Oasis Brightstowe Health and Social Care

Long Term Plan

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| **Year 10*** **Overview**

Health and Social Care equips students at Oasis Academy Brightstowe to discover the impact of positive and negative human development and how to critically analyse how these factors affect our day to day lives. Health and Social Care enables students to explore academically and practically areas that influence how we develop throughout life stages and in turn raise expectations of how we can live successful and healthy lives now and in our future. The course comprises of three components: Component 1 and Component 2 are assessed in coursework controlled assessments in dedicated assessment windows set by the Pearson exam board; Component 3 is assessed in a 2 hour exam in the Y11 summer exam window.In Year 10 students will complete Component 1: Human Lifespan and Development and sit the Pearson Set Assignment (PSA) in the first window in February in Spring 1. Students will then begin learning Component 2: Health and Social Care Services and Values in preparation for sitting the PSA in the next assessment window in Year 11.  |
| **Year 10** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
|  | **Component 1: Human Lifespan and Development****Topic:**  Understanding human growth and development across life stages (Learning outcome A1)Learners will explore different aspects of growth and development across the life stages using the physical, intellectual, emotional and social (PIES) classification.The six life stages:1. Infancy (birth to 2 years)
2. Early childhood (3–8 years)
3. Adolescence (9–18 years)
4. Early adulthood (19–45 years)
5. Middle adulthood (46–65 years)
6. Later adulthood (65+ years)
 | **Topic:**  Factors affecting growth and development (Learning outcome A2)Learners will explore the different factors that can affect an individual’s growth and development. The factors:1. Physical factors
2. Lifestyles factors
3. Emotional factors
4. Social factors
5. Cultural factors
6. Environmental factors
7. Economic factors

**Topic:**  Understanding the different types of life event (Learning outcome B1)Learners will explore life events that occur in an individual’s life and the impact on people’s PIES development.Life events:1. Health and wellbeing
2. Relationship changes
3. Life circumstances
 | **Topic:** Coping with change caused by life events (Learning outcome B2)Learners will explore how individuals can adapt or be supported through changes caused by life events. People may react very differently to the same type of event.* The character traits that influence how individuals cope
* The sources of support that can help individuals adapt
* The types of support that can help individuals adapt

**February - Complete Pearson Set Assignment for Component 1**  | **Component 2: Health and Social Care Services and Values****Topic:** Understanding the different types of health and social care services (Learning outcome A1)Learners will explore a range of healthcare conditions and how they can be managed by the individual and the different healthcare services that are available.Health conditions:* Arthritis
* Cardiovascular conditions
* Diabetes (type 2)
* Dementia
* Obesity
* Respiratory conditions
* Additional needs – sensory impairments, physical impairments, learning disability.

Health services available:* Primary care
* Secondary care
* Tertiary care
* Allied health professionals
* Multidisciplinary team working
 | **Topic:**  Social care services (Learning Outcome A2)Learners will explore a range of social care needs and how these can be met by the social care services that are available* Social care
* Social care services
* Informal care
* Voluntary care

**Topic:** Barriers to accessing services (Learning Outcome A3)Learners will explore barriers that can make it difficult to use these services and suggest how these barriers can be overcomeTypes of barriers:* Physical barriers
* Sensory barriers
* Social and cultural barriers
* Language and speech barriers
* Geographical barriers
* Learning disability barriers
* Financial barriers
 | **Topic:** The skills, attributes and values in health and social care (Learning outcomes B1 and B2)Learners will explore the skills, attributes and values that are required when planning and delivering care. Skills:* Problem solving
* Observation
* Dealing with difficult situations
* Organisation

Attributes:* Empathy
* Patience
* Trustworthiness
* Honesty

The 6 Cs:* Care
* Compassion
* Competence
* Communication
* Courage
* Commitment

**Topic:** The obstacles individuals requiring care may face Learning outcome B3)Learners will explore the personal obstacles that individuals receiving care may face.Potential obstacles:* Emotional/psychological
* Time constraints
* Availability of resources
* Unachievable targets
* Lack of support
* Other factors specific to the individual
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| **Year 11*** **Overview**

In Y11 student will compete Component 2 and the Pearson Set Assignment (PSA) in the October window in Autumn 1. They will then complete Component 3: Health and wellbeing which is assessed in the summer exam window. Component 3 links to and extends knowledge and understanding topics covered in Component 1 and 2 and requires students to use this knowledge to assess health of individual and create a health and wellbeing improvement plan, with recommendations to improve health but also understanding the barriers to achieving these recommendations. |
| **Year 11** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
|  | **Topic:** The benefits to individuals of the skills, attributes and values in health and social care practice (Learning outcome B4)Learners will explore how skills, attributes and values benefit individuals when receiving care.Individuals will:* be supported to overcome their own personal obstacles
* receive high quality care
* receive person-centred care based on individual wishes
* be treated with respect
* not be discriminated against
* be empowered and have independence
* be involved in care decisions
* be protected from harm
* feel comfortable to raise complaints
* have their dignity and privacy protected
* have their confidentiality protected
* have their rights promoted

**October - Complete Pearson Set Assignment for Component 2** | **Component 3: Health and Wellbeing****Topic:** Factors affecting health and wellbeing (Learning outcome A1)Learners will explore how factors can affect an individual’s health and wellbeing positively or negatively. Factors that affect the current health and wellbeing of individuals:1. Physical factors
2. Lifestyle factors
3. Social factors
4. Cultural factors
5. Economic factors
6. Environmental factors

The impact on physical, intellectual, emotional and social health and wellbeing of different types of life event | **Topic:** Interpreting physiological health indicators (Learning outcome B1)Learners will explore how physiological indicators are used to measure health.* Resting heart rate
* Heart rate after exercise
* Blood pressure
* Body mass index (BMI)

The potential significance or abnormal readings:* Impact on current physical health (short-term risks)
* Potential risks to physical health (long-term risks).

**Topic:** Interpreting lifestyles health indicators (Learning outcome B2)Learners will explore how lifestyle choices determine physical health* Nutrition
* Physical activity
* Smoking
* Alcohol
* Substance misuse (drugs)
 | **Topic:** Person-centred approach to improving health and wellbeing (Learning outcome C1)Learners will explore the use of the person-centred approach in health and social care settings. * How a person-centred approach considers an individual’s needs, wishes and circumstances
* The importance of a person-centred approach
* Benefits of a person-centred approach for health and social care workers

**Topic:** Recommendations and actions to improve health and wellbeing (Learning outcome C2)Learners will explore recommendations and actions that are aimed at improving health and wellbeing, alongside support available for achieving this. * Recommendations to improve health and wellbeing
* Support available to achieve recommendations

**Topic:** Barriers and obstacles to following recommendations (Learning outcome C3)Learners will explore the barriers and obstacles that individuals can face when following recommendations and the unique ways that they may be overcome. * Barriers to achieving the recommendations
* Physical barriers

Obstacles:* Emotional/psychological
* Time constraints
* Availability of resources
* Unachievable resources
* Lack of support
 | **Topic:** Revision for Component 3: Health and Wellbeing **May/June- Sit Component 3 exam** |  |