

St Thomas More RC College



Health and Social Care - Long-Term Plan

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 10	Topics to be covered:	Growth and development Life stages PIES	Physical factors Social and cultural factors Economic factors	Life events Coping with life events	Types of care Meeting service users needs Health professional	Barriers to accessing services Overcoming barriers	Health and wellbeing Genetics and ill health Diet and exercise Substance use Personal hygiene Social, emotional and cultural factors Social interactions Stress
	Skills to be developed:	Resilience Team work Extended writing Organisation ICT – Office Research Independent learning	Empathy Interpersonal skills Communication Working with others ICT – Office Research Independent learning Comparison	Empathy Patience Extended writing Interviewing ICT – Office Research Independent learning	Patience Accessing support ICT – Office Research Independent learning	Problem solving Confidence Adaptability ICT – Office Research Independent learning Analysis	Demonstration Interpretation Application
	Key assessments taking place:	Component 1: Learning Aim A1 and A2 Human Growth and Development across the life stages	Component 1: Learning Aim A1 and A2 Factors affecting growth and development	Component 1: Learning Aim B1 and B2 Different types of life event and coping with change caused by life events	Component 2: Learning Aim A1 and A2 Health and social care services and barriers to accessing services	Component 2: Learning Aim A1 and A2 Health and social care services and barriers to accessing services	Component 3: Learning Aim A1 Factors affecting health and wellbeing
	Key vocab	Characteristic Life stages Growth Classification Development Infancy Lifestyle Menopause Bonding Attachment Contentment Self-image Self-esteem	Genetic inheritance Gender role Role model Material possessions	Life events Expected Unexpected Bereavement Physical events Relationship changes Life circumstances Adapt Respite care Professional Formal support Informal support	Primary care Secondary care Tertiary care Physiotherapy Neurological Identity Sensory impairment Domiciliary care	Stigma Confidentiality Burnout	Physical Intellectual Emotional Social Acute Chronic Monitor Nicotine Addiction Adrenaline
Opportunities for retrieval practice: Retrieval practice is completed through Do Nows, questioning, assessments, quizzes, home learning, knowledge mind maps with key words, flashcards.							

Long-Term Plan

		Term 1a	Term 1b	Term 2a	Term 2b	Term 3a	Term 3b
Year 11	Topics to be covered:	Access to services Economic factors Environmental factors Housing Life events and their impact Physiological indicators Lifestyle indicators	Interpreting health data Person-centred approach Health and wellbeing improvement plans Improving health and wellbeing	Obstacles Setting targets Accessing support Barriers to accessing services Preparation for final supervised assessment	Care values Safeguarding Communication	Application of the care values Feedback	
	Skills to be developed:	Analysis Evaluation	Problem solving Logical thinking Data analysis Design Investigation	Analysis Creativity	Attitude Attentiveness Emotional resilience ICT – Office Research Independent learning Demonstration	Flexibility Resilience ICT – Office Research Independent learning	
	Key assessments taking place:	Component 3: Learning Aim A1 Factors affecting health and wellbeing	Component 3: Learning Aim B1 and B2 Physiological indicators and lifestyle indicators	Component 3: Learning Aim C1 and C2 Health and wellbeing improvement plans and obstacles to implementing plans	Component 2: Learning Aim B1 and B2 Care values and reviewing own application of care values	Component 2: Learning Aim B1 and B2 Care values and reviewing own application of care values	
	Key vocab	Wealth Social class Income Pollution Urban	Physiological Cardiovascular system Arteries Potential significance Collaboratively Goal Norm	Psychological Targets Short-term Long-term	Self-respect Person-centred approach Dignity Empathy	Care Compassion Competence Communication Courage Commitment	
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