STOKE DAMEREL

Aspire Achieve Thrive

Spring Term
(Half Term 3 and 4)

Health and Social Care

Year 11

Name: _____

Tutor: _____

Aspire | Achieve | Thrive

GREENSHAW LEARNING TRUST

Year 11 Homework Timetable

Monday	Ebacc Option D Task 1	Option C Task 1	Option A Task 1	
Tuesday	English Task 1	Tassomai Daily Goal 1	Option B Task 1	
Wednesday	Sparx	Science Task 1	Option C Task 2	
Thursday	Ebacc Option D Task 2	Tassomai Daily Goal 2	Option B Task 2	
Friday	Sparx	Science Task 2	English Task 2	Option A Task 2

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	**Cornell Notes** on Exercise and alcohol	Answer the exam questions on **Explain two lifestyle factors that could have a negative effect on an individuals health and wellbeing.**
Week 2	**Revision Cards** on Diet and lifestyle	Answer the exam questions on **Explain two environmental factors that could have a negative effect on an individuals health and wellbeing.**
Week 3	**Cornell Notes** on Personal relationships	Answer the exam questions on **Explain two economic factors that could have a positive effect on an individuals health and wellbeing.**
Week 4	**Revision Cards** on Imprisonment and life events	Answer the exam questions on **Explain three effects that imprisonment could have had on an individuals emotional wellbeing.**
Week 5	**Cornell Notes** on Housing	Answer the exam questions on **Explain the difference between a short term and a long term target. Give a definition of each using the SMART principle**
Week 6	**Revision Cards** on health indicators	Answer the exam questions on **Explain the different types of support available to an individual looking to follow a health and wellbeing plan?**

Year 11 Knowledge Organiser 3: Health and Social Care		
Week	**Keywords**	**Other Information**
1	**Benefits of exercise**-concentrate, relieve stress, relax and feel good, agin personal satisfaction, socialise with others **Not taking exercise**-stiffening of joints, poor stamina, strength and flexibility, obesity, stroke, Coronary heart disease, decreased blood flow, osteoporosis	**Alcohol**-addiction (not having control of doing, taking or using something **Nicotine**-is a powerful addictive drug found in tobacco. **Effects of smoking** -Heart disease and poor circulation, smaller babies, stoke, gum disease smelly clothes, more wrinkles, stained fingers
2	**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 **Appearance** affects the way others see you. Our appearance includes, body shape, facial features. Hair and nails, personal hygiene, our clothing Not everyone develops at the same time and speed, this can lead to anxiety about their appearance, affect how they feels about themselves.	**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. **Personal hygiene-**bacteria can travel when you cough, scratch, fiddle with your hair, rub your face, sneeze Conditions caused-food poisoning, tetanus, meningitis, syphilis, tuberculous
3	**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. **A relationship breakdown due to trust could result in a lowering of self-esteem, loss of confidence and stress.**	**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. **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.

Year 11 Knowledge Organiser 3: Health and Social Care		
	Keywords	**Other Information**
4	**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	**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.
5	**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. **Rural lifestyles**-fresh air opportunities, improved concentration and alertness, relaxed and happy	**The impact of life events relating to relationship changes**, changing relationships, marriage/partnership and parenthood, divorce and bereavement. **Self esteem**-is how good or bad an individual feels about themselves and how much they values their abilities
6	**Health indicators-Measurements of health include indicators, observed indicators and lifestyle.** **-**temperature, height/weight, blood pressure, peak flow, resting pulse rate, cholesterol levels, blood glucose, liver function, waist to hip ratio. 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	**Resting pulse rate and recovery rate. Pulse rate** is a measure of how fast your heart beats -The fitter you are the lower your resting heart rate, this is because you heart gets bigger and stronger with exercise, so it becomes more efficient at pumping blood around the body with each beat. **Recovery rate**-How long after exercise your heart rate takes to return to normal.

WEEK 1

Date…….

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

Answer:-

WEEK 2

Date…….

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

Answer:-

WEEK 3

Date…….

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

Answer:-

WEEK 4

Date…….

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

Answer:-

WEEK 5

Date…….

Explain the difference between a short term and a long term target. Give a definition of each using the SMART principle

Answer:-

WEEK 6

Date…….

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

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 Diet and alcohol	Answers
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?	

Revision Card on personal relationships	Answers
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?	

Revision Card on Housing	Answers
1. What is meant by the term rural? 2. Identify a factor that is considered when looking at housing? 3. Explain the benefits or a rural lifestyle? 4. Where might a flat have a positive impact on an individual's social well being? 5. What are the negative impacts of living in a rural community?	

STOKE DAMEREL

Aspire Achieve Thrive

Spring Term
(Half Term 4)

Health and Social Care

Year 11

Name: _____

Tutor: _____

Year 11 - Homework Plan Subject

Week/Date	Homework Task	Examination Question
Week 1	**Cornell Notes** on Blood pressure	Answer the exam questions on **Explain two economic factors that could have a positive effect on an individuals health and wellbeing.**
Week 2	**Revision Cards** on Body Mass Index (BMI)	Answer the exam questions on **Explain one environmental factor that could have a positive effect on an individuals health and wellbeing.**
Week 3	**Cornell Notes** on interpreting lifestyle data on alcohol and smoking	Answer the exam questions on **Explain two emotional factors that could have a negative effect on an individuals health and wellbeing.**
Week 4	**Revision Cards** on risks to physical health and lifestyle data	Answer the exam questions on **Explain one physical factor that could have a negative effect on an individuals health and wellbeing.**
Week 5	**Cornell Notes** on Time constraints	Answer the exam questions on **Explain the different types of barriers to implementing a health improvement plan and how these can be overcome to achieve success?**
Week 6	**Revision Cards** on recommended actions to improve health and wellbeing and SMART targets	Answer the exam questions on **Explain how BMI may impact on an individuals health and well being?**

Year 11 Knowledge Organiser 4: Health and Social Care		
Week	**Keywords**	**Other Information**
1	**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 **Peak Flow-This is the measure of the maximum rate or expiratory rate in litres per minute (l/min) at which air is expelled from the lungs when you breathe out as hard as possible.**	**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 **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.**
2	**BMI**-Body Mass Index is calculated by weight in (Kg/Height in m)2. BMI falls into different categories, for example for underweight, normal, underweight and obese. 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
3	**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.	**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)

Year 11 Knowledge Organiser 4: Health and Social Care		
Week	**Keywords**	**Other Information**
4	**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 **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	**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
5	**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	**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.
6	**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 economic factors that could have a positive effect on an individuals health and wellbeing.

Answer:-

WEEK 2

Date…….

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

Answer:-

WEEK 3

Date……

Explain two emotional factors that could have a negative effect on an individual's health and wellbeing.

Answer:-

WEEK 4

Date…….

Explain one physical factor that could have a negative effect on an individual's health and wellbeing.

Answer:-

WEEK 5

Date…….

Explain the different types of barriers to implementing a health improvement plan and how these can be overcome to achieve success?

Answer:-

WEEK 6

Date…….

Explain how BMI may impact an individual's health and well being?
Answer:-

WEEK 7

Date…….

Answer:-

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

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Revision Card on Body Mass Index	Answers
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?	

Revision Card on risks to physical health and lifetsyle data	Answers
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?	

Revision Card on recommended actions to improve health and wellbeing and SMART targets	Answers

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