

| Module/Unit of Learning | Taught During | What will students learn? | What enriching opportunities will students engage in? | Links to other subjects |
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| <u>Component 2</u> | Autumn Term | A - Understand the different types of Health and Social Care services and the barriers to accessing them B – Understand the skills, attributes and values required to give care | Autumn term will be focused around the completion of their C2 Pearson set assignments | CLASS Science Maths Geography Child Development |
| <u>Component 3</u> 40% External Exam A – Factors that affect Health and Wellbeing | Spring Term | A1: Factors affecting health and wellbeing <ul style="list-style-type: none"> ➤ Definition of health and wellbeing ➤ Physical and lifestyle factors ➤ Social, emotional and cultural factors ➤ Economic factors ➤ Environmental factors ➤ The impact of life events relating to relationship changes and changes in life circumstances. | Component 3 will include: Research Case Studies Past Papers Analyse and interpret Data Health Indicators Create Health Improvement Plans External Exam (May) | CLASS Science Maths Geography Child Development |
| B – Interpreting Health Indicators | | B1: Physiological indicators <ul style="list-style-type: none"> ➤ Physiological indicators that are used to measure health: | | |

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| <p>C – Health and Wellbeing Improvement Plans</p> | | <ul style="list-style-type: none"> - Pulse (resting and recovery rate after exercise) - Blood pressure - Peak flow - Body mass index (BMI). ➤ Using published guidance to interpret data relating to these physiological indicators ➤ The potential significance of abnormal readings: risks to physical health <p>B2: Lifestyle indicators</p> <ul style="list-style-type: none"> ➤ Interpretation of lifestyle data, specifically risks to physical health associated with: <ul style="list-style-type: none"> - Smoking - Alcohol consumption - Inactive lifestyles <p>C1: Health and wellbeing improvement plans</p> <ul style="list-style-type: none"> ➤ The importance of a person-centred approach that considers an individual's needs, wishes and circumstances. ➤ Information to be included in plan: <ul style="list-style-type: none"> - recommended actions to improve health and wellbeing - short-term (less than 6 months) and long-term targets - appropriate sources of support (formal and/or informal). <p>C2: Obstacles to implementing plans</p> <ul style="list-style-type: none"> ➤ Potential obstacles: <ul style="list-style-type: none"> - Emotional/psychological – lack of motivation, low self-esteem, acceptance of current state | | |
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| | | <ul style="list-style-type: none"> - Time constraints – work and family commitments - Availability of resources – financial, physical, e.g. equipment - Unachievable targets – unachievable for the individual or unrealistic timescale - Lack of support, e.g. from family and friends - Other factors specific to individual – ability/disability, addiction - Barriers to accessing identified services. | | |
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