



# Learning Journey: YEAR 10 HEALTH AND SOCIAL CARE

This first term in \_\_\_\_\_ I want to focus on \_\_\_\_\_. I will do this by ...



**Term 1:**  
**Component 1 Human Lifespan Development**  
 LO A: Understand human growth and development across life stages and the factors that affect it  
**A1 Human growth and development across life stages (using the physical, intellectual, emotional and social (PIES) classification).**  
 Infancy (birth – 2 years)    Early childhood (3-8 years)  
 Adolescence (9-18 years)    Early adulthood (19-45 years)  
 middle adulthood (46–65 years)    Later adulthood (65+ years)  
**A2 Factors affecting growth and development**  
 Physical, Lifestyle, Emotional, Social, Cultural, Environmental, Economic

Next term I will focus on \_\_\_\_\_ by ...

TA1 Projected Grade:



**Term 2:**  
**Component 1 Human Lifespan Development**  
 LO B: Understand how individuals deal with life events  
**B1 Different types of life event**  
 • Health and wellbeing: e.g. accident/injury , physical illness  
 • Relationship changes: e.g. entering into relationships, marriage, civil partnership  
 • Life circumstances: e.g. moving house, school or job.  
**B2 Coping with change caused by life events**  
 • The character traits that influence how individuals cope: e.g. Resilience, self-esteem  
 • The sources of support that can help individuals adapt: family, friends, neighbours,  
 • Types of support that can help individuals adapt::emotional and financial support

Next term I will focus on \_\_\_\_\_ by ...

TA2 Projected Grade:



**Term 3:**  
**Component 2 Health and Social Care Services and Values**  
 LO A: Understand the different types of care services and barriers to accessing them  
**A1 Healthcare services**  
 • Health conditions: e.g. arthritis, coronary heart disease, dementia, obesity,  
 • Health services available: primary care, Secondary care, tertiary care, allied health professions and multidisciplinary team working.  
**A2 Social Care Services**  
 Social care – help with day-to-day living because of illness, vulnerability or disability  
 Social care services - services for children, young people, adults or specific needs  
 Additional care - informal care, given by relatives, friends.  
**A3 Barriers to accessing Services**  
 Definition of barriers: something unique to the health and social care system that prevents an individual to access a service.

Next year I will focus on \_\_\_\_\_ by ...

Final Projected Grade:  
METG

**Careers:**  
 The career that interests me is ...  
 Subject will help me achieve this because ...



# Learning Journey: YEAR 11 HEALTH AND SOCIAL CARE

This first term in \_\_\_\_\_ I want to focus on \_\_\_\_\_. I will do this by ...

## Component 2 Health and Social Care Services and Values

LO B: Understand the skills, attributes and values required to give care

### B1 Skills and attributes in health and social care

• Skills: problem solving, observation, organisational. • Attributes: empathy, patience

### B2 Values in Health and Social Care

The 6 Cs: care, compassion, competence, communication, courage, commitment

### B3 The obstacles individuals requiring care may face

Obstacles: personal issue that blocks a person moving on or when action is prevented.

### B4 The benefits to individuals of the skills, attributes and values in health and social care practice

Receive high quality care, receive person-centred care, treated with respect

Next term I will focus on \_\_\_\_\_ by ...

TA1 Projected Grade:

## Term 2:

### Component 3 Health and Wellbeing (EXAM)

#### A1 Factors affecting health and wellbeing

To understand factors: Physical, Lifestyle, Social, Cultural, Economic, Environment

#### B1 Physiological indicators

Interpretation of physiological data e.g. resting heart rate (pulse) 60 to 100 bpm

The potential significance of abnormal readings: current and potential risks

#### B2 Lifestyle indicators

Interpretation of lifestyle data according to published guidelines: e.g. nutrition – the Eatwell Guide, physical activity – UK Chief Medical Officers’ Physical Guidelines

Next term I will focus on \_\_\_\_\_ by ...

TA2 Projected Grade:

## Term 3:

### Component 3 Health and Wellbeing (EXAM)

#### C1 Person-centred approach

needs – to reduce health risks, wishes – their preferences and choices

Ensures their unique and personal needs are met

It saves time and money for services

#### C2 Recommendations and actions to improve health and wellbeing

Improving blood pressure, maintaining a healthy weight, eating a balanced diet

Support available - formal support from professionals, trained volunteers, support groups and charities or informal support from friends, family

C3 Barriers and obstacles to following recommendations

Next year I will focus on \_\_\_\_\_ by ...

Final Projected Grade:

Revision

METG

## Careers:

The career that interests me is ...

Subject will help me achieve this because ...



**LEARNING HABITS**

**Hard working  
Inquisitive  
Resilient**



**CHARACTER HABITS**

**Respectful  
Responsible  
Aspirational**