



Be World Class

**Autumn Term
Term 1**

Health and Social Care

Year 11

Name: _____

Tutor: _____

Year 11 Homework Timetable

Monday	English Exam Question	English Sparx	Maths Sparx
Tuesday	Option A Exam Question	Science Carousel	Science Sparx
Wednesday	Option B Exam Question	Option A Carousel	Maths Sparx
Thursday	Option C Exam Question	Option B Carousel	Science Sparx
Friday	Science Exam Question	Option C Carousel	Catch Up Sparx

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 1 (7 weeks) - Year 11

Week / Date	Homework task 1 Exam Question
Week 1 7th September 2026	Question: What are the aspects of health and well being and the factors that affect them? [8]
Week 2 14th September 2026	Question: Explain one positive effect of supportive family relationships on physical wellbeing of an individual. [2]
Week 3 21st September 2026	Question: Explain two negative effects that discrimination can have on health and wellbeing. [4]
Week 4 28th September 2026	Question: Explain how noise pollution can affect the health and wellbeing of an individual. [2]
Week 5 5th October 2026	Question: Explain one positive effect of having a good income on health and wellbeing. [2]
Week 6 12th October 2026	Question: Explain how a well-paid job can affect a person's wellbeing in both a positive and negative way. [4]
Week 7 19th October 2026	Question: Describe how parenthood can positively and negatively affect a person's emotional health and wellbeing. [4]

Half Term 2 (6 weeks) - Year 11

Week / Date	Homework task 1 Exam Question
Week 8 9th November 2026	Mock Exams
Week 9 16th November 2026	Mock Exams
Week 10 23rd November 2026	Question: Explain how bereavement can affect a person's emotional and social wellbeing? [2]
Week 11 30th November 2026	Question: Explain the effect of a life-changing accident on an individual's social development? [2]
Week 12 7th December 2026	Question: Explain the positive effects of starting work for the first time on emotional and social wellbeing of a young adult? [4]
Week 13 14th December 2026	Question: Explain how asking questions about an individual's lifestyle contributes to a GP assessment of their health and wellbeing. [2]

Knowledge Organiser

Component 3 Health and Wellbeing	
Learning Aim A: Factors that affect health and wellbeing	
<u>Definition of health and wellbeing</u> a) Positive definition b) Negative definition c) Holistic definition d) Life Stages and our needs (Maslow's Hierarchy of needs pyramid)	<u>Social Factors: Relationships and Social Inclusion/Exclusion</u> a) Relationships (eg supportive and unsupportive) b) Social Inclusion (eg integration to the community) c) Social Exclusion (eg isolation and reasons for becoming isolated like homeless, physical/mental illness)
<u>Social Factors: Bullying and Discrimination</u> a) Bullying (types and their effects eg physical, Verbal, Cyber, Emotional, Sexual) b) Discrimination (eg Age, Disability, Gender, Race, Religion, Sexual Orientation) c) Promoting anti-discriminatory behaviour in the workplace (Equalities Act)	<u>Cultural Factors: Religion and Community Participation</u> a) Religion (positive and negative effects of being part of a religious group) b) Community Participation
<u>Cultural Factors: Gender Roles and Expectations, Gender Identity and Sexual Orientation</u> a) Gender Roles and Expectations (what is expected of men and women and how this influences our lifestyle) b) Gender Identity (how a person identifies and how this impacts on emotional and mental health) c) Sexual Orientation (describes the emotional, romantic or sexual attraction a person feels towards another person)	<u>Economic Factors: Employment Situation and Financial Resources</u> a) Employment situation (eg Employed, Unemployed, Retired) b) Financial Resources (eg Income, Savings, Personal Wealth, Inheritance) c) Effects of adequate financial resources d) Effects of Poverty
<u>Environmental Factors: Housing and Home Environment</u> a) Housing needs, conditions and locations (Type of home, Size, Rural and Urban) b) The home environment (Living with parental conflict, experience of abuse and neglect)	<u>Environmental Factors: Exposure to Pollution</u> a) Air Pollution (Causes and conditions) b) Noise Pollution (Effects on health) c) Light Pollution (Effects on health)

<u>Impact of Life Events: Physical events and Relationship Changes</u> a) Physical events such as Illness, Puberty, Ageing and Accidents b) Relationship changes such as: i) entering into a new relationship - can affect our self-esteem, affect our focus, affect our social activity ii) marriage - generally is a positive and happy event, can lead to sense of security/contentment, new opportunities iii) parenthood - can keep you physically and mentally active, love and affection, but a change in social activity can also be a stressful and anxious time. iv) divorce - generally a negative event, although for some can be a positive relief. Enjoy being single again, making your own choices. Could cause a change in living standards due to less money, can be isolating and cause stress with family and friends, can cause low self-esteem. v) bereavement - causes us to grieve, can make our future uncertain, raise our levels of stress and anxiety, affect our physical and mental health, and cause isolation.	<u>Impact of Life Events: Life Circumstances</u> a) Effects of events on our PIES - for example how imprisonment may affect a person's health and wellbeing due to being isolated from family and friends. b) Different types of expected events - for example starting a new school, moving house, retirement c) Different types of unexpected events - for example exclusion from education, unemployment (redundancy/being fired)
<u>Health Indicators</u> a) Health monitoring and illness prevention - can help detect any problems and then can be dealt with quickly to give the best chance of sorting them out. b) Measuring Health - measurable indicators such as blood pressure, weight, resting pulse rate c) Positive and negative aspect of lifestyle - can be trickier to measure, questionnaires are often used to collect information about lifestyle aspects such as amount of exercise someone does, do they have a balanced diet, do they use/misuse substances d) Observed indicators - helps health professionals gain information about the individual such as if they are flushed, sweating, breathless, limping etc	

WEEK 1: Exam Question

Question: What are the aspects of health and well being and the factors that affect them? [8]

Answer:

WEEK 1: Exam Question review and improvement (Classwork)

Question: What are the aspects of health and well being and the factors that affect them? [8]

Answer:

WEEK 2: Exam Question

Question: Explain one positive effect of supportive family relationships on physical wellbeing of an individual. [2]

Answer:

WEEK 2: Exam Question review and improvement (Classwork)

Question: Explain one positive effect of supportive family relationships on physical wellbeing of an individual. [2]

Answer:

WEEK 3: Exam Question

Question: Explain two negative effects that discrimination can have on health and wellbeing. [4]

Answer:

WEEK 3: Exam Question review and improvement (Classwork)

Question: Explain two negative effects that discrimination can have on health and wellbeing. [4]

Answer:

WEEK 4: Exam Question

Question: Explain how noise pollution can affect the health and wellbeing of an individual. [2]

Answer:

WEEK 4: Exam Question review and improvement (Classwork)

Question: Explain how noise pollution can affect the health and wellbeing of an individual. [2]

Answer:

WEEK 5: Exam Question

Question: Explain one positive effect of having a good income on health and wellbeing. [2]

Answer:

WEEK 5: Exam Question review and improvement (Classwork)

Question: Explain one positive effect of having a good income on health and wellbeing. [2]

Answer:

WEEK 6: Exam Question

Question: Explain how a well-paid job can affect a person's wellbeing in both a positive and negative way. [4]

Answer:

WEEK 6: Exam Question review and improvement (Classwork)

Question: Explain how a well-paid job can affect a person's wellbeing in both a positive and negative way. [4]

Answer:

WEEK 7: Exam Question

Question: Describe how parenthood can positively and negatively affect a person's emotional health and wellbeing. [4]

Answer:

WEEK 7: Exam Question review and improvement (Classwork)

Question: Describe how parenthood can positively and negatively affect a person's emotional health and wellbeing. [4]

Answer:

WEEK 8: Exam Question

Question: Mocks

Answer:

WEEK 8: Exam Question review and improvement (Classwork)

Question: Mocks

Answer:

WEEK 9: Exam Question

Question: Mocks

Answer:

WEEK 9: Exam Question review and improvement (Classwork)

Question: Mocks

Answer:

WEEK 10: Exam Question

Question: Explain how bereavement can affect a person's emotional and social wellbeing? [2]

Answer:

WEEK 10: Exam Question review and improvement (Classwork)

Question: Explain how bereavement can affect a person's emotional and social wellbeing? [2]

Answer:

WEEK 11: Exam Question

Question: Explain the effect of a life-changing accident on an individual's social development? [2]

Answer:

WEEK 11: Exam Question review and improvement (Classwork)

Question: Explain the effect of a life-changing accident on an individual's social development? [2]

Answer:

WEEK 12: Exam Question

Question: Explain the positive effects of starting work for the first time on emotional and social wellbeing of a young adult? [4]

Answer:

WEEK 12: Exam Question review and improvement (Classwork)

Question: Explain the positive effects of starting work for the first time on emotional and social wellbeing of a young adult? [4]

Answer:

WEEK 13: Exam Question

Question: Explain how asking questions about an individual's lifestyle contributes to a GP assessment of their health and wellbeing. [2]

Answer:

WEEK 13: Exam Question review and improvement (Classwork)

Question: Explain how asking questions about an individual's lifestyle contributes to a GP assessment of their health and wellbeing. [2]

Answer:
