Component 1 Human Lifespan and Development Scheme of Work 2023-2024

Resources available on TES [https://www.tes.com/teaching-resources/shop/HSCresources]

Week beginning	Content and resources	Learning Check Assessment
Monday Sept 4th Friday Sept 8th Week 1	**Introduction**; Overview of qualification. What is Health & Social Care? The purpose? The activities are an introduction to key terms used in Health and Social Care Components 1, 2 & 3 Intro life stages cut and stick activity. Life stages revisited key terms activity. The difference between health care and social care class discussions Life stages starter activity Holistic PIES – PIES poster activity PP presentation covering an overview of the qualification and the above activities > Difference between growth and development and key terms eg. resilience, lifestyle choices, cognitive learning, identity, self-esteem	Completion of introductory activities and discussion contributions. Q&A **Homework task** gapped hand out knowledge check for week 1
Monday Sept 11th Friday Sept 15th Week 2	**A1 Life stage birth to infancy 0-2 years** PP Presentation birth to infancy PIES criteria focused > https://www.rcpch.ac.uk/resources/uk-who-growth-charts-0-4-years **Physical:** rapid physical growth of weight and height, gross and fine motor skills. Percentile chart https://www.verywellfamily.com/your-7-Mondayth-old-baby-development-and-milestones-4172912 5 months-old Pincer grip dexterity https://www.verywellfamily.com/your-11-Mondayth-old-baby-development-and-milestones-4172881 = 11 Months-old https://www.verywellfamily.com/toddler-milestones-4013768 = 12 & 18 Months-old **intellectual**: rapid development of language development hand out > https://www.aapd.org/globalassets/media/policies_guidelines/r_speechmilestones.pdf and thinking skills, memory/recall Baby brain scan 5 days-2months **emotional:** attachments are formed, bonding/attachment, security, contentment **social:** strong dependence on adults/carers, primary socialisation, solitary play > https://www.healthline.com/health/solitary-play#How-solitary-play-fits-into-the-6-stages-of-play-	Pause-point Q&A PP **Homework task Level 1 or Level 2** **PSA Task 1 focus** – Life stage birth to infancy PIES growth and development explained *[Level 1 SEN – Timeline activity as visual-coloured simplified notes, different colour for PIES]*
Monday Sept 18th Friday Sept 22nd Week 3	**A1 Life stage early childhood** PP presentation covering **physical:** continued growth of weight and height, mastery of gross and fine motor skills, **intellectual:** increased curiosity, language fluency develops, **emotional:** increased independence, wider range of relationships are formed wellbeing is based on attachment, security and contentment **social:** secondary socialisation, social play develops https://www.verywellfamily.com/what-is-a-developmental-milestone-2795123 Gross and Fine motor skills activity PP presentation – how PIES interlink and crossover – holistic explained	Pause-point Q&A PP Case study paired class activity **Homework task Level 1 or Level 2** **PSA Task 1 focus** – Life stage birth to infancy PIES growth and development explained

Monday Sept 25th Friday Sept 30th Week 4	**A1 Life stage adolescence 9-18** PP presentation to cover **physical:** onset of puberty, https://www.youtube.com/watch?v=CfbLWY4r41k primary and secondary sexual characteristics, **intellectual:** complex and abstract thinking develops Adolescence brain development > https://www.youtube.com/watch?v=0O1u5OEc5eY **emotional:** independence increases further, more freedom to make own decisions, concerns over self-image > discussion starter https://www.youtube.com/watch?v=9FMg6f9WSg0 and self-esteem may increase, emotional wellbeing is based on attachment, security and contentment. Self-esteem discussion starter > **social:** wide range of formal/informal relationships develop and have influence, intimate relationships are formed, peer pressure. https://www.verywellfamily.com/16-year-old-developmental-milestones-4171922#toc-16-year-old-emotional-and-social-milestones	Pause-point Q&A PP **Homework task Level 1 or Level 2** **PSA Task 1 focus** – Life stage birth to infancy PIES growth and development explained
Monday Oct 2nd Friday Oct 6th Week 5	**A1 Life stage early adulthood** PP presentation **physical:** peak physical fitness, full height reached, sexual maturity reached, **intellectual:** mastery of abstract and creative thinking, careers become important, may return to education, **emotional**: independent living and control over own lives, emotional wellbeing is based on attachment, security and contentment, **social:** intimate and long-lasting relationships are formed https://www.tutor2u.net/hsc/reference/physical-changes-in-early-adulthood-19-45-years PP presentation PSA Task 1 overview – a how-to guide Application Task 1 Practice Assessment activity from birth to 19 years-old PIES	Starter activity Pause-point Q&A PP **Homework task Level 1 or Level 2** **PSA Task 1 focus** – Life stage birth to infancy PIES growth and development explained
Monday Oct 9th Friday Nov 13th Week 6	**A1 Life stage middle adulthood** PP presentation **physical**: ageing process begins 45+, menopause occurs for women https://www.womenshealth.gov/menopause/menopause-basics **intellectual:** can use knowledge and experience for complex decision making, may retire, **emotional**: may experience changes in self-image and self-esteem linked to retirement or ageing process, emotional wellbeing is based on attachment, security and contentment **social:** may have more time to socialise Activities to show change stages – A4 or enlarged to A3 X 10	Pause-point Q&A PP Class debate **Homework task Level 1 or Level 2** **PSA Task 1 focus** – Life stage birth to infancy PIES growth and development explained
Monday Oct 16th Friday Oct 20th Week 7	**A1 Life stage later adulthood** PP presentation **physical**: ageing process continues, decline in hearing > https://www.webmd.com/healthy-aging/video/video-hearing-loss-age-related-causes decline in strength and fitness, loss of mobility, loss of muscle tone and skin elasticity > https://www.youtube.com/watch?v=jc4yK0zZ-cQ **intellectual**: may experience decline in cognitive ability such as loss of memory/recall, **emotional:** may start to become more dependent on others, emotional wellbeing is based on attachment, security and contentment, **social**: may experience bereavement https://youtu.be/inyaBPWdZIM and reduction of social circle. https://ed.ted.com/lessons/why-do-our-bodies-age-Mondayica-menesini Application Mock Task 1 Assessment activity with guidance presentation	**Homework set** PSA Mock Test presentation contribution of ideas PSA Mock Test *[Level 1 SEN – Timeline activity as visual-coloured simplified notes, different colour for PIES]*
Half term		

Oct 23rd - 27th		
Monday Oct 30th - Fri Nov 3rd Week 8	**A2 Factor; Physical** PP presentation to cover inherited conditions – sickle cell disease, cystic fibrosis, muscular dystrophy, Marfan syndrome and Huntington's disease, experience of illness and disease, mental ill health – anxiety, stress, Separate PP presentation > physical ill health – cardiovascular disease, obesity, type 2 diabetes, disabilities, sensory impairments. Summary PIES A3 Activity for both PP's Paired activity, the impact of stress. How old are your ears? Age deterioration in hearing explained https://www.youtube.com/watch?v=VxcbppCX6Rk	**Homework task Level 1 or Level 2** Summary sheets notes to refer to in PSA Task 2 controlled assessment time
Monday Nov 6th Fri Nov 10th Week 9	**A2 Factors; Lifestyle Choices** PP presentation Lifestyle choices overview > https://www.youtube.com/watch?v=_HEnohs6yYw including nutrition and the Eatwell plate > https://www.youtube.com/watch?v=7MIE4G8ntss , physical activity > https://www.youtube.com/watch?v=-lxg-35Xo_o smoking, alcohol, substance misuse A healthy heart > https://www.youtube.com/watch?v=n8P3n6GKBSY 27 minutes Alcohol effects > https://www.youtube.com/watch?v=cBDxDM3e_hY	**Homework task Level 1 or Level 2** Summary sheets notes to refer to in PSA Task 2 controlled assessment time
Monday Nov 13th Fri Nov 17th Week 10	**A2 Factors; A) Emotional/Psychological and B) Part 1 Social** PP presentation covering topics - fear, anxiety > https://www.youtube.com/watch?v=tNsTy-j_sQs upset/sadness, grief > https://www.youtube.com/watch?v=DRyg7ONEFWQ , happiness and contentment, security, There are work sheets which summarise learning to be used whenever you feel is appropriate PP presentation called PIES impact vocabulary/literacy can be shown at any point attachment, supportive and unsupportive relationships with others, Friends, family> relationship characteristics activity, peers and colleagues, social inclusion and exclusion, bullying > https://www.youtube.com/watch?v=pDG1-BCZvTE	**Homework task Level 1 or Level 2** Contributions to class discussions and differentiated questions answered. Worksheets completed
Monday Nov 20th Fri Nov 24th Week 11	**A2 Factors; Cultural/Part 2 Social** Students could be guided to watch the Billy Monger *Documentary called Driven; The Billy Monger Story*. PP presentation covering definitions and descriptions religion, gender roles > https://www.youtube.com/watch?v=Ulh0DnFUGsk and expectations, gender identity >https://www.youtube.com/watch?v=i83VQIaDlQw , sexual orientation community participation, race, bullying and discrimination Activity – Beliefs and differences impacting on growth and development Practice Task 2 Assessment activity progress check	**Homework task Level 1 or Level 2** Contributions at pause points and paired activities Worksheets and tasks completed in progress check
Monday Nov 27th Fri Dec 1st Week 12	**A2 Factors; Environmental** PP presentation covering housing needs, conditions, location, home environment – living with a high level of parental conflict, experiences of abuse and neglect > https://www.youtube.com/watch?v=xYBUY1kZpf8 , exposure to pollution > https://www.youtube.com/watch?v=MoGCU8q7zFo air, noise > https://www.youtube.com/watch?v=iA8VuigG3nI and light Activity – Case study identify environmental factors activity	**Homework task Level 1 or Level 2** Worksheets and tasks completed Task 2 Mock progress test
Monday Dec 4th	**A2 Factors affecting growth and development; Economic** PP presentation covering employment situation, financial resources – income, inheritance, savings Financial Factors notes Activity and Comparison Activities	**Homework task Level 1 or Level 2**

Friday **Dec 8th** **Week 13**	**Assessment practice, mock progress test Task 1 and 3** based on Pearson sample for A1 Task 1 and A2 Task 2 – mini mock so 1.5-2 hours instead of 3. This could be typed or handwritten	Worksheets activities and tasks completed **Mini Mock exam for PSA 1 and 2**
Monday **Dec 11th** **Friday** **Dec 15th** **Week 14**	**Introduction** life events Starter PP - adapting to these and support PP presentation **B1 Life event; accident/injury, physical illness, mental and emotional health** and wellbeing plus **B2. Sources/Types** of support for these eg. social prescribing > https://www.youtube.com/watch?v=O9azfXNcqD8 support for mental illness > https://www.youtube.com/watch?v=GBQTyAQdNpQ Accident - Billy Monger's story double amputee, 6 mins > https://www.youtube.com/watch?v=2W_hTOWMl84 What is CBT counselling > https://www.youtube.com/watch?v=9c_Bv_FBE-c Good and bad self-esteem characteristic trains and support from a GP 3 Activities for students to build notes to have with them in the Task 2 PSA	***Home worked based on Billy Monger.*** *There is a 6 minute overview in class but sign post them to the full documentary as its inspiring.* Worksheets activities and tasks completed *[Level 1 SEN – mindmap and images for simplified notes, different colour for PIES]*
Dec 18th-?	**Revisit the Component 1 Assessment process** and keywords Learning how to apply the PEE technique > https://www.youtube.com/watch?v=EdoX67GrSZc	
Dec 20th - Jan 5th/ 8th	**Christmas holidays**	
Monday **Jan 8th** **Friday** **Jan 12th** **Week 15** ***Year 10 centres > Component 1 PSA released early January, date TBC***	**B1 Life event; Relationship Change** PP presentation covering entering into relationships, marriage, civil partnership, long-term relationship, divorce, separation for non-married couples, parenthood, bereavement plus; **B2. Sources/Types** support for parenthood and families > https://www.familylives.org.uk/ Stress support with wedding planning > https://onefabday.com/wedding-anxiety-stress/ Bereavement support > https://www.cruse.org.uk/ 3 Activities for students to build notes to have with them in the Task 2 PSA Practice Mock Task 3a and 3b Assessment activity Kim and Chloe Kardashian! progress check	**Homework task Level 1 or Level 2** Contributions at pause points and paired activities Worksheets and tasks completed progress check Mock Task 3a and 3b
Monday **Jan 15th** **Friday 19th** **Jan** **Week 16**	**B1 Different types of life event; Life Circumstances** PP presentation covering moving house, school or job, exclusion from education, redundancy 3 Activities to build notes Imprisonment, changes to standards of living, retirement plus Ant & Dec progress check	**Homework task Level 1 or Level 2** Worksheets and tasks completed progress check

	B2. Sources/Types Redundancy support > https://www.citizensadvice.org.uk/work/leaving-a-job/redundancy/check-if-your-redundancy-is-fair/fair-redundancy-process/ Reduce stress when moving house > https://www.youtube.com/watch?v=A3xWVygqRaU	Mock Task 3a and 3b
Monday Jan 23rd Friday Jan 27th Week 17	**B2. Coping/adapting to change impact of character traits** PP presentation resilience https://www.youtube.com/watch?v=1FDyiUEn8Vw , self-esteem, emotional intelligence > https://www.youtube.com/watch?v=LgUCyWhJf6s , disposition – a person's character traits > https://www.youtube.com/watch?v=IB1FVbo8TSs e.g. positive, negative Activities to record information to refer to in the PSA	**Homework task Level 1 or Level 2** Worksheets and tasks completed
Monday Jan 22nd Friday 26th Feb Week 18	Choice of Task mock exams which can be selected to suit students need **Students who are in lessons on Friday could effectively start Task 1**	**Homework task Level 1 or Level 2** Mock Exam practice
Monday Feb 5th - Fri 9th Week 19	***Component 1 PSA Task 1*** *(You could delay if you wish to continue with a mock)* **Component 1 Assignment, 1 tasks.** ➢ **Task 1 = 1.5 hours**	
Mon 12th - Fri 16th	**February Half Term**	
Monday Feb 19th Fri Feb 23rd Week 20	***Component 1 PSA Task 2*** **Individual situation > continue Component 1 Task 1** ➢ **Task 2 = 1.5 hours**	**Marking**
Monday Feb 26th Fri Mar 1st Week 21	***Component 1 PSA Task 3a*** **Continued assessment Component 1 Assignment, 1/2 tasks** **Absent student(s) delayed start** ➢ **Task 3a = 1 hour** ➢ **Perhaps start 3b**	**Marking**
Monday Mar 4th Fri Mar 8th Week 22	***Component 1 PSA Task 3b*** **Continued assessment Component 1 Assignment, 1/2/3a tasks** **Absent student(s) delayed start/continue the task they're missing** ➢ **Task 3b = 2 hours**	**Marking**
Mon Mar 11th Fri Mar 15th Week 23	**Students with a resubmission** can work on these and students to be given a worksheet to investigate a range of health conditions and the impact these may have on PIES and ability to carry out daily tasks **Final resubmission deadline for Component 1 Tasks 1 and 3 for all students who have been present for all PSA lessons.**	**Marking**

Mon Mar 18th Fri Mar 22nd Week 24	**Students with a resubmission** can work on these and students to be given a worksheet to investigate a range of health conditions and the impact these may have on PIES and ability to carry out daily tasks **Final resubmission deadline for Component 1 Tasks 3a and 3b for all students who have been present for all PSA lessons.**	**Marking**
Easter Apr 3rd-17th	***Easter break Potential marking opportunity ahead of moderation sample May 1st***	
Monday April 8th Friday April 12th Week 25	*** Absent illness/poor attenders students resubmission deadline for Component 1 Tasks 1 and 2, preferably not in the lesson as the start of Component 2 delivery will disturb them.** **Introduction to Component 2** Students to investigate and research into services in their local area, location, purpose and overview – ahead of Component 2 delivery (this could be a silent task so catch-up PSA students are not disturbed.) Local GP/Dentist/Optician finder > https://digital.nhs.uk/services/nhs-service-finder Health care professionals > https://www.healthcareers.nhs.uk/ Social Care Careers > https://www.prospects.ac.uk/careers-advice/what-can-i-do-with-my-degree/social-work	**Marking** Students own research printed off to keep as reference in the C2 PSA But must be summarised in students own words.
Monday April 15th Friday April 19th Week 26	*** Absent illness/poor attenders student's resubmission deadline for Component 1 Tasks 3a and 3b preferably not in the lesson as the start of Component 2 delivery will disturb them.** Student to be given a worksheet to investigate a range of health conditions and the impact these may have on PIES and ability to carry out daily tasks quietly so as not to disturb others	**Worksheet** **Homework task Level 1 or Level 2**
Monday April 22nd Fri Apr 26th Week 27	**Introduction**; The difference between health care and social care services & key terms PP presentation https://www.youtube.com/watch?v=yIlWLHunxoQ **A1. Seven Health conditions** eg arthritis, CHD, COPD, diabetes, dementia, PP presentation to cover all 7 health conditions and activity worksheets X 7 'The Impact?' Asthma > https://www.youtube.com/watch?v=PzfLDi-sL3w Diabetes https://www.youtube.com/watch?v=wZAjVQWbMIE Dementia > https://www.youtube.com/watch?v=mrocePjTf-8 Arthritis > https://www.youtube.com/watch?v=Do-s0LXmwn4 Obesity > https://www.youtube.com/watch?v=D--AtATgfyM	**PP Difference types of services** **PP 7X Health conditions** *Worksheets for notes for each of the 7* **Homework task Level 1 or Level 2**
April 25th > April 30th	**Uploading student sample** https://qualifications.pearson.com/en/qualifications/btec-tech-awards/btec-tech-award-moderation-guidance.html	
Monday April 30th Friday May 3rd Week 28	**A1 Healthcare services** PP presentation to cover > primary care services https://www.youtube.com/watch?v=-DUd-ZmFSA4 , Role of the GP > https://youtu.be/sLbHlnb4j2o secondary care services, tertiary care services End of life care > https://www.youtube.com/watch?v=yB-i0F7m6qQ , PP presentation covering Allied Health Professionals and multidisciplinary teamwork > https://www.england.nhs.uk/primary-	**PP Primary, secondary, tertiary** **PP AHP's**

	care/primary-care-networks/ Case study application > https://www.england.nhs.uk/integratedcare/ ***Final resubmission marking of ahead of moderation sample May 1st*** *Card match activity and notes worksheets*	*Level 1 & 2 worksheets for student notes* **Homework task Level 1 or Level 2 Case study applied**
Tuesday May 7th Fri May 5th Week 29	**A2 Social care services** PP presentation which covers the purpose of social care and vulnerable service users, The role of a social worker > https://youtu.be/sJJ9yri5cK services for children and young people – foster care, residential care, youth work, services for adults or children with specific needs – residential care, respite care, domiciliary care and services for older adults – residential care, domiciliary care. Also and overview of informal care and voluntary care Health and Social Care Standards > https://www.youtube.com/watch?v=dG_JZSajmLM	**PP Social care services and professionals** *Social care PIES worksheet and case studies, impact* **Homework task Level 1 or Level 2 Case study applied**
Monday May 13th Fri May 17th Week 30	**A3 Barriers to accessing services** PP presentation which has a definition of barriers to accessing services and then, **physical barriers** such as getting into and around the facilities plus ways to overcome physical barriers: ramps, wider doorways, accessible toilets/rooms, stair lifts, hoists. Also PP presentation for **sensory barriers** https://www.youtube.com/watch?v=GTjoFysGjSI eg hearing and visual difficulties then ways to overcome these such as hearing loops https://youtu.be/E47-_Yo9-1Q , British Sign Language (BSL) interpreters, communication cards, large print leaflets, braille leaflets, staff collecting vulnerable service users from waiting areas Reducing in equalities > https://youtu.be/JCc20BifI5k Optional mock test - Dementia	**PP Barriers general and physical** **PP Sensory barriers** *Worksheets, mindmap and activities for student notes. Dementia applied mock* **Homework task Level 1 or Level 2 Case study applied**
Monday May 20th Fri May 24th Week 31	**A3 Barriers to accessing services** PP presentation to cover barriers with social and cultural backgrounds such as lack of awareness, differing cultural beliefs, social stigma, fear of loss of independence. Also ways to overcome **social and cultural barriers**: awareness campaigns, posters and leaflets, well women and well men clinics, choice of service provider collaboration with community faith groups Plus **language barriers** for those who don't speak English or speech impairments. Nurse example. Language barrier > https://www.youtube.com/watch?v=SfIFSapBgPc The ways to overcome these eg. literature in other languages, face-to-face and telephone interpretation services, longer appointments, use of advocates, staff training	**PP Language barrier** **PP Social & cultural** *Worksheets overcoming barriers and cultural research task. Case study activity* **Homework task Level 1 or Level 2 Case study applied**
27th May - 31st May	**Half term**	
Monday June 10th Friday June 14th Week 32	**A3 Barriers to accessing services geographical barriers** PP presentation which covers local distance of service providers, poor transport links and ways to overcome these local community transport schemes for disabled or elderly service users, home/community visits, community clinics, telehealth schemes. Barriers faced by those with learning disabilities and ways to overcome **intellectual barriers** PP presentation including the use of Health Passports and All About Me documents, use of advocates, use of Learning Disability Nurses (LDNs) and support workers, 'Quiet Clinics', quiet waiting areas, longer appointment times, use of communication cards, 'easy read' leaflets On line consultations > https://youtu.be/56zLslH0mi8	**PP Geography and intellectual barriers** *Social care PIES worksheet Three case studies – overcoming barrier*

		Homework task Level 1 or Level 2 Case study applied
29th – 2nd Jun	**Half term**	
Monday Jun 17th Friday Jun 21st Week 33	**A3 Barriers to accessing services** To include **financial barriers** PP presentation covering charging for services, cost of transport, loss of income while accessing services and ways to overcome these NHS exemption certificates, NHS Low Income Scheme, NHS vouchers for eye tests, glasses and lenses, NHS Healthcare Travel Costs Scheme (HTCS), charitable schemes such as community transport **Task 3 mini progress test**	**PP Financial barriers** *Applied activity and three mini task 3 mock tests* **Homework task Level 1 or Level 2 Case study applied**
Monday Jun 24th Friday 28th Jun Week 34	**B1 Skills and attributes in health and social care** PP presentation which covers the differences between a skill and an attributes. **Skills:** problem solving, observation, dealing with difficult situations, organisation. **Attribute**s: empathy, patience, trustworthiness, honesty	**PP Skills & attributes** *Skills notes activity & attributes note activity. Case study applied task through out PP* **Homework task Level 1 or Level 2 Case study applied**
Monday July 1st Friday July 5th Week 35	**B2 Values in health and social care; The nursing 6 Cs** PP presentation Case study emergency care, how do they feel? > https://www.youtube.com/watch?v=CrXwBrPdOxs covering all 6; **C**are – receiving correct and consistent care, **C**ompassion – empathy, respect and dignity > https://www.youtube.com/watch?v=Vnn1TlRlpG4 **C**ompetence – skills and knowledge to deliver effective care, based on research, **C**ommunication – involving individuals and/or carers and listening, **C**ourage – doing the right thing and speaking up when concerns arise, **C**ommitment – to improve care and experience for individuals. Included will be to watch Stacey Dooley's 9-5 care home episode https://www.bbc.co.uk/iplayer/episode/p06zhfvw/the-nine-to-five-with-stacey-dooley-series-1-2-caring-and-sharing	**6 C's classroom posters** **PP Nursing 6 C's** *Worksheet for guided student notes.* *Stacey Dooley questions* **Homework task Level 1 or Level 2 Case study applied**
Monday July 8th Friday July 12th Week 35	**B3 The obstacles individuals requiring care may face** PP presentation which covers Access to all NHS https://www.youtube.com/watch?v=JCc20BifI5k **Definition of obstacles**: something personal to an individual that blocks a person moving forward or when action is prevented or made difficult. **Obstacles and their impact:** emotional – lack of motivation, low self-esteem, https://www.youtube.com/watch?v=IHwqhSLE9Gc acceptance of current state, anxiety, stress o time constraints – work and family commitments, availability of resources – financial, equipment, amenities, unachievable targets – unachievable for the individual or unrealistic timescale, lack of support – from family and friends and finally other factors specific to individual – ability/disability, health conditions, addiction	**PP Obstacle** **PP Health and social care terminologies** *Obstacles worksheet* *Bertie obstacles applied* **Homework task Level 1 or Level 2 Case study applied**

Monday July 15th Friday July 19th Week 36	**B4 The benefits to individuals of the skills, attributes and values in health and social care practice; Service users rights,** PP presentation Part A and Part B which covers the professional behaviours and individuals expectations eg. to be supported to overcome their own personal obstacles, receive high quality care, receive person-centred care based on individual wishes, be treated with respect, not be discriminated against o be empowered and have independence. Person-centred-care > https://www.youtube.com/watch?v=rM9QAxFSBMU&t=23s Included will be to watch Barbara's story from YouTube > https://www.youtube.com/watch?v=DtA2sMAjU_Y **Individual's expectations** PP presentation revisiting the importance of individual's to be involved in care decisions, be protected from harm, feel comfortable to raise complaints, have their dignity and privacy protected, have their confidentiality protected, have their rights promoted Dignity in Care > https://www.youtube.com/watch?v=VSunLDv4zyM	
Monday July 22nd ?	Relevant documentary or watch Barbara's story from YouTube	
Summer		

Component 2 HSC Services and Values Scheme of Work

Week beginning	Content delivery plans	
Monday Sept 4th Friday Sept 8th Week 1	**Introduction**; The difference between health care and social care services & key terms PP presentation https://www.youtube.com/watch?v=yIlWLHunxoQ **A1. Seven Health conditions** eg arthritis, CHD, COPD, diabetes, dementia, PP presentation to cover all 7 health conditions and activity worksheet 'The Impact?' Asthma > https://www.youtube.com/watch?v=PzfLDi-sL3w Diabetes https://www.youtube.com/watch?v=wZAjVQWbMIE Dementia > https://www.youtube.com/watch?v=mrocePjTf-8 Arthritis > https://www.youtube.com/watch?v=Do-s0LXmwn4 Obesity > https://www.youtube.com/watch?v=D--AtATgfyM	
Monday Sept 11th Friday Sept 15th Week 2	**A1 Healthcare services** PP presentation to cover > primary care services https://www.youtube.com/watch?v=-DUd-ZmFSA4 , Role of the GP > https://youtu.be/sLbHlnb4j2o secondary care services, tertiary care services End of life care > https://www.youtube.com/watch?v=yB-i0F7m6qQ , PP presentation covering Allied Health Professionals and multidisciplinary teamwork > https://www.england.nhs.uk/primary-care/primary-care-networks/ Case study application > https://www.england.nhs.uk/integratedcare/	
Monday Sept 18th Friday Sept 22nd Week 3	**A2 Social care services** PP presentation which covers the purpose of social care and vulnerable service users, The role of a social worker > https://youtu.be/sJJ9yri5cK services for children and young people – foster care, residential care, youth work, services for adults or children with specific needs – residential care, respite care, domiciliary care and services for older adults – residential care, domiciliary care. Also and overview of informal care and voluntary care Health and Social Care Standards > https://www.youtube.com/watch?v=dG_JZSajmLM	
Monday Sept 25th - Friday Sept 30th Week 4	**A3 Barriers to accessing services** PP presentation which has a definition of barriers to accessing services and then, **physical barriers** such as getting into and around the facilities plus ways to overcome physical barriers: ramps, wider doorways, accessible toilets/rooms, stair lifts, hoists. Also PP presentation for **sensory barriers** https://www.youtube.com/watch?v=GTjoFysGjSI eg hearing and visual difficulties then ways to overcome these such as hearing loops https://youtu.be/E47-_Yo9-1Q , British Sign Language (BSL) interpreters, communication cards, large print leaflets, braille leaflets, staff collecting vulnerable service users from waiting areas Reducing in equalities > https://youtu.be/JCc20BifI5k	
Monday Oct 2nd Friday Oct 6th Week 5	**A3 Barriers to accessing services** PP presentation to cover barriers with social and cultural backgrounds such as lack of awareness, differing cultural beliefs, social stigma, fear of loss of independence. Also ways to overcome **social and cultural barriers**: awareness campaigns, posters and leaflets, well women and well men clinics, choice of service provider collaboration with community faith groups Plus **language barriers** for those who don't speak English or speech impairments. Nurse example. Language	

	barrier > https://www.youtube.com/watch?v=SfIFSapBgPc The ways to overcome these eg. literature in other languages, face-to-face and telephone interpretation services, longer appointments, use of advocates, staff training	
Monday Oct 9th Friday Nov 13th Week 6	**A3 Barriers to accessing services geographical barriers** PP presentation which covers local distance of service providers, poor transport links and ways to overcome these local community transport schemes for disabled or elderly service users, home/community visits, community clinics, telehealth schemes. Barriers faced by those with learning disabilities and ways to overcome **intellectual barriers** PP presentation including the use of Health Passports and All About Me documents, use of advocates, use of Learning Disability Nurses (LDNs) and support workers, 'Quiet Clinics', quiet waiting areas, longer appointment times, use of communication cards, 'easy read' leaflets On line consultations > https://youtu.be/56zLsIH0mi8	
Monday Oct 16th Friday Oct 20th Week 7	**A3 Barriers to accessing services** To include **financial barriers** PP presentation covering charging for services, cost of transport, loss of income while accessing services and ways to overcome these NHS exemption certificates, NHS Low Income Scheme, NHS vouchers for eye tests, glasses and lenses, NHS Healthcare Travel Costs Scheme (HTCS), charitable schemes such as community transport **Task 3 mini progress test**	
Monday 23rd-Sunday 29th	Half Term	
Monday Oct 30th - Fri Nov 3rd Week 8	**B1 Skills and attributes in health and social care** PP presentation which covers the differences between a skill and an attributes. **Skills:** problem solving, observation, dealing with difficult situations, organisation. **Attribute**s: empathy, patience, trustworthiness, honesty	
Monday Nov 6th Fri Nov 10th	**YEAR 11 MOCKS**	
Monday Nov 13th Fri Nov 17th	**YEAR 11 MOCKS**	
Monday Nov 20th Fri Nov 24th Week 9	**B2 Values in health and social care; The nursing 6 Cs** PP presentation Case study emergency care, how do they feel? > https://www.youtube.com/watch?v=CrXwBrPdOxs covering all 6; **C**are – receiving correct and consistent care, **C**ompassion – empathy, respect and dignity > https://www.youtube.com/watch?v=Vnn1TlRlpG4 **C**ompetence – skills and knowledge to deliver effective care, based on research, **C**ommunication – involving individuals and/or carers and listening, **C**ourage – doing the right thing and speaking up when concerns arise, **C**ommitment – to improve care and experience for individuals. Included will be to watch Stacey Dooley's 9-5 care home episode https://www.bbc.co.uk/iplayer/episode/p06zhfvw/the-nine-to-five-with-stacey-dooley-series-1-2-caring-and-sharing	

Monday Nov 20th **Fri Nov 24th** **Week 10**	**B3 The obstacles individuals requiring care may face** PP presentation which covers Access to all NHS https://www.youtube.com/watch?v=JCc20BifI5k **Definition of obstacles**: something personal to an individual that blocks a person moving forward or when action is prevented or made difficult. **Obstacles and their impact:** emotional – lack of motivation, low self-esteem, https://www.youtube.com/watch?v=IHwqhSLE9Gc acceptance of current state, anxiety, stress o time constraints – work and family commitments, availability of resources – financial, equipment, amenities, unachievable targets – unachievable for the individual or unrealistic timescale, lack of support – from family and friends and finally other factors specific to individual – ability/disability, health conditions, addiction	
Monday 27th Nov- Fri 1st December **Week 11**	**B4 The benefits to individuals of the skills, attributes and values in health and social care practice; Service users rights,** PP presentation which covers the professional behaviours and individuals expectations eg. to be supported to overcome their own personal obstacles, receive high quality care, receive person-centred care based on individual wishes, be treated with respect, not be discriminated against o be empowered and have independence. Person-centred-care > https://www.youtube.com/watch?v=rM9QAxFSBMU&t=23s Included will be to watch Barbara's story from YouTube > https://www.youtube.com/watch?v=DtA2sMAjU_Y	
Monday 4th Dec- Fri 8th Dec **Week 12**	**B4 The benefits to individuals of the skills, attributes and values in health and social care practice; Service users rights,** professional behaviours and **individuals expectations** PP presentation recovering the importance of individual's to be involved in care decisions, be protected from harm, feel comfortable to raise complaints, have their dignity and privacy protected, have their confidentiality protected, have their rights promoted Dignity in Care > https://www.youtube.com/watch?v=VSunLDv4zyM	
	PSA deadline Friday 15th December	

(QAN 603/7047/6) BTEC Tech Award Component 3 Health and Wellbeing > Scheme of Work 2023-2024

Week beginning	Content delivery plans	Resources/Assessment
C3. LAA W/b Jan 8th 2024 Week 1	**Introduction to Component 3** PP presentation 96 slides exam May 2024 (date tbc around the 19th) Same PP has the **definition of health and wellbeing**: physical health, social and emotional wellbeing. *Worksheet mind map* for each factor covered in A1. PP presentation; **Physical factors** both positive or negative impact *[Exam questions 1-7]* Covering inherited conditions – sickle cell disease, cystic fibrosis, https://youtu.be/4lGz5p4n8Fg physical ill health – cardiovascular disease, obesity and type 2 diabetes https://youtu.be/blhy-Rb2xp4 Also included mental ill health – anxiety, stress and physical abilities – impairments	PowerPoint Intro & definition *Worksheet* (or direct in class book) on factors PowerPoint Physical Homework task for Level 1 and 2 exam question
C3. LAA W/b Jan 15th 2024 Week 2	**Lifestyle CHOICES factors** PP presentation 106 slides, positive or negative effects, covering; 1. **nutrition** positives/negatives *[Relates to exam questions 1-7]* 2. **physical activity** positives/negatives 3. **smoking** negatives UK Chief Medical Smoking Guidelines (B1 in spec) 4. **alcohol** positives/negatives Alcohol Guidelines 14 units,(B1 in spec) **substance misuse**. *Activity worksheet* for each and *exam practice (+-) question* for each	PowerPoint Lifestyle factors *4 X Worksheets* (optional stick in class book) Homework task for Level 1 and 2 exam question (+ -)
C3.LAA W/b Jan 22nd 2024 Week 3	**Social factors** PP presentation 59 slide, positive or negative effects, covering; 1) **supportive or unsupportive relationships** with others (toxic) with friends, family, peers and colleagues at work, including bullying and coercive control. Worksheet X 4, 3 activities 2) **social inclusion** (belonging) and **exclusion** (isolated), 3) **discrimination** impact long and short term, marginalised *[Relates to exam questions 1-7]* *Card match vocabulary, glossary and applied worksheet plus exam answers practice*	PowerPoint Social factors *3 X Worksheets* (stick in class book) Card match activity Homework task for Level 1 and 2 exam question (+ -)
C3.LAA W/b Jan 29th 2024 Week 4	**Cultural factors** PP presentation, positive or negative examples, covered; a. **religion** – foods, views on alcohol and sex before marriage, belonging/support, outcast b. **gender roles and expectations** – traditional, challenges, pressure, support c. **gender identity** - male, female, trans experience https://www.youtube.com/watch?v=HdHSDaJNQSg d. **sexual orientation** – LGBT https://www.youtube.com/watch?v=laDn_U8JRMM e. **community participation** – litter-pick, charity event, belonging, pride/achievement *Activity worksheet* for each X5 and *exam practice (+-) question* for each, in style of Q1-7	PowerPoint Lifestyle factors *X5 Worksheet activities* (optional stick in class book) Homework task for Level 1 and 2 exam question (+ -)

Week 7 W/b 26th Feb Practical lesson – advance planning; blood pressure monitor, stopwatch, finger pulse device, scales and metre stick, may consider ***parental consent*** of measurements which will be taken.

Order free blood pressure resources from bhf (free 50) https://www.bhf.org.uk/informationsupport/publications

C3. LAA **W/b** **Feb 5th** **2024** **Week 5**	**Economic factors** 50 slide PP presentation, positive or negative to cover 1. **employment situation** – part-time, zero contract, new promotion, redundant, retired 2. **financial resources** – income, inheritance, savings. *[Relates to exam questions 1-7]* **Environmental factors** 28 slide PP presentation positive or negative, to cover * housing needs, shared or overcrowded or damp conditions, location – rural or city * home environment – living with a high level of parental conflict, experiences * of abuse and neglect exposure to pollution – air, noise and light. Factors overview https://www.youtube.com/watch?v=Bnd2Uir_O3g	PowerPoint Economic *Worksheet (or direct in class book) on factors* PowerPoint Environment Worksheet Homework task for Level 1 and 2 exam question
Feb 12th-16th Half Term		
C3. LAA **W/b** **Feb 19th** **2024** **Week 6**	**Life events** TwoPP presentation PIES covered; (Physical is 30 & Relationship/Circumstance 56 slides ✓ **Physical life events** *eg. accident/injury, physical illness, mental and emotional health* ✓ **Relationship changes life events** *eg. marriage, civil partnership, long-term, divorce, separation for non-married couples, parenthood, bereavement [Exam questions 18]* ✓ **Life circumstances** *eg. moving house, school or job, exclusion, redundancy, imprisonment, changes to standards of living, retirement [Exam question's 8-10 and question 18 = 6 marks]* **(all eg's are taken from the Component 1 PSA Task 3, they're not in the Component 3 spec)** Case study activities (Level 1 card prompts to aid note taking)	2 X PowerPoints Life events Worksheet (or direct in class book) on factors *Worksheet notes and case study exam practice for positive/negative* Homework task for Level 1 and 2 exam question 18
C3. LAB **W/b** **Feb 26th** **2024** **Week 7**	**Potential practical lesson** blood pressure monitor, stopwatch, finger pulse device, scales and metre stick – if students are uncomfortable have case study measurements available. BMI NHS calculator https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/ Get a free STEM account for free resources https://www.stem.org.uk/elibrary/resource/34279 **Interpretation of physiological data on graphs and in tables** PP presentation covering: 1) **resting heart rate (pulse)** – normal range 60 to 100 bpm and health risks if abnormal in the short and long-term. Feel your heart beat https://youtu.be/tF9-jLZNM10 *[Exam questions 11-13]* 2) **heart rate (pulse) recovery after exercise** – normal fitness rates and health risks of unfit in the short and long-term Heart and lungs during exercise heart when you exercise? https://youtu.be/O8ttt3M8qZM 3) **blood pressure** – ranges and potential health risks of high or too low, short and long-term 4) **body mass index (BMI**) – health range, unhealthy ranges and potential health risks Calculating BMI> https://youtu.be/3Uvaoliul40 What is heart disease? https://www.youtube.com/watch?v=_WXxET_DzE4	PowerPoint Physiological measurements *Worksheet for notes and case studies* *Coloured charts* Equipment; blood pressure monitor, stop watch, scales, metre stick etc Homework task for Level 1 and 2 exam question

Inform students; 8 weeks until the Component 3 exam, 16 lessons X 1 hour luluNE

	Physiological data on graphs and in tables and case study activities, application to exam questions and practice for 11, 12 and 13	
C3. LAB W/b Mar 4th 2024 Week 8	**Revisit the government guidelines for good health** PP presentation to cover; ▪ **Eatwell Guide** portions and foods nutritional values https://www.youtube.com/watch?v=7MlE4G8ntss&t=6s ▪ UK Chief Medical Officers' **Physical Activity Guidelines**, different for different ages, sedentary ▪ UK Chief Medical Officers' **Smoking Guidelines** GP prescription Nicotine patches, Quitline ▪ UK Chief Medical Officers' **Alcohol Guidelines**, gradual reduction for health https://www.youtube.com/watch?v=0EW8h5Htmok ▪ **substance misuse** support in the UK medical and talking therapies. **Lung cancer**, play until 2 mins 45 https://www.youtube.com/watch?v=ihCnDjyJv5c Worksheets for note taking and case study activities to apply knowledge Exam practice questions *[Exam question 12-13 4-marks ties into Q16 6-marks PEE literacy]*	PowerPoint Government recommendations Worksheet for notes and case studies *Eatwell guide colour* *Alcohol unit's colour* Homework task for Level 1 and 2 exam question
C3. LAC W/b Mar 11th 2024 Week 9	**Unique individuals** PP presentation, their individual health and/or social care PIES needs – to reduce health risks, their personal wishes – personality, their preferences and choices and goals circumstances – recognising and acting appropriately considering age, ability, location, living conditions, support, physical and emotional health *[Circumstances exam question 18]* *Personalisation* https://youtu.be/h8fhCjsLDko **Importance and benefits of a person-centred approach** PP presentation to cover; * makes them more comfortable and confident and so act on advice and treatment, this increases the support for vulnerable individuals *[Exam question 14, 16b]* * improves their independence and motivation to act and improve current health * feel happier and more positive about their health and wellbeing. * it improves job satisfaction for health and social care workers * it saves time for health and social care services * it saves money for health and social care services * it reduces complaints about health and social care services and workers. * https://www.youtube.com/watch?v=6Dk3CV-Wt38 Worksheets for note taking - case study activity and exam practice for question 16b and18	PowerPoint Person-centred Worksheet (or direct in class book) on factors *Activity paired/group circumstances mini role play, care worker and service user* *Activity – Disability etiquette* Homework task for Level 1 and 2 exam question 8-10
C3. LAC W/b Mar 18th 2024 Week 10	**Recommendations to improve health and wellbeing "How to"** 70 slide presentations which covers; 1. improving **resting heart rate** and recovery rate after exercise 2. improving **blood pressure** *[Question 16a]* 3. maintaining a **healthy weight**, eating a **balanced diet**, getting enough **physical activity** 4. **quitting smoking**, sensible **alcohol consumption**, stopping substance misuse. https://www.youtube.com/watch?v=kEFuSWrx8_8&t=1s "*How to" Leaflet design task*, suggestions to improve a local GP surgery patients	PowerPoint Recommendations Worksheet (or direct in class book) Question 16a scenarios

	○ Paired work Question 16b practice NHS Stop Smoking Subtitled version – YouTube	Homework task for Level 1 and 2 exam question
25th March April 5th Easter break		
C3. LAC **W/b** **Apr 8th** **2024** **Week 11**	**Support available for individual's and what support** 32 slide presentation covering *[Exam question 16b]* • **formal support** from professionals eg. GP, dietician, counsellor, from trained volunteers eg. advocate, befriending, foodbank, from support groups eg.Quit smoking, depression, bereavement, drug and alcohol misuse and charities eg. MenCap, Age UK, McMillan's P – medication, guidance, advice, referral, appointment with expert, transport, 111 info I – leaflets, NHS Choices website, ask questions https://www.youtube.com/watch?v=HkBorjikoJk E – qualified counsellor to move forwards, motivate, improve self-esteem • **informal support** from friends, family, neighbours, community and work colleagues P – Loaning money, going along or quitting together, cooking/cleaning/shopping, childcare E - Sharing emotions and listening to improve mental well-being and seek comfort S – support group making friends in same position so understand, no judgement, belonging Worksheets for note taking - case study activity and exam practice for question 16b and18	PowerPoint Formal support, services and professionals, informal support A3 WorksheeX 3 (or direct in class book) Question 16b scenarios Homework task for Level 1 and 2 exam question
W/b **Apr 15th** **2024** **Week 12**	**Definition and a range of barriers** PP presentation covering the different types and examples, physical barriers, barriers to people with sensory disability, barriers to people with different social and cultural backgrounds, barriers to people that speak English as an additional language or those who haven language or speech impairments, geographical barriers, resource barriers for service provider and financial barriers. *[Exam question 17a]*	PowerPoint Barriers and case study application Worksheet (or direct in class book) Question 17a scenarios Homework task for Level 1 and 2 exam question
W/b **Apr 22nd** **2024** **Week 13**	**Definition of obstacles and a range of obstacles** PPpresentation, including emotional/psychological, time constraints, availability of resources , unachievable targets, lack of support. *[Exam question 17a]*	PowerPoint Obstacles and case study application Worksheet (or direct in class book) Question 17a scenarios

		Homework task for Level 1 and 2 exam question
W/b Tue Apr 9th 2024 Week 14	Exam practice – mini mock exam and feedback	Mock exam
W/b May 7th 2024 Week 15	Exam practice – mini mock exam and feedback	Mock exam
W/b May 13th 2024 Week 16	Exam practice – mini mock exam and feedback	Mock exam