3 18th September 2023	Revision Cards on: Types of health conditions	Question: Explain how some medical conditions can be caused by a combination of genes and environmental factors?
Week 4 25th September 2023	Cornell Notes on: Recap Comp 2	Question: Explain one negative effect of Type 2 Diabetes on health and wellbeing.
Week 5 2nd October 2023	Revision Cards on: Types of Services	Question: Explain the difference between anxiety and stress.
Week 6 9th October 2023	Cornell Notes on: PSA Focus prep	Question: Give two reasons why a person with a visual impairment might find socialising difficult.
Week 7 16th October 2023	Revision Cards on: PSA Focus prep	Question: PSA Focus prep

Half Term 2 (8 weeks) - Year 11

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 8 30th October 2023	Cornell Notes on: Types of conditions and their impact (Cardiovascular disease, Obesity, Type 2 Diabetes).	Question: Explain how an individual who uses a wheelchair might feel when they experience negative reactions from others.
Week 9 6th November 2023	Revision Cards on: Mental Ill health	Question: Explain one negative effect of poor nutrition on health and wellbeing.
Week 10 13th November 2023	Cornell Notes on: Lifestyle Factors	Question: Explain why armchair activities are beneficial for people with osteoporosis.
Week 11 20th November 2023	Mock Exams	Mock Exams Explain two negative effects of substance abuse on health and wellbeing.
Week 12 27th November 2023	Mock Exams	Mock Exams Give one positive effect of supportive family relationships on physical wellbeing of an individual.
Week 13 4th December 2023	Revision Cards on: Social Inclusion/Exclusion	Question: Explain two negative effects that discrimination can have on health and wellbeing.
Week 14 11th December 2023	Cornell Notes on: Cultural Factors	Question: Explain one positive effect of having a good income on health and wellbeing.
Week 15 18th December 2023	Revision Cards on: Gender Roles	Question: Explain how noise pollution can affect the health and wellbeing of an individual.

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>Physical Factors: Inherited Conditions</u> a) Cystic Fibrosis b) Haemophilia c) Predisposition to other conditions
<u>Physical Factors: Physical Ill Health</u> a) Effects of illness b) Cardiovascular Disease c) Obesity d) Type 2 Diabetes	<u>Physical Factors: Mental Ill Health</u> a) Anxiety b) Stress c) Other mental illness such as depression, eating disorders, addictive behaviours
<u>Physical Factors: Physical Abilities and Sensory Impairments</u> a) Physical Abilities (eg a physical disability which impairs are ability to perform physical actions such as walking) b) Sensory Impairments (eg the loss or partial loss of one of the five senses such as sight or hearing)	<u>Lifestyle Factors: Nutrition</u> a) Diet b) Eatwell Guide c) Conditions linked to poor or unbalanced diet
<u>Lifestyle Factors: Physical Activity</u> a) Benefits of exercise b) Taking exercise (different types) c) Implications of not taking exercise	<u>Lifestyle Factors: Smoking, Alcohol and substance misuse</u> a) Effects of smoking on health b) Effects of Alcohol on health c) Effects of illegal drugs and misuse of prescribed drugs on health
<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)

<p><u>Cultural Factors: Religion and Community Participation</u></p> <p>a) Religion (positive and negative effects of being part of a religious group)</p> <p>b) Community Participation</p>	<p><u>Cultural Factors: Gender Roles and Expectations, Gender Identity and Sexual Orientation</u></p> <p>a) Gender Roles and Expectations (what is expected of men and women and how this influences our lifestyle)</p> <p>b) Gender Identity (how a person identifies and how this impacts on emotional and mental health)</p> <p>c) Sexual Orientation (describes the emotional, romantic or sexual attraction a person feels towards another person)</p>
<p><u>Economic Factors: Employment Situation and Financial Resources</u></p> <p>a) Employment situation (eg Employed, Unemployed, Retired)</p> <p>b) Financial Resources (eg Income, Savings, Personal Wealth, Inheritance)</p> <p>c) Effects of adequate financial resources</p> <p>d) Effects of Poverty</p>	<p><u>Environmental Factors: Housing and Home Environment</u></p> <p>a) Housing needs, conditions and locations (Type of home, Size, Rural and Urban)</p> <p>b) The home environment (Living with parental conflict, experience of abuse and neglect)</p>
<p><u>Environmental Factors: Exposure to Pollution</u></p> <p>a) Air Pollution (Causes and conditions)</p> <p>b) Noise Pollution (Effects on health)</p> <p>c) Light Pollution (Effects on health)</p>	<p><u>Impact of Life Events: Physical events and Relationship Changes</u></p> <p>a) Physical events such as Puberty, Ageing and Accidents</p> <p>b) Relationship changes such as entering into a new relationship, marriage, parenthood, divorce, bereavement</p>
<p><u>Impact of Life Events: Life Circumstances</u></p> <p>a) Effects of events on our PIES - for example how imprisonment may affects a person's health and wellbeing</p> <p>b) Different types of expected events - for example starting a new school, moving house, retirement</p> <p>c) Different types of unexpected events - for example exclusion from education, unemployment (redundancy/being fired)</p>	

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 11 / 09 / 2023	Topic: Recap of Comp 2	Revision guide page: N/A
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links	Notes
Questions	

Summary

WEEK 4: Cornell Notes (Homework task 1)

Date 25 / 09 / 2023	Topic: Recap of Comp 2	Revision guide page N/A
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links	Notes
Questions	

Summary

WEEK 4: Exam Question (Homework task 2)

Date.....

Question: Explain one negative effect of Type 2 Diabetes on health and wellbeing.

Answer:

WEEK 4: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 6: Cornell Notes (Homework task 1)

Date 09 / 10 / 2023	Topic: PSA Focus prep	Revision guide page N/A
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links	Notes
Questions	

Summary

WEEK 7: Exam Question (Homework task 2)

Date 16/10/2023

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

Answer:

WEEK 7: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 8: Cornell Notes (Homework task 1)

Date 30 / 10 / 2023	Topic: Types of conditions and their impact (Cardiovascular disease, Obesity, Type 2 Diabetes).	Revision guide page 3
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links	Notes
Questions	

Summary

WEEK 10: Cornell Notes (Homework task 1)

Date 13 / 11 / 2023	Topic: Lifestyle Factors	Revision guide page 7-11
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links	Notes
Questions	

Summary

WEEK 11: Assessment Week Revision (Homework task 2)

Date / /	Topic
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WEEK 12: Assessment Week Revision (Homework task 1)

Date / /	Topic
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WEEK 14: Cornell Notes (Homework task 1)

Date 11 / 12 / 2023	Topic: Cultural Factors	Revision guide page 14
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links	Notes
Questions	

Summary

WEEK 14: Exam Question (Homework task 2)

Date 11/12/2023

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

Answer: _____

WEEK 14: Exam Question review and improvement (Classwork)

Question:

Answer: _____

Week 3

Revision Card on Types of health conditions <ol style="list-style-type: none">1. Give an example of an inherited condition?2. Predisposition to other conditions means what?3. CVD stands for what?4. Give one example of the cause of obesity?5. Name one health condition that affects the respiratory system?	Answers
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Week 5

Revision Card on Types of Services <ol style="list-style-type: none">1. Give two examples of Primary care services?2. Which service would you go to if you had a problem with your eyesight?3. If you need more care or diagnosis than a primary care service can give, what type of service could you be referred to?4. If a patient needs more specialist care, eg for a spinal cord injury, what type of care would they be referred to?	Answers
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Week 7

Revision Card on PSA Focus (to be added) <ol style="list-style-type: none">1.2.3.4.5.	Answers
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Week 9

Revision Card on Mental Ill health <ol style="list-style-type: none">1. What does the term mental health describe?2. Give two examples of a mental health condition or disorder?3. What is Adrenaline and how does it help us?4. Give one short term effect of stress?5. Give one long term effect of stress?	Answers
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Week 13

Revision Card on Social Inclusion/Exclusion <ol style="list-style-type: none">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?	Answers
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Week 15

Revision Card on Gender Roles <ol style="list-style-type: none">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?	Answers
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