



Aspire Achieve Thrive

Autumn Term
Term 1
Health and Social Care
Year 11

Name: _____

Tutor: _____

Year 11 Homework Timetable

Monday	Science Task 1	Ebacc Option A Task 1	Option C Task 1
Tuesday	Sparx Science	Option B Task 1	Modern Britain Task 1
Wednesday	English Task 1	Science Task 2	Option C Task 2
Thursday	Ebacc Option A Task 2	Option B Task 2	Sparx Catch Up
Friday	Modern Britain Task 2	English Task 2	Sparx Maths

Sparx Science

- Complete 100% of their assigned homework each week

Sparx Maths

- Complete 100% of their assigned homework each week

Option A (EBACC)
French
Geography
History

Option B
Art
Business Studies
Catering
Childcare
Triple Science
Travel and Tourism
Music
Sport
IT

Option C
Business Studies
Catering
Computer Science
Drama
Health & Social Care
Media Studies
Photography
Sport
Sociology

Half Term 1 (8 weeks) - Year 11

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 1 2nd September 2024	Cornell Notes on: Effective communication and anti discriminatory behaviour	Answer the exam questions on 'Explain two social factors that could have a positive effect on health and wellbeing' .
Week 2 9th September 2024	Revision Cards on: Person centred approach	Answer the exam questions on 'Explain one environmental factor that could have a positive effect on health and wellbeing' .
Week 3 16th September 2024	Cornell Notes on: The six c's of care	Answer the exam questions on 'Explain two physical factors that could have a negative effect on health and wellbeing' .
Week 4 23rd September 2024	Revision Cards on: Sources of support	Answer the exam questions on 'Explain one economic factor that could have a negative effect on health and wellbeing' .
Week 5 30th September 2024	Cornell Notes on: Reviewing care values	Answer the exam questions on 'Explain two effects of having less contact with his daughter on individuals emotional wellbeing'
Week 6 7th October 2024	Revision Cards on: Potential obstacles	Answer the exam questions on 'Explain one impact of divorce on social wellbeing'
Week 7 14th October 2024	Cornell Notes on: Financial resources	Question: 'Explain two effects of being separated from his parents on an individual's emotional wellbeing?'
Week 8 21st October 2024	Revision Cards on: Targets	Question: 'Explain one impact of living in a new country on an individual's social wellbeing?'

Half Term 2 (7 weeks) - Year 11

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 9 4th November 2024	Cornell Notes on: Lack of support and diet	Question: 'Explain one social factor that could have a positive effect on an individual's health and wellbeing?'
Week 10 11th November 2024	Revision Cards on: Ability/disability and addiction	Question: 'Describe the effects of substance mis-use on emotional well being?'
Week 11 18th November 2024	Cornell Notes on: Financial resources	Question: 'Explain two effects of being separated from his parents on an individual's emotional wellbeing?'
Week 12 25th November 2024	Mock Exams	Mock Exams
Week 13 2nd December 2024	Mock Exams	Mock Exams
Week 14 9th December 2024	Cornell Notes on: Effective communication and anti discriminatory behaviour	Answer the exam questions on 'Explain two social factors that could have a positive effect on health and wellbeing'.
Week 15 16th December 2024	Revision Cards on: Genetic inheritance	Question: 'Explain one impact of living in a new country on an individual's social wellbeing?'

Year 11 Knowledge Organiser 1: Health and Social Care

Keywords

Effective communication that displays empathy and warmth
Safeguarding and duty of care, e.g. maintaining a healthy and safe environment, keeping individuals safe from physical harm
 Promoting **anti-discriminatory practice** by being aware of types of unfair discrimination and avoiding discriminatory behaviour.
 Information about a service user that a care worker may need to know:
 -Where they live -who they live with
 -planned treatment -religion and beliefs
 -next of kin -test results

The importance of a person-centred approach that takes into account an individual's needs, wishes and circumstances

-History of person centred approach
 -Understanding of the approach
 -Benefits of the approach
 -The Health Foundation
Information to be included in plan:
 -Recommended actions to improve health and wellbeing- actioned based on a person's physiological or lifestyle indicators

Applying care values "The six Cs cover"

Care-Care should be tailored to each person's needs and circumstances
Compassion-Shows you understand what the individual is experiencing
Competence-Shows how to protect and safeguard individuals from harm
Communication-How to adapt to show how important information is shared
Courage-Protect individuals by speaking up when something is wrong
Commitment-Carrying out your duties to the best of your ability.

Other Information

Types of discriminatory behaviour?

- making insulting comments in person or via social media
- excluding
- spreading rumours
- taking part in hate crimes
- making someone look silly in front of others
- not giving out necessary information

Recommended actions to improve health and wellbeing

The importance of a person-centred approach that takes into account an individual's needs, wishes and circumstances.

- Giving up Smoking
- Losing Weight
- Becoming more social
- Being more active
- Eating more healthier
- Reducing alcohol intake
- Improving fitness levels

Working together and making mistakes

-A good care provider will ensure everyone is working to the care values
 They will put their own feelings and emotions to one side, continue to work in a way that respects each of the care values.
Staff training to keep everyone updated is vital
 Health care providers are keen to know that services users think about their experiences with staff, levels of satisfaction and positive or negative comments

Year 11 Knowledge Organiser 1: Health and Social Care

Keywords	Other Information
<p>Sources of support Formal: practical support from a GP monitoring blood pressure, peak flow or weight, advice such as strategies to help reduction of alcohol intake, information, in health promotion materials such as leaflets, emotional support, such as encouragement at slimming world, aids such as medicines and equipment, NHS prescriptions for smoking medicines. Informal: Friends & Family, aids such as lending your scales of gym equipment, practical support such as cooking you a healthy meal, emotional support such as family encouragement, advice on how to tackle a particular exercise. Voluntary: Support groups, charities. For example the charity cancer research UK runs sponsored 'Race for Life'. These provide, a good opportunity for exercising, a feel good factor, because you are raising money for charity at the same time</p>	<p>SMART - These five targets can be useful in your health and wellbeing plans. If a target is not SMART, it can give the individual an opportunity to make an excuse not to start the plan. Specific-The target should be clearly stated and should say exactly what you mean. Measurable- A specific amount must be stated so you can prove you have met your target. Achievable - You have to feel it is possible to achieve the target you have set or else you will probably give up. Realistic - You should be physically able to do the target. Time Related -The target must have a deadline, so you know when you need to achieve the target by.</p>
<p>Reviewing care values-Recognising what we do well and what we need to do to improve. Learning about our own skills-looking at the areas that we are good at, what you are able to do well and things that you find more difficult.</p>	<p>Receiving and using feedback Formal feedback-such as school reports or an observation in a work setting Informal feedback when are you chatting to colleagues about work events during the break or socially.</p>
<p>Potential obstacles -Emotional/ psychological -Motivation, low self-esteem, acceptance of current state -Time constraints – work and family commitments -Availability of resources – financial, physical, e.g. equipment -Unachievable targets – unachievable for the individual or unrealistic timescale</p>	<p>Emotional/psychological obstacles Lack of motivation-it can be hard to get started on any task, including those on a health well being improvement plan. Low self esteem-can affect most aspects of life, low self esteem can result in negative thoughts about themselves, feeling less able to take on the challenges life events Acceptance of current state</p>
<p>Time constraints. How can I find time to exercise? Get up 30 minutes earlier three times a week, take the stairs instead of the lift, set off earlier and park further from work to walk or jog last couple of miles.do seated exercises at the desk</p>	<p>Involving others in my fitness plans-go cycling with the holw family, go swimming at the health club whilst mum is doing chair based exercise class, go for a walk after an evening meal with your partner, drop children at their club and go for a run.</p>

Year 11 Knowledge Organiser 2: Health and Social Care

Keywords	Other Information
<p><u>Availability of resources</u> <u>Financial resources</u>-when designing a health and well-being plan, you need to think about the cost of each action, to avoid money becoming an obstacle to someone's health and well-being. If you were drawing up an exercise plan that includes a person joining the gym, you need to consider if they can afford the gym membership and provide details of free alternatives. It is important to point out in the plan how much things cost and how to access funding to help.</p>	<p><u>Physical resources-this could mean equipment.</u> An obstacle that could occur in a person's plan is that they don't have the equipment that they need. What if I don't have access to weighing scales?</p> <ul style="list-style-type: none"> -They can get weighed at their local health centre -Their local pharmacy maybe able to weigh them -They can estimate food quantities by using inexpensive measuring cups -They can estimate food quantities based on the weight or volume given on food packaging
<p><u>Unachievable targets</u> Meeting targets can be encouraging, but if those targets are achievable or unrealistic they are likely to become an obstacle to someone implementing their plan. <u>Unrealistic timescales</u> - if they are unrealistic individuals may think that there is no point in trying. Some time scales need to be longer to ensure success and give an individual confidence that they will succeed.</p>	<p><u>Why targets might not be achievable</u></p> <ul style="list-style-type: none"> -Too ambitious -Not appropriate -Lack of understanding -Not in the right frame of mind -Timing -Fear of failure -Task is too big
<p><u>Lack of support</u> <u>Supporting someone on an alcohol reduction plan</u></p> <ul style="list-style-type: none"> -Do something together that does not involve alcohol -Offer to buy them a soft drink at the pub -Designate them as a driver for the evening -Listen to them if they suggest you should cut down -Respect them for wanting to improve their health and wellbeing 	<p><u>Diet-difficulties could occur if a person on a healthy eating plan is:</u></p> <ul style="list-style-type: none"> -Surrounded by people eating takeaways and ready meals -fed by someone who is a good cook and gives generous helpings -tempted by chocolates and biscuits brought for special occasions -treated to regular meals out

Year 11 Knowledge Organiser 2: Health and Social Care

Keywords	Other Information
<p><u>Ability/disability and addiction</u> -A person with learning difficulties may find it harder to understand, learn and remember new things. They may also find it hard to manage everyday tasks. It is important that sources of support are identified in their plan, these can help an individual understand what they need to do and learn how to make they required changes in their life.</p>	<p><u>Disability</u> A person with a physical disability may come across obstacles in their health and wellbeing improvement plan if the plan has not be carefully thought through. An individual in a wheelchair would need a plan to ensure that all places that they visit are wheelchair accessible, and any exercise advice should be wheelchair friendly.</p>
<p><u>Barriers to accessing identified services</u> -Some physical barriers when accessing services in a building -Location of bells and buzzers at entrance -adequate access to different floors -height of reception desk</p>	<p><u>How language barriers can be overcome</u> -Information given in podcasts, braille, or large print, -sign language or hearing loops -Clear visual posters or videos -Clear signs in a number of languages</p>
<p>Positive definition looks at how physically fit and mentally stable a person is. You have a positive attitude towards health and well being. Negative definition looks at the absence of physical disease, physical illness and mental stress. You have a negative attitude if you base your attitude on not having anything wrong with you Holistic approach is the combination of physical health and social and emotional well being</p>	<p>Genetic inheritance Some conditions and diseases are inherited , which means they are passed down from one generation to the next. -We have 23 chromosomes in each of our body cells. Dominant-if a gene is dominant a child inheriting it from only one parent will have the condition, for example huntington's disease Recessive-if a gene is recessive a child would only develop the condition if it is inherited from both parents, for example cystic fibrosis or sickle cell anaemia.</p>
<p><u>Health and wellbeing</u> Acute-Illness comes on quickly, is short term and can be cured. Chronic-Illness comes on gradually, is long term (more than 3 months) and generally can be treated but not cured. Short term-Is less than 6 months. Nutrition groups-Carbohydrate, fats, proteins, minerals, vitamins, water, fibre.</p>	<p>Long term- Is 6 months or more. If we eat more than we need-Obesity, heart disease, blood pressure, strokes, tooth decay, cancer. If we eat less than we need-Eating disorders, anaemia, heart failure, depression, stunted growth, tiredness, cancer</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 1: Cornell Notes (Homework task 1)

Date: 2nd September 2024	Topic: Effective communication and anti discriminatory behaviour	Revision guide page:
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links	Notes
Questions	

Summary

WEEK 3: Cornell Notes (Homework task 1)

Date: 16th September 2024	Topic: The six c's of care	Revision guide page
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links	Notes
Questions	

Summary

WEEK 4: Exam Question (Homework task 2)

Date: 23rd September 2024

Question: 'Explain one economic factor that could have a negative effect on health and wellbeing'.

Answer:

WEEK 4: Exam Question review and improvement (Classwork)

Question:

Answer:

WEEK 5: Cornell Notes (Homework task 1)

Date: 30th September 2024	Topic: Reviewing care values	Revision guide page
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links	Notes
Questions	

Summary

WEEK 7: Cornell Notes (Homework task 1)

Date: 14th October 2024	Topic: Financial resources	Revision guide page
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links	Notes
Questions	

Summary

WEEK 9: Cornell Notes (Homework task 1)

Date: 4th November 2024	Topic: Lack of support and diet	Revision guide page
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links	Notes
Questions	

Summary

WEEK 11: Cornell Notes (Homework task 1)

Date: 18th November 2024	Topic: Financial resources	Revision guide page:
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links	Notes
Questions	

Summary

WEEK 12: Assessment Week Revision (Homework task 1)

Date: 25th November 2024	Topic
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WEEK 13: Assessment Week Revision (Homework task 1)

Date: 2nd December 2024	Topic
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WEEK 14: Cornell Notes (Homework task 1)

Date: 9th December 2024	Topic: Effective communication and anti discriminatory behaviour	Revision guide page
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links	Notes
Questions	

Summary

Week 2

Revision Card on Person centred approach	Answers
<ol style="list-style-type: none">1. What does a person centred approach mean?2. What information is included in the plan?3. What key aspects may be included in the plan?4. What lifestyle factors may look to be reduced?5. What does the health foundation help support?	



Week 4

Revision Card on Sources of support	Answers
<ol style="list-style-type: none">1. What is formal support?2. What is informal support?3. What is voluntary support?4. Give an example of informal support?5. Give an example of a charity?	



Week 6

Revision Card on Potential obstacles	Answers
<ol style="list-style-type: none">1. What is meant by the term obstacle?2. Identify a time constraint?3. Identify a financial constraint?4. How might psychological obstacles affect an individual?5. How can low self esteem impact an individual	

Week 8

Revision Card on Targets	Answers
What does SMART stand for?	
What is meant by specific?	
What is meant by measurable?	
What is meant by specific?	
What is meant by realistic?	
What is meant by achievable?	



Week 10

Revision Card on Ability/disability and addiction	Answers
What does the term addiction mean?	
What substances can you get addicted to?	
Identify how a physical disability may impact on development?	
Identify a prescribed drug that you can be addicted to?	
What is the addictive part of smoking?	
Identify the impact of addiction on emotional development?	

Week 15

Revision Card on Definitions on genetic inheritance

What is meant by a positive definition of health?

What is meant by a negative definition of health?

What is holistic development?

What is the definition of health and well being?

What is genetic predisposition?

Identify five genetic disorders?

Answers



Aspire
ACHIEVE
Thrive

Develop your character



Aspire | Achieve | Thrive