STOKE DAMEREL

Aspire Achieve Thrive

Cycle 4

Health and Social Care

Year 10

Name: _____

Tutor: _____

Year 10 Homework Timetable

Monday	Bedrock Learning	Ebacc Option D	Option C	Modern Britain
Tuesday	English	Tassomai	Option B	Option A
Wednesday	Hegarty	Science	Modern Britain	Option C
Thursday	Ebacc Option D	Tassomai	Bedrock Learning	Option B
Friday	Hegarty	Science	English	Option A

Tassomai - 2 Daily Goals per week
Hegarty - 4 tasks of Hegarty per week

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		

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GREENSHAW LEARNING TRUST

Week / Date	Homework task
Week 1	**Cornell Notes:** The 7 Core Care Values
Week 2	**Revision Card:** Promoting empowerment and independence
Week 3	**Cornell Notes:** The importance of target setting and the use of the SMART principle
Week 4	**Revision Card:** Discriminatory practice sand safeguarding concerns
Week 5	**Cornell Notes:** Promoting effective communication
Week 6	**Revision card:** Safeguarding and attitudes of a care staff
Week 7 and 8	**Revision**: Cornell Notes / Mind map / Revision Card
Week 9	**Plug the gaps**

Knowledge Organiser Health and Social Care		
Week	**Key terms**	**Additional information**
1	**Self respect**-valuing yourself **Person centred approach**-respecting and empowering individuals **Dignity**-is being respected and treated with care **Empathy**-is being able to understand and share the feelings and views of another person	**How to respect privacy:** -Gain permission before entering someone's personal area. -Do not access someone else's phone without permission -Provide a private space for personal conversations -Keep individual private possessions safe and secure
Week	**Key terms**	**Additional information**
2	**Empowering and promoting independence** by involving individuals, where possible, in making choices, e.g. about treatments they receive or about how care is delivered **Respect** for the individual by respecting service users' needs, beliefs and identity **Maintaining confidentiality** (when dealing with records, avoiding sharing information inappropriately, e.g. gossip)	Some people will need help with Empowerment, because of their age, circumstances or levels of confidence for example… -children and young people -Children and adults with specific needs -individuals with learning disabilities -individual with physical disabilities -older people
Week	**Key terms**	**Additional information**
3	Preserving the **dignity** of individuals to help them maintain privacy and self-respect **Effective communication** that displays empathy and warmth **Safeguarding and duty of care**, e.g. maintaining a healthy and safe environment, keeping individuals safe from physical harm	What is target setting? S-Specific M-Measurable A-Achievable R-Realistic T-Time related
Week	**Key terms**	
4	Promoting **anti-discriminatory practice** by being aware of types of unfair discrimination and avoiding discriminatory behaviour. Information about a service user that a care worker may need to know: -Where they live -who they live with -planned treatment -religion and beliefs -next of kin -test results	**Types of discriminatory behaviour?** -making insulting comments in person or via social media -excluding -spreading rumours -taking part in hate crimes -making someone look silly in front of others -not giving out necessary information

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**

Questions	Notes

Summary

Date / / Topic

WEEK 3

Questions	Notes

Summary

Date / / **Topic**

Questions	Notes

Summary

Date / / Topic

WEEK 5

Questions	Notes

Summary

Date / / **Topic**

Questions	Notes

Summary

Revision Page

Revision Page

Revision Page

Revision Page

Revision Page

Revision Page

Revision Page

Revision Card on Empowerment and Independence	Answers
1.What are the seven core care values? 2. What kind of people might need help with empowerment? 3. What are the causes of loss of independence? 4. Identify some 'aids' for independence'? 5. What is person centred approach? 6. How can you show show respect? 7. What are the 6 C's of care?	

Revision Card on Promoting anti discriminatory practice.	Answers
1. What might individuals be discriminated based upon? 2. Identify types of discriminatory behaviour? 3. What are the effects of discrimination on self esteem? 4. What are the effects of discimination on social development? 5. Identify the main sign of abuse? 6. What is meant by 'Duty of Care'? 7. How could you safeguard nay individual from harm?	

Revision Card on 'Abuse'	Answers
1. What is meant by physical abuse? 2. What is meant by Emotional abuse? 3. What is meant by sexual abuse? 4. What is meant by the term neglect? 5. What is meant by cyberbullying? 6. What is meant by Institutional abuse? 7. What is meant by Financial abuse?	