



Aspire Achieve Thrive

Spring Term
Term 2
Health and Social Care
Year 11

Name: _____

Tutor: _____

Year 11 Homework Timetable

Monday	Science Task 1	Ebacc Option A Task 1	Option C Task 1
Tuesday	Sparx Science	Option B Task 1	Sparx Maths
Wednesday	English Task 1	Science Task 2	Option C Task 2
Thursday	Ebacc Option A Task 2	Option B Task 2	Sparx Catch Up
Friday	Sparx Science	English Task 2	Sparx Maths

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
French	Art	Business Studies
Geography	Business Studies	Catering
History	Catering	Computer Science
	Childcare	Drama
	Triple Science	Health & Social Care
	Travel and Tourism	Media Studies
	Music	Photography
	Sport	Sport
	IT	Sociology

Half Term 3 (6 weeks) - Year 11

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 1 6th January 2025	Cornell Notes on: Exercise and alcohol	Question: Explain two lifestyle factors that could have a negative effect on an individual's health and wellbeing.
Week 2 13th January 2025	Revision Cards on: Diet and lifestyle	Question: Explain two environmental factors that could have a negative effect on an individual's health and wellbeing.
Week 3 20th January 2025	Cornell Notes on: Personal relationships	Question: Explain two economic factors that could have a positive effect on an individual's health and wellbeing.
Week 4 27th January 2025	Revision Cards on: Imprisonment and life events	Question: Explain three effects that imprisonment could have had on an individual's emotional wellbeing.
Week 5 3rd February 2025	Cornell Notes on: Housing	Question: Explain the different types of support available to an individual looking to follow a health and wellbeing plan?
Week 6 10th February 2025	Revision Cards on: Body Mass Index (BMI)	Question: Explain one environmental factor that could have a positive effect on an individual's health and wellbeing.

Half Term 4 (6 weeks) - Year 11

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 7 24th February 2025	Cornell Notes on: Blood pressure	Question: Explain two economic factors that could have a positive effect on an individuals health and wellbeing.
Week 8 3rd March 2025	Mock Exams	Mock Exams
Week 9 10th March 2025	Mock Exams	Mock Exams
Week 10 17th March 2025	Cornell Notes on: Recommended actions to improve health and well being	Question: Explain one environmental factor that could have a positive effect on an individual's health and wellbeing.
Week 11 24th March 2025	Revision Cards: Risks to physical health and interpreting lifestyle data	Question: Explain two emotional factors that could have a negative effect on an individual's health and wellbeing.
Week 12 31st March 2025	Cornell notes: Resting Pulse Rate and recovery rate	Question: Explain two cultural factors that could have a negative effect on an individuals health and wellbeing.

Keywords	Other Information
<p>Benefits of exercise-concentrate, relieve stress, relax and feel good, gain personal satisfaction, socialise with others</p> <p>Not taking exercise-stiffening of joints, poor stamina, strength and flexibility, obesity, stroke, Coronary heart disease, decreased blood flow, osteoporosis</p>	<p>Alcohol-addiction (not having control of doing, taking or using something)</p> <p>Nicotine-is a powerful addictive drug found in tobacco.</p> <p>Effects of smoking -Heart disease and poor circulation, smaller babies, stroke, gum disease smelly clothes, more wrinkles, stained fingers</p>
<p>Diet and Lifestyle A healthy diet can lead to, Healthy hair, skin, nails and teeth, Positive Self-image, Energy and Stamina, good Health</p> <p>Exercise-regular exercise is important for supporting physical development</p> <p>Other lifestyle choices include alcohol illegal drugs and smoking</p> <p>Appearance affects the way others see you. Our appearance includes, body shape, facial features. Hair and nails, personal hygiene, our clothing</p> <p>Not everyone develops at the same time and speed, this can lead to anxiety about their appearance, affect how they feel about themselves.</p>	<p>Social interactions</p> <p>-Supportive and unsupportive relationships-provide an individual with physical support and assistance, intellectual stimulation, 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> <p>Personal hygiene-bacteria can travel when you cough, scratch, fiddle with your hair, rub your face, sneeze</p> <p>Conditions caused-food poisoning, tetanus, meningitis, syphilis, tuberculosis</p>
<p>Personal Relationships - Relationships formed with parents/carers, family and friends. Relationships are important at all life stages as they provide emotional security contentment and positive self-esteem. We are reliant on relationships for our own growth and development. As children widen their friendship circles they become more confident and independent. In adolescence individuals are greatly influenced by their friends' opinions which can affect self-image both positively and negatively.</p> <p>A relationship breakdown due to trust could result in a lowering of self-esteem, loss of confidence and stress.</p>	<p>Social isolation 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>Life events (Expected): Is a belief that something is likely to happen. Examples include Marriage, Starting school, Moving house, and Parenthood.</p> <p>Life events (Unexpected): Is not thought of as likely to happen. Comes unexpectedly. Examples include Illness, Accidents, Redundancy and bereavement.</p>

Keywords	Other Information
<p>Environmental conditions Air pollution-high blood pressure, sleeplessness, hearing loss, increase in stress levels</p> <p>Noise pollution-cause respiratory conditions, irritate the eyes, nose and throat, include dust that comes from quarries, mines, factories</p>	<p>The impact of life events to changes in life circumstances</p> <p>-Imprisonment takes away a person's freedom is confined to a cell some of the time and allowed into communal areas with others</p> <ul style="list-style-type: none"> -have little privacy -Have little choice of what to eat, drink, wear, when and how to exercise -has no control over the temperature of their environment -may also be attacked by other prisoners.
<p>Housing factors -Type of home, Condition of home, size of home, amount of personal space, location of home, influence of home, influence of others in the home, level of conflict.</p> <p>Rural lifestyles-fresh air opportunities, improved concentration and alertness, relaxed and happy</p>	<p>The impact of life events relating to relationship changes, changing relationships, marriage/partnership and parenthood, divorce and bereavement.</p> <p>Self esteem-is how good or bad an individual feels about themselves and how much they value their abilities</p>
<p>Health indicators-Measurements of health include indicators, observed indicators and lifestyle.</p> <ul style="list-style-type: none"> -temperature, height/weight, blood pressure, peak flow, resting pulse rate, cholesterol levels, blood glucose, liver function, waist to hip ratio. <p>Cardiovascular system-is the system that moves blood, nutrients and gases around the body. It is made up of our heart, blood and blood vessels</p>	<p>Resting pulse rate and recovery rate. Pulse rate is a measure of how fast your heart beats</p> <ul style="list-style-type: none"> -The fitter you are the lower your resting heart rate, this is because your heart gets bigger and stronger with exercise, so it becomes more efficient at pumping blood around the body with each beat. <p>Recovery rate-How long after exercise your heart rate takes to return to normal.</p>

Keywords	Other Information
<p>Blood pressure is the pressure exerted by your blood against the walls of your arteries. It is measured in millimetres mercury (mmHg) Top number is systolic pressure-the maximum pressure in the arteries as the heart pumps blood out of the body. Bottom number is diastolic pressure-the minimum pressure as the heart relaxes between beats</p> <p>High blood pressure can cause a number of things. -Having a relative with high blood pressure -being overweight -not getting enough exercise or sleep -smoking -Being 65 or older -eating too much salt -being african or caribbean descent -not eating enough fruit and vegetables -drinking too much caffeine</p> <p>The most common reason for recording peak flow is to monitor a person's asthma, caused by narrowed airways to make sure, it is not getting worse, it is being kept under control by the prescribed medication.</p> <p>BMI-Body Mass Index is calculated by weight in (Kg/Height in m)². BMI falls into different categories, for example for underweight, normal, overweight and obese.</p> <p>Even though a person may not be ill, a measurement can give a warning that they may need to improve their lifestyle, and therefore reduce their chances of ill health through, losing weight, reducing stress, alcohol or salt in diet, giving up smoking. BMI cannot tell the difference between excess fat, muscle or bone or whether you are a man or women. This means that: -a very muscular person may fall into the overweight category, even though their body fat is low. -Older adults may fall into the healthy weight category even though they are carrying excess fat around their middle, because they lose muscle as they age. -Women, who generally have more body fat than men, are measured against the same BMI ranges as men</p>	
<p>Risks to physical health and interpreting lifestyle data It is important that blood pressure readings are accurate, so that the right course of action can be taken. Having an abnormally high reading from one test does not mean you have high blood pressure. Blood pressure can vary throughout the day depending on what you are doing. Your blood pressure may be up to 30 mmhg higher when taken by a healthcare practitioner.</p>	<p>Interpreting lifestyle data on smoking. Data is used to plan care, to persuade people to stop smoking, to provide information, to offer support to help people quit. -The data on smoking means health campaigns can be planned to reduce smoking and its associated risks -passing laws about smoking (for instance where you can and can't smoke)</p>

Keywords	Other Information
<p>Interpreting lifestyle data on alcohol The drinkaware Trust is an Uk alcohol charity. It was set up to help reduce alcohol related risks to health by: interpreting available data, giving people the information that they need to make better choices about their drinking Alcohol concern-provide information, advice and support</p> <p>Who gets help with healthcare charges? People over 60, people under 16, people under 19 in full time education, pregnant women, women who have had a baby in the last 12 months, some people on low income and benefits, people with cancer. Most people accessing healthcare will need to pay for their own travel costs</p>	<p>Interpreting lifestyle data on inactivity. What the data shows: -30% reduction of risk of early death -30-40% lower risk of developing type 2 diabetes -20-35% lower risk of cardiovascular disease, coronary heart disease and stroke -30% lower risk of colon cancer -20% lower risk of breast cancer -68% reduction in the risk of hip failure -reduced risk of depression Public helath England-setup to improve the nation's helath and wellbeing The ONS produces data in the UK on levels of activity and how they relate to various risks</p>
<p>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.</p> <ul style="list-style-type: none"> ● Giving up Smoking ● Losing Weight ● Becoming more social ● Being more active ● Eating more healthier ● Reducing alcohol intake ● Improving fitness levels 	<p>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.</p>
<p>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</p>	<p>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.</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: Exercise and alcohol	Revision guide page:
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Links	Notes
Questions	

Summary

WEEK 1: Exam Question (Homework task 2)

Question: Explain two lifestyle factors that could have a negative effect on an individual's health and wellbeing

Answer:

WEEK 1: Exam Question review and improvement (Classwork)

Question: Explain two lifestyle factors that could have a negative effect on an individual's health and wellbeing

Answer:

WEEK 2: Exam Question (Homework task 2)

Question: Explain two environmental factors that could have a negative effect on an individuals health and wellbeing.

Answer:

WEEK 2: Exam Question review and improvement (Classwork)

Question: Explain two environmental factors that could have a negative effect on an individuals health and wellbeing.

Answer:

WEEK 3: Cornell Notes (Homework task 1)

Topic: Personal relationships

Revision guide page:

links	Notes
Questions	

Summary

WEEK 3: Exam Question (Homework task 2)

Question: Explain two economic factors that could have a positive effect on an individuals health and wellbeing.

Answer:

WEEK 3: Exam Question review and improvement (Classwork)

Question: Explain two economic factors that could have a positive effect on an individuals health and wellbeing.

Answer:

WEEK 4: Exam Question (Homework task 2)

Question: Explain three effects that imprisonment could have had on an individual's emotional wellbeing.

Answer:

WEEK 4: Exam Question review and improvement (Classwork)

Question: Explain three effects that imprisonment could have had on an individual's emotional wellbeing.

Answer:

WEEK 5: Cornell Notes (Homework task 1)

Topic: Housing	Revision guide page:
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WEEK 5: Exam Question (Homework task 2)

Question: Explain the different types of support available to an individual looking to follow a health and wellbeing plan?

Answer:

WEEK 5: Exam Question review and improvement (Classwork)

Question: Explain the different types of support available to an individual looking to follow a health and wellbeing plan?

Answer:

WEEK 6: Exam Question (Homework task 2)

Question: Explain one environmental factor that could have a positive effect on an individual's health and wellbeing.

Answer:

WEEK 6: Exam Question review and improvement (Classwork)

Question: Explain one environmental factor that could have a positive effect on an individual's health and wellbeing.

Answer:

WEEK 7: Cornell Notes (Homework task 1)

Topic: Blood pressure	Revision guide page:
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WEEK 10: Cornell Notes (Homework task 1)

Topic: Recommended actions to improve health and well being	Revision guide page:
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WEEK 12: Cornell Notes (Homework task 1)

Topic: Resting Pulse Rate and recovery rate	Revision guide page:
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Links	Notes
Questions	

Summary

Week 2

Revision Card on Diet and Lifestyle	Answers
<ol style="list-style-type: none">1. Identify what a healthy diet can lead to?2. What other lifestyle choices are there?3. What factors might appearance include?4. What is meant by the term addiction?5. What are the effects of smoking on an individual?	

Week 4

Revision Card on Imprisonment and Life events	Answers
<ol style="list-style-type: none">1. Who might key relationships be formed with?2. What does attachment help to provide?3. How can friendships benefit an individual?4. What might a friendship breakdown cause?5. What is social isolation?	

Week 6

Revision Card on Body Mass Index (BMI)	Answers
<ol style="list-style-type: none">1. What does BMI stand for?2. How is BMI measured?3. What does BMI not tell an individual?4. Why is BMI sometimes not seen as an accurate measurement of health and well being?5. Which gender tends to have more body fat?	

Week 11

Revision Card on Risks to physical health and lifestyle data

1. When and how does blood pressure vary?
2. How much higher is a blood pressure reading when taken by a healthcare practitioner?
3. Does one abnormal blood pressure test mean that you have high blood pressure?
4. What is high blood pressure called?
5. Identify another health indicator other than blood pressure?

Answers

Aspire
ACHIEVE
Thrive

Develop your character



Aspire | Achieve | Thrive