STOKE DAMEREL

Aspire Achieve Thrive

Half Term 1

Health and Social Care

Year 11

Name: _____

Tutor: _____

Year 11 Homework Timetable

Monday	Ebacc Option D	Option C	Modern Britain	
Tuesday	English	Tassomai	Option B	Option A
Wednesday	Sparx	Science	Modern Britain	Option C
Thursday	Ebacc Option D	Tassomai	Option B	
Friday	Sparx	Science	English	Option A

Block A	Block B	Block C	Block D
Art	Business Studies	Art	French
Dance	Child Development	Business Studies	Geography
Drama	Catering	Geography	History
Media Studies	Computer Science	Health & Social Care	
Music	Drama	History	
Photography	Health & Social Care	Catering	
	IT	Photography	
	Media Studies	Sport	
	Sociology	Travel & Tourism	
	Sport		

Tassomai - 2 Daily Goals per week
Sparx - 4 tasks of Sparx per week

Year 11 - Homework Plan Subject

Week/Date	Homework Task	Examination Question
Week 1 5th September	**Cornell Notes** on Effective communication and antidiscimatory behaviour	Answer the exam questions on **'Explain two social factors that could have a positive effect on health and wellbeing'.**
Week 2 12th September	**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 19th September	**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 26th September	**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 3rd October	**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 10th October	**Revision Cards** on potential obstacles	Answer the exam questions on **'Explain one impact of divorce on social wellbeing'**
Week 7 17th October	**Cornell Notes** on time contraints	Answer the exam questions on **'Explain what is meant by a person centred approach?'**

Year 11 Knowledge Organiser 1: Health and Social Care		
Week	**Keywords**	**Other Information**
1	**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	**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
2	**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	**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
3	**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.	**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		
Week	**Keywords**	**Other Information**
4	**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 lkending 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	**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.
5	**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.	**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.
6	**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	**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**
7	**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 of earlier and park further from work to walk or jog last couple of miles.do seated exercises at the desk	**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.

WEEK 1

Date…….

‘Explain two social factors that could have a positive effect on health and wellbeing’.

Answer:-

WEEK 2

Date…….

‘Explain one environmental factor that could have a positive effect on health and wellbeing’.

Answer:-

WEEK 3

Date…….

‘Explain two physical factors that could have a negative effect on health and wellbeing’.

Answer:-

WEEK 4

Date…….

‘Explain one economic factor that could have a negative effect on health and wellbeing’.

Answer:-

WEEK 5

Date…….

‘Explain two effects of having less contact with his daughter on individuals emotional wellbeing’

Answer:-

WEEK 6

Date…….

'Explain one impact of divorce on social wellbeing'

Answer:-

WEEK 7

Date…….

'Explain what is meant by a person centred approach?'

Answer:-

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.

Date / / **Topic**

WEEK 1

Questions	Notes

Summary

Date / / Topic

WEEK 3

Questions	Notes

Summary

Date / / Topic

WEEK 5

Questions	Notes

Summary

Date / / Topic

WEEK 7

Questions	Notes

Summary

Revision Page

Revision Page

Revision Page

Revision Card on person centred approach	Answers
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?	

Revision Card on sources of support	Answers
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?	

Revision Card on potential obstacles	Answers
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	