

Year 10

Health and Social Care Unit 1 & Unit 2

Term 1

- Life Stages
- Gross Motor skills
- Fine Motor skills
- Physical development
- Intellectual development
- Emotional Development
- Social Development
- P1 Assignment

Term 2

- Factors affecting development
- Genetics
- Illness & disease
- Diet & lifestyle
- Educational experiences
- Role models
- Personal relationships
- Income & wealth
- P2 Assignment

Term 3

- Life events
- Expected or unexpected
- Types of life events
- Coping with life events
- P3 assignment
- Types of support
- Value of support
- P4 assignment

Term 4

- Primary care services
- Secondary care services
- Tertiary care services
- Allied health professionals
- Services for children & young people
- Services for specific needs
- P1 assignment

Term 5

- Physical barriers
- Sensory
- Cultural, psychological & language
- Geographical
- Intellectual
- Resource
- Financial
- P2 assignment

Term 6

- Care values
- Empowerment & promoting independence
- Maintaining confidentiality
- Safeguarding & duty of care
- Promoting anti-discriminating practices
- Effective communication
- Preserving dignity
- Respect for others
- P4 Assignment

On to Year 11

Year 11

Health and Social Care Unit 3

**Term
1**

- Factors affecting Health & Well-being
- Key definitions
- Personal hygiene
- Genetic factors
- Ill health
- Social Interaction
- Diet
- Exercise
- Substance use
- Stress
- Finance
- Environmental conditions
- Housing
- Life events

**Term
2**

- Health indicators
- Physiological tests
- Pulse rate
- Blood pressure
- Peak Flow
- BMI
- Interpreting data
- Abnormal readings
- Lifestyle indicators
- Smoking
- Alcohol
- Inactivity

**Term
3**

- Health and wellbeing improvement plans
- Person centred approach
- Actions
- Targets
- Support
- Obstacles
- External exam (1st attempt)

**Term
4**

- Revision for External exam

**Term
5**

- External exam (2nd attempt)

**Term
6**