



Aspire | Achieve | Thrive

**Spring Term  
Term 2**

# **Health and Social Care**

**Year 10**

**Name:** \_\_\_\_\_

**Tutor:** \_\_\_\_\_

## Year 10 Homework Timetable

<b>Monday</b>	English Task 1	Ebacc Option A Task 1	Option C Task 1
<b>Tuesday</b>	Option B Task 1	Sparx Science	Science Task 1
<b>Wednesday</b>	Sparx Maths	Option C Task 2	Sparx Science
<b>Thursday</b>	Ebacc Option A Task 2	Sparx Maths	Option B Task 2
<b>Friday</b>	Sparx Science	Science Task 2	English Task 2

### Sparx Science

- Complete 100% of their assigned homework each week

### Sparx Maths

- Complete 100% of their assigned homework each week

Option A (EBACC)	Option B	Option C
Computer Science	Business Studies	Art
Languages	Hospitality and Catering	Business Studies
Geography	Drama	Hospitality and Catering
History	Music	Computer Science
	Geography	Drama
	Health and Social Care	Photography
	ICT	Science (Triple)
	Media Studies	Sport
	Music	
	Sport	
	Travel and Tourism	

**Half Term 3 (6 weeks) - Year 10**

<b>Week / Date</b>	<b>Homework task 1 Cornell Notes</b>	<b>Homework task 2 Exam Question</b>
Week 1 5th January 2026	<b>Cornell Notes on:</b> Dealing with life events	<b>Question:</b> State two negative effects that alcohol has on health and wellbeing.
Week 2 12th January 2026	<b>Revision Cards on:</b> The impact of life events relating to changes in life circumstances	<b>Question:</b> State one lifestyle factor, other than alcohol consumption, that can have an effect on health and wellbeing.
Week 3 19th January 2026	<b>Cornell Notes on:</b> Informal support	<b>Question:</b> Explain the negative effect of one type of noise pollution on health and wellbeing.
Week 4 26th January 2026	<b>Revision Cards on:</b> Types of support	<b>Question:</b> Explain two negative effects that discrimination can have on health and wellbeing.
Week 5 2nd February 2026	<b>Cornell Notes on:</b> Professional sources of support	<b>Question:</b> Give one positive effect that having a clean and tidy house to live in can have on the physical health of an individual.
Week 6 9th February 2026	<b>Revision Cards on:</b> Barriers to people with learning disabilities.	<b>Question:</b> Name two potential geographical barriers to accessing health and social care services.

**Half Term 4 (6 weeks) - Year 10**

<b>Week / Date</b>	<b>Homework task 1 Cornell Notes</b>	<b>Homework task 2 Exam Question</b>
Week 7 23rd February 2026	<b>Cornell Notes on:</b> Voluntary source of support	<b>Question:</b> Explain two positive effects that having supportive relationships with friends could have on health and wellbeing.
Week 8 2nd March 2026	<b>Revision Cards on:</b> Growth and development	<b>Question:</b> State one negative emotional effect of redundancy on an individual.
Week 9 9th March 2026	<b>Cornell Notes on:</b> Factors and impact on development	<b>Question:</b> Explain two effects that moving to a new town could have on the social wellbeing of an individual.
Week 10 16th March 2026	<b>Revision Cards on:</b> Unexpected and expected life events	<b>Question:</b> Explain two ways that being obese could impact an individual's current physical health.
Week 11 23rd March 2026	<b>Cornell Notes on:</b> Life circumstances - divorce	<b>Question:</b> State the correct classification for a body mass index (BMI) of 23kg/m <sup>2</sup>
Week 12 30th March 2026	<b>Revision Cards on:</b> Environmental conditions	<b>Question:</b> Explain how being physically inactive could cause an increase in an individual's body mass index (BMI).

Keywords	Other Information
<p><b>Factors that may affect how people deal with life events include</b>, age, their resilience (how quickly they recover), their self esteem, their disposition other life events happening at the same time, the support they have.</p> <p>Examples of positive and negative events</p> <p><b>Accident</b>-May feel loss of old self (self image), may feel a loss of skills and abilities.</p> <p><b>Redundancy</b>-May feel a loss of routine, colleagues and friends and a loss of earnings.</p> <p><b>Moving house</b>, Loss of neighbours and friends, feel anxious due to a change in environment</p> <p><b>Starting a family</b>, may feel a loss of independence, may miss old lifestyle</p>	<p><b>Types of support-emotional support, information and advice and practical help.</b></p> <p><b>Emotional support</b> can help individuals deal with grief, help people to come to terms with life change, help individuals to deal with grief, improve self esteem, reduce anxiety and stress, improve confidence.</p> <p><b>Information and advice</b> helps people understand where to go for help, what choices are available to them, how to make healthy choices.</p> <p><b>Practical help</b>, helping with finances, childcare, transport</p> <p><b>Support can be informal, formal or voluntary</b></p>
<p><b>The impact of life events to changes in life circumstances</b></p> <p>-<b>Imprisonment</b> takes away a person's freedom is confirmed to a cell some of the time and allowed into communal areas with others</p> <ul style="list-style-type: none"> <li>-have little privacy</li> <li>-Have little choice of what to eat, drink, wear, when and how to exercise</li> <li>-has no control over the temperature of their environment</li> <li>-may also be attacked by other prisoners.</li> </ul>	<p><b>Adapting to change</b></p> <p><b>Resilience</b> is a person's ability to come to terms with, and adapt to the events that happen in their life</p> <p>It is stronger in people who, have a positive outlook on life, are willing to accept that change will happen, belong to a close family and community network, plan for expected life events.</p>
<p><b>Informal support</b> can provide reassurance, practical help, someone to talk through options, advice, a sense of security, encouragement</p>	<p><b>Informal support</b> is provided by friends and family they are the person that knows that individual the best and can offer advice based on their needs.</p>

Keywords	Other Information
<p><b>Identify</b> Provide a single word or short response to pick out the key factor</p> <p><b>Describe</b> Giving an account of something including a series of features</p> <p><b>Assess</b> Provide sufficient detail and/or understanding in responses.</p> <p><b>Growth</b> describes increased body size such as height and weight</p> <p><b>Development</b>-involves gaining new skills and abilities such as riding a bike</p> <p><b>Classification</b>-involves grouping together similar things into categories</p>	<p><b>Explain</b> Provide sufficient detail and/or understanding in responses.</p> <p><b>Analyse</b> Examine in detail to discover the meaning or essential features of a theme, topic or situation.</p> <p><b>Evaluate</b> Examine in detail the meaning or essential features of a theme, topic or situation;</p> <p><b>PILES</b>- Physical, Intellectual, Language, Emotional, Social development</p> <p><b>Life Stages</b>-Infancy, early childhood, adolescence, early adulthood, middle adulthood, later adulthood.</p>
<p><b>Factors and the impact on development</b></p> <p><b>Diet and Lifestyle</b> A healthy diet can lead to, Healthy hair, skin, nails and teeth, Positive Self-image, Energy and Stamina, good Health</p> <p><b>Exercise</b>-regular exercise is important for supporting physical development</p> <p><b>Other lifestyle choices</b> include alcohol illegal drugs and smoking</p>	<p><b>Financial resources-how much money we have.</b></p> <p><b>Income</b> is the money that people receive from their work, savings, pension, benefits or investments</p> <p>What adequate income allows us to do-afford leisure facilities, buy luxuries, heat our homes, live in house, afford nice clothes, pay rent</p>
<p><b>Life events (Expected):</b> Is a belief that something is likely to happen. Examples include Marriage, Starting school, Moving house, and Parenthood.</p> <p><b>Life events (Unexpected):</b> Is not thought of as likely to happen. Comes unexpectedly. Examples include Illness, Accidents, Redundancy and bereavement.</p>	<p><b>Bereavement</b> - Is losing a partner, relative or close friend to death. Some deaths are expected due to a long-term illness or old age however sometimes this can be unexpected such as through an accident. Losing a spouse or long-time partner has the largest impact on emotional development compared to all life events. This is due to the emotions individuals go through.</p>
<p><b>Divorce - A legal ending of a marriage.</b></p> <p>-Strong family ties provide the stability and security needed for positive growth and development. A breakdown in a relationship can lead to insecurity for the couple and their children</p>	<p><b>Social isolation</b> can happen because: they live alone; are unemployed/retired; are discriminated against; have an illness or disability. This can make people feel insecure.</p>
<p><b>Environmental conditions</b></p> <p><b>Air pollution</b>-high blood pressure, sleeplessness, hearing loss, increase in stress levels</p> <p><b>Noise pollution</b>-cause respiratory conditions, irritate the eyes, nose and throat, include dust that comes from quarries, mines, factories</p>	<p><b>Social interactions</b> -Supportive and unsupportive relationships-provide an individual with physical support and assistance, intellectual stimulations, emotional support and happiness.</p> <p>-Social integration/isolation-our relationships help us feel whether we are expected into a community or a workplace.</p>

Keywords	Other Information
<p><b>Professional sources of support</b>  <b>Who provides formal support</b> <b>Statutory care services</b>-provided by the state.  <b>Private care services</b>-privately funded  <b>Charitable organisations</b>-non profit making  <b>Specialists carers and services may include</b>-health specialists, social workers, occupational therapist, counsellors, teachers, career advisors</p>	<p><b>Professionals support from carers or services can help people to:</b></p> <ul style="list-style-type: none"> <li>-maintain or improve health conditions</li> <li>-regain mobility and fine motor skills</li> <li>-come to terms with life changes</li> <li>-understand own emotions</li> <li>-Get advice and information</li> <li>-change their lifestyle</li> </ul>
<p><b>Professional sources of support</b>  <b>Imprisonment Probation service</b>-supervises offenders when they leave prison and provide support such as directing the to training and place to live.  <b>Children's social services</b>-provides support to families of prisoners.  <b>Counsellors or cognitive therapists</b>-provide support to people with drug and alcohol problems  <b>Redundancy</b>-career advice services provide advice on training or jobs</p>	<p><b>Life circumstances and professional support</b>  <b>Exclusion from education</b>-behaviour support teams, teachers specialist knowledge of social, emotional and behavioural difficulties.  <b>Educational psychologists</b>-provide support for behavioural problems  <b>Department for Education</b>-provide guidance on exclusion processes and support to get back into education</p>
<p><b>Voluntary sources of support</b>  <b>Community support</b>-lunch clubs and social get togethers, <b>community organisations</b> to provide social opportunities that help new people become part of a community., <b>food banks</b> to provide food to people with financial difficulties, <b>transport</b> to help people get to clubs or hospital appointments , groups of volunteers to visit parents, older people or disabled people in their own home</p>	<p><b>Voluntary organisations and how they can support people</b>  <b>Princes Trust</b>-Provides advice, support and help with education  <b>Home start</b>-Carries out home visits or organises new parent groups  <b>Royal National Institute of blind people</b>-Gives help for sight loss  <b>Cruse Bereavement Care</b>-Provides support, information and advice on death  <b>Relate</b>-Offer face to face counselling and workshops</p>

## 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.

## WEEK 1: Cornell Notes (Homework task 1)

**Topic:** Dealing with life events **Revision guide page:**

## Summary

## **WEEK 1: Exam Question (Homework task 2)**

**Question:** State two negative effects that alcohol has on health and wellbeing.

Answer:

## **WEEK 1: Exam Question review and improvement (Classwork)**

**Question:** State two negative effects that alcohol has on health and wellbeing.

Answer:

## **WEEK 2: Exam Question (Homework task 2)**

**Question:** State one lifestyle factor, other than alcohol consumption, that can have an effect on health and wellbeing.

Answer:

## **WEEK 2: Exam Question review and improvement (Classwork)**

**Question:** State one lifestyle factor, other than alcohol consumption, that can have an effect on health and wellbeing.

Answer:

## WEEK 3: Cornell Notes (Homework task 1)

**Topic:** Informal support **Revision guide page:**

Links	Notes
Questions	

## Summary

## **WEEK 3: Exam Question (Homework task 2)**

**Question:** Explain the negative effect of one type of noise pollution on health and wellbeing.

Answer:

## **WEEK 3: Exam Question review and improvement (Classwork)**

**Question:** Explain the negative effect of one type of noise pollution on health and wellbeing.

Answer:

## **WEEK 4: Exam Question (Homework task 2)**

**Question:** Explain two negative effects that discrimination can have on health and wellbeing.

Answer:

## **WEEK 4: Exam Question review and improvement (Classwork)**

**Question:** Explain two negative effects that discrimination can have on health and wellbeing.

Answer:

## WEEK 5: Cornell Notes (Homework task 1)

**Topic:** Professional sources of support      **Revision guide page:**

Links	Notes

## Summary

## **WEEK 5: Exam Question (Homework task 2)**

**Question:** Give one positive effect that having a clean and tidy house to live in can have on the physical health of an individual.

Answer:

## **WEEK 5: Exam Question review and improvement (Classwork)**

**Question:** Give one positive effect that having a clean and tidy house to live in can have on the physical health of an individual.

Answer:

## **WEEK 6: Exam Question (Homework task 2)**

**Question:** Name two potential geographical barriers to accessing health and social care services.

Answer:

## **WEEK 6: Exam Question review and improvement (Classwork)**

**Question:** Name two potential geographical barriers to accessing health and social care services.

Answer:

## WEEK 7: Cornell Notes (Homework task 1)

**Topic:** Voluntary source of support **Revision guide page:**

## Summary

## **WEEK 7: Exam Question (Homework task 2)**

**Question:** Explain two positive effects that having supportive relationships with friends could have on health and wellbeing.

Answer: \_\_\_\_\_

## **WEEK 7: Exam Question review and improvement (Classwork)**

**Question:** Explain two positive effects that having supportive relationships with friends could have on health and wellbeing.

Answer:  $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$

## **WEEK 8: Exam Question (Homework task 2)**

**Question:** State one negative emotional effect of redundancy on an individual.

Answer:

## **WEEK 8: Exam Question review and improvement (Classwork)**

**Question:** State one negative emotional effect of redundancy on an individual.

Answer:

## WEEK 9: Cornell Notes (Homework task 1)

**Topic:** Factors and impact on development      **Revision guide page:**

Links	Notes
Questions	

## Summary

## **WEEK 9: Exam Question (Homework task 2)**

**Question:** Explain two effects that moving to a new town could have on the social wellbeing of an individual.

Answer:

## **WEEK 9: Exam Question review and improvement (Classwork)**

**Question:** Explain two effects that moving to a new town could have on the social wellbeing of an individual.

Answer:

## **WEEK 10: Exam Question (Homework task 2)**

**Question:** Explain two ways that being obese could impact an individual's current physical health.

Answer:

## **WEEK 10: Exam Question review and improvement (Classwork)**

**Question:** Explain two ways that being obese could impact an individual's current physical health.

Answer:

## WEEK 11: Cornell Notes (Homework task 1)

**Topic:** Life circumstances - divorce **Revision guide page:**

## Summary

## WEEK 11: Exam Question (Homework task 2)

**Question:** State the correct classification for a body mass index (BMI) of 23kg/m<sup>2</sup>

Answer:

## **WEEK 11: Exam Question review and improvement (Classwork)**

**Question:** State the correct classification for a body mass index (BMI) of 23kg/m<sup>2</sup>

Answer:

## **WEEK 12: Exam Question (Homework task 2)**

**Question:** Explain how being physically inactive could cause an increase in an individual's body mass index (BMI).

Answer:

## **WEEK 12: Exam Question review and improvement (Classwork)**

**Question:** Explain how being physically inactive could cause an increase in an individual's body mass index (BMI).

Answer:

## Week 2

<b>Revision Card on</b> The impact of life events relating to changes in life circumstances	<b>Answers</b>
<ol style="list-style-type: none"><li>1. Identify a physical effect of imprisonment?</li><li>2. Identify an emotional effect of imprisonment</li><li>3. What is the grief called after the death of someone close to them?</li><li>4. What is it called when you get removed from school?</li><li>5. What two types of life events are there?</li></ol>	

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## Week 4

<b>Revision Card on</b> Types of support	<b>Answers</b>
<ol style="list-style-type: none"><li>1. What are the three types of support that can be offered to an individual?</li><li>2. What can be done to support someone emotionally?</li><li>3. What practical help might you give someone with a new baby?</li><li>4. What is meant by respite care?</li><li>5. How might you support someone financially?</li></ol>	

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## Week 6

<b>Revision Card on</b> Barriers to people with learning disabilities.	<b>Answers</b>
<ol style="list-style-type: none"><li>1. What is a learning disability?</li><li>2. What is a barrier that they could face when accessing health and social care services?</li><li>3. Name a method to support the individual to overcome this barrier.</li><li>4. What are the benefits of this method?</li><li>5. Name two professionals who could support an individual with a learning disability.</li></ol>	



## Week 8

<b>Revision Card on Growth and development key definitions</b>  <ol style="list-style-type: none"><li>1. What is meant by the key term of growth?</li><li>2. How is growth measured?</li><li>3. What does classification mean?</li><li>4. Identify the acronym of PILES?</li><li>5. Identify all the life stages and their age ranges?</li></ol>	<b>Answers</b>
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## Week 10

<b>Revision Card on Life events</b>  <ol style="list-style-type: none"><li>1. What is the difference between an unexpected and an expected life event?</li><li>2. Is 'moving house' an expected or unexpected life event?</li><li>3. What is meant by the term redundancy?</li><li>4. Is marriage an expected or an unexpected life event?</li><li>5. Identify a life event that could be either expected or unexpected?</li></ol>	<b>Answers</b>
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## Week 12

<b>Revision Card on Environmental conditions</b>  <ol style="list-style-type: none"><li>1. Identify two types of pollution?</li><li>2. How might noise pollution occur?</li><li>3. How might air pollution impact the health of an individual?</li><li>4. Identify a health condition that can be brought on by air pollution?</li><li>5. What system might have a noise pollution effect?</li></ol>	<b>Answers</b>
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Aspire,  
(ACHIEVE)  
Thrive'

Develop your character

