STOKE DAMEREL

Aspire Achieve Thrive

Spring Term
(Half Term 3 and 4)

Health and Social Care

Year 10

Name: _____

Tutor: _____

Aspire | Achieve | Thrive

GREENSHAW LEARNING TRUST

Year 10 Homework Timetable

Monday	English Task 1	Ebacc Option A Task 1	Option C Task 1	
Tuesday	Tassomai	Option B Task 1	Modern Britain Task 1	
Wednesday	Sparx	Science Task 1	Option C Task 2	
Thursday	Ebacc Option A Task 2	Tassomai	Option B Task 2	Modern Britain Task 2
Friday	Sparx	Science Task 2	English Task 2	

Tassomai - 2 Daily Goals per week

Sparx - 4 tasks of Sparx per week

Option A (EBACC)
French
Geography
History

Open B
Art
Business Studies
Catering
Computer Science
History
Health & Social Care
Music
Sport
IT

Open C
Business Studies
Childcare
Catering
Drama
Geography
Health & Social Care
Triple Science
Sport

Year 10 Half Term 3 - Homework Plan Subject

Week/Date	Homework Task
Week 1	**Cornell Notes** on Dealing with life events
Week 2	**Revision Cards** on The impact of life events relating to changes in life circumstances
Week 3	**Cornell Notes** on Informal support
Week 4	**Revision Cards** on Types of support
Week 5	**Cornell Notes** on Professional sources of support
Week 6	**Revision Cards** on Voluntary sources of support

Year 10 Knowledge Organiser 3: Health and Social Care		
Week	**Keywords**	**Other Information**
1	**Factors that may affect how people deal with life events include,** age, their resilience (how quickly they recover), their self esteem, their disposition other life events happening at the same time, the support they have. Examples of positive and negative events **Accident-**May feel loss of old self (self image), may feel a loss of skills and abilities. **Redundancy-**May feel a loss of routine, colleagues and friends and a loss of earnings. **Moving house,** Loss of neighbours and friends, feel anxious due to a change in environment **Starting a family**, may feel a loss of independence, may miss old lifestyle	**Types of support-emotional support, information and advice and practical help.** **Emotional support c**an 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. **Information and advice** helps people understand where to go for help, what choices are available to them, how to make healthy choices. **Practical help,** helping with finances, childcare, transport **Support can be informal, formal or voluntary**
2	**The impact of life events to changes in life circumstances** **-Imprisonment** takes away a person's freedom is confirmed to a cell some of the time and allowed into communal areas with others -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.	**Adapting to change** **Resilience i**s a person's ability to come to terms with, and adapt to the events that happen in their life Its 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.
3	**Informal support** can provide reassurance, practical help, someone to talk through options, advice, a sense of security, encouragement	**Informal support** is provided by friends and family they are the person that knows that individual the best and can offer advice based on their needs.

Year 10 Knowledge Organiser 3: Health and Social Care		
Week	**Keywords**	**Other Information**
4	**Professional sources of support** **Who provides formal support Statutory care services**-provided by the state. **Private care services**-privately funded **Charitable organisations**-non profit making **Specialists carers and services may include**-health specialists, social workers, occupational therapist, counsellors, teachers, career advisors	**Professionals support from carers or services can help people to:** -maintain or improve health conditions -regain mobility and fine motor skills -come to terms with life changes -understand own emotions -Get advice and information -change their lifestyle
5	**Professional sources of support** **Imprisonment Probation service-**supervises offenders when they leave prison and provide support such as directing the to training and place to live. **Children's social services-**provides support to families of prisoners. **Counsellors or cognitive therapists-**provide support to people with drug and alcohol problems Redundancy-career advice services provide advice on training or jobs	**Life circumstances and professional support** **Exclusion from education**-behaviour support teams, teachers specialist knowledge of social, emotional and behavioural difficulties. **Educational psychologists**-provide support for behavioural problems **Department for Education**-provide guidance on exclusion processes and support to get back into education
6	**Voluntary sources of support** **Community support-lunch clubs and social get togethers**, **community organisations** to provide social opportunities that help new people become part of a community., **food banks** to provide food to people with financial difficulties, **transport** to help people get to clubs or hospital appointments , groups of volunteers to visit parents, older people or diabled people in their own home	**Voluntary organisations and how they can support people** **Princes Trust**-Provides advice, support and help with education **Home start-**Carries out home visits or organises new parent groups **Royal National Institute of blind people**-Gives help for sight loss **Cruse Bereavement Care-**Provides support, information and advice on death **Relate-**Offer face to face counselling and workshops

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 The impact of life events relating to changes in life circumstances	**Answers**
1. Identify a physical effect of imprisonment? 2. Identity an emotional effect of imprisonment 3. What is the grief called after the death of someone close to them? 4. What is it called when you get removed from school? 5. What two types of life events are there?	

Revision Card on Types of support	**Answers**
1. What are the three types of support that can be offered to an individual? 2. What can be done to support someone emotionally? 3. What practical help might you give someone with a new baby? 4. What is meant by respite care? 5. How might you support someone financially?	

Revision Card on Voluntary sources of support	**Answers**
1. What is a volunteer? 2. How might someone offer community support? 3. Who might voluntary services work alongside? 4. Name a volunteer organisation 5. Who do the 'Princes Trust' support?	

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Spring Term
(Half Term 4)

Health and Social Care

Year 10

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Year 10 Half Term 4 - Homework Plan Subject

Week/Date	**Homework Task**
Week 1	**Cornell Notes** on Command words
Week 2	**Revision Cards** on Growth and development key definitions
Week 3	**Cornell Notes** on Factors that impact on development
Week 4	**Revision Cards** on Life events
Week 5	**Cornell Notes** on Divorce and social isolation
Week 6	**Revision Cards** on Environmental conditions

Year 10 Knowledge Organiser 4: Health and Social Care		
	Keywords	**Other Information**
1	**Identify** Provide a single word or short response to pick out the key factor **Describe** Giving an account of something including a series of features **Assess** Provide sufficient detail and/or understanding in responses.	**Explain** Provide sufficient detail and/or understanding in responses. **Analyse** Examine in detail to discover the meaning or essential features of a theme, topic or situation. **Evaluate** Examine in detail the meaning or essential features of a theme, topic or situation;
2	**Growth** describes increased body size such as height and weight **Development**-involves gaining new skills and abilities such as riding a bike **Classification**-involves grouping together similar things into categories	**PILES**- Physical, Intellectual, Language, Emotional, Social development **Life Stages**-Infancy, early childhood, adolescence, early adulthood, middle adulthood, later adulthood.
3	**Factors and the impact on development** **Diet and Lifestyle** A healthy diet can lead to, Healthy hair, skin, nails and teeth, Positive Self-image, Energy and Stamina, good Health **Exercise**-regular exercise is important for supporting physical development **Other lifestyle choices** include alcohol illegal drugs and smoking	**Financial resources-how much money we have.** **Income** is the money that people receive from their work, savings, pension, benefits or investments What adequate income allows us to do-afford leisure facilities, buy luxuries, heat our homes, live in house, afford nice clothes, pay rent
4	**Life events (Expected):** Is a belief that something is likely to happen. Examples include Marriage, Starting school, Moving house,and Parenthood. **Life events (Unexpected):** Is not thought of as likely to happen. Comes unexpectedly. Examples include Illness, Accidents, Redundancy and bereavement.	**Bereavement** - 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.
5	**Divorce - A legal ending of a marriage.** -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	**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.
6	**Environmental conditions Air pollution**-high blood pressure, sleeplessness, hearing loss, increase in stress levels **Noise pollution**-cause respiratory conditions, irritate the eyes, nose and throat, include dust that comes from quarries, mines, factories	**Social interactions** -Supportive and unsupportive relationships-provide an individual with physical support and assistance, intellectual simulations, emotional support and happiness. -Social integration/isolation-our relationships help us feel whether we are expected into a community or a workplace.

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 Growth and development key definitions 1. What is meant by the key term of growth? 2. How is growth measured? 3. What does classification mean? 4. Identify the acronym of PILES? 5. Identify all the life stages and their age ranges?	**Answers**

Revision Card on Life events 1. What is the difference between an unexpected and an expected life event? 2. Is 'moving house' an expected or unexpected life event? 3. What is meant by the term redundancy? 4. Is marriage an expected or an unexpected life event? 5. Identify a life event that could be either expected or unexpected?	**Answers**

Revision Card on environmental conditions 1. Identify two types of pollution? 2. How might noise pollution occur? 3. How might air pollution impact the health of an individual? 4. Identify a health condition that can be brought on by air pollution? 5. What system might have a noise pollution effect?	**Answers**

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