



Putteridge
High
School

Extended Learning Health and Social Care Years 9, 10 & 11



Putteridge
High
School

Health and Social Care Year 9



Extended Learning Opportunities

Subject: Btec Health and Social Care

Year: 9

Topic: Unit 1 – Human Lifespan Development - Learning Aim A

Learners will investigate how, in real situations, human development is affected by different factors and that people deal differently with life events

Module Background

How do people grow and develop through their lives? How can factors such as lifestyle choices and relationships affect this? Understanding these processes is essential knowledge and understanding for health and social care practitioners.

In this component, you will study how people grow and develop over the course of their life, from infancy to old age, this includes physical, intellectual, emotional and social development and the different factors that may affect them. An individual's development can be affected by major life events, such as marriage, parenthood or moving house, and you will learn about how people adapt to these changes, as well as the types and sources of support that can help them.

Learning Objectives

- To explore how individuals develop physically, emotionally, socially and intellectually over time
- To Investigate how various factors, events and choices may impact on individuals' growth and development
- To discover how people adapt to life events and cope with making decisions

Extended Learning Opportunities

- www.ageuk.org.uk/ *Age UK* – a charity for older people. Provides information on factors and events that impact on older people and explains sources of support. Students may need direction to relevant/suitable pages.
- www.barnardos.org.uk, *Barnardo's Believe in Children* – has information on factors and life events that impact on infants, children and adolescents. Students may need direction to relevant/suitable pages.
- *Classification of motor skills: skill acquisition (fine/gross..serial..)*, available from: www.youtube.com/watch?v=MyJzoXqfVx4 – a video clip that demonstrates the difference between gross and fine motor skills in adults and gives descriptions/differences between each aspect of physical development.
- *Talking twin babies – part 1*, available from: www.youtube.com/watch?v=lih0Z2IblUQ – a video clip that shows babies clearly communicating but not yet using words.



- *Teen self-esteem*, available from: www.youtube.com/watch?v=CxsBxhwzw58%20– a video clip of teenage self-esteem and how to talk about self-esteem.

How Parents can help - Read through and discuss the task and feedback with your child so they understand what they need to do.

- Go through the task sheet and assessment criteria to help them plan.
- Read through the course textbook and revision guides with your child to ensure they understand the key ideas and concepts (you could test them for example).



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Health and Social Care Year 10



Extended Learning Opportunities

Subject: Btec Health and Social Care

Year: 10

Topic: Unit 2 – Health and Social Care Services and Values - Learning Aim A

Learners study and explore practically, health and social care services and how they meet the needs of real service users. They also develop skills in applying care values.

Module Background

At some point in your life you will need health care. It is likely that you have already had an Appointment with a doctor. If you did, you are described as a 'service user'. This means that you have been given health care from a person who was trained to give you care – they are called 'service providers'.

You might know someone who needs social care. This is different from health care, although both types of care are closely linked. People who need social care are not always ill – they may be unable to carry out everyday activities like getting dressed or feeding themselves, or they may need help with their day-to- lives. Providing good health and social care services is very important and a set of 'care values' exists to ensure that this happens.

Care values are important because they enable people who use health and social care services to get the care they need and to be protected from different sorts of harm. This component will give you an understanding of health and social care services and will help you develop skills in applying care values that are common across the sector (some of which are transferable to other sectors that involve interactions with clients or customers).

Learning Objectives

- Learn which health and social care services are available
- Identify why people might need to use these services
- Discover who's involved in providing these services
- Explore what might stop people from accessing the services they need
- Look at the care values the has to make sure people get the care and protection they need

Extended Learning Opportunities

- www.nhsprofessionals.nhs.uk/Pages/Allied-Health-Professionals.aspx 'Allied health professionals', *NHS Professionals* – a valuable resource providing information on AHPs.
- www.nhs.uk/Conditions/social-care-and-support-guide/Pages/services-for-children-and-young-people.aspx 'Children and young people's services', *NHS Choices* – a useful resource that explains a range of children and young people's services. 'Caring for Jasmine – meet the family' gives an insight to family experience of caring for a child with additional needs.



- www.nhs.uk/NHSEngland/AboutNHSservices/dentists/Pages/nhs-dental-charges.aspx 'NHS dental services explained', *NHS Choices* – useful to raise awareness of costs applied to NHS services, also a good resource to develop maths skills.
- www.nhs.uk/pages/home.aspx 'Home page', *NHS Choices* – a useful resource which offers a wide range of information around health as well as links to sources of advice, care and support.
- www.scie.org.uk/socialcaretv/video-player.asp?v=personal-hygiene;
www.scie.org.uk/socialcaretv/video-player.asp?v=privacy Short video on dignity from the Social Care Institute for Excellence
- www.scie.org.uk/socialcaretv/video-player.asp?v=social-inclusion Short video on social inclusion from the Social Care Institute for Excellent – [may be useful here to demonstrate a range of anti-discriminatory practice.](#)

How Parents can help - Read through and discuss the task and feedback with your child so they understand what they need to do.

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- Read through the course textbook and revision guides with your child to ensure they understand the key ideas and concepts (you could test them for example).



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Health and Social Care Year 11



Extended Learning Opportunities

Subject: Btec Health and Social Care

Year: 11

Module 3: Health and Wellbeing

Topic:

Learners will study the factors that affect health and wellbeing, learning about physiological and lifestyle indicators, and how to design a health and wellbeing improvement plan.

Module Background

What does being healthy actually mean? It can mean different things to different people: you might think 'healthy' is not having to visit the doctor but an older person might consider it being mobile and able to get out and about, being happy and having friends.

In this component, you look at the factors that can have a positive or negative influence on a person's health and wellbeing. You will learn to interpret physiological and lifestyle indicators, and what they mean for someone's state of health. You will learn how to use this information to design an appropriate plan for improving someone's health and wellbeing, including short-and long-term targets. Additionally, you will explore the difficulties an individual may face when trying to make these changes

Learning Objectives

- Learn what 'being healthy' means to different people
- Explore the different factors that might influence health and wellbeing
- Create a health and wellbeing improvement plan for that person which includes targets

Extended Learning Opportunities

- www.drinkaware.co.uk/alcohol-facts/drinking-habits-and-behaviours 'Alcohol', *Drinkaware* – useful information on health effects of alcohol and binge drinking.
- *Health and hygiene problems that teenagers face when growing up*, available from: www.youtube.com/watch?v=A9cHY6jrLes – a video of personal hygiene from Teen Health and Hygiene.
- *How air pollution is damaging our health*, available from: www.youtube.com/watch?v=MoGCU8q7zFo – a video clip on pollution.
- *How to measure your own blood pressure*, available from: www.youtube.com/watch?v=GSNZVaW1Wg4 – a video clip by the British Heart Foundation showing how to measure your blood pressure.
- *How to use a peak flow meter*, available from: www.youtube.com/watch?v=DxBdfqPmaZU – a video clip by Asthma UK showing you how to use a peak flow meter correctly.



- *Understanding BMI results in adults*, available from: www.nhs.uk/video/pages/understanding-bmi-results.aspx – a short video clip by NHS Choices on BMI in adults
- *Sedentary lifestyle can kill*, available from: www.bbc.co.uk/news/health-18880989 – a video clip by the BBC on the dangers of an inactive lifestyle.

How Parents can help - Read through and discuss the task and feedback with your child so they understand what they need to do.

- Go through the task sheet and assessment criteria to help them plan.
- Read through the course textbook and revision guides with your child to ensure they understand the key ideas and concepts (you could test them for example).