

Week Commencing	Curriculum Time	Homework/Revision topic	Supporting resources	Further Support
4 th March 2024	Lesson 1: Health indicators	Topic: Health indicators (lesson 1) <ul style="list-style-type: none"> ➤ Pulse rate 	https://www.bhf.org.uk/information-support/tests/checking-your-pulse (how to take your pulse rate) revision guide page 79 class revision guide 9 – 14 exam question	Revision in T11 every Monday 3.15pm – 4.15pm
	Lesson 2: Health indicators Lesson 3: Interpretation of data	Topic: Health indicators (lesson 2) <ul style="list-style-type: none"> ➤ Blood pressure ➤ Body Mass Index 	https://www.bloodpressureuk.org/your-blood-pressure/how-to-lower-your-blood-pressure/monitoring-your-blood-pressure-at-home/how-to-measure-your-blood-pressure-at-home/ (how to take your blood pressure) https://www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/calculate-bmi-for-adults (Checking BMI) Revision guide pages: 80 – 81 Class revision guide pages: 16 – 22 and 27 – 30	Revision
		Topic: Interpretation of data (lesson 3) <ul style="list-style-type: none"> ➤ Nutrition ➤ physical activity 	https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/ the Eatwell guide https://www.nhs.uk/live-well/exercise/exercise-health-benefits/ the benefits of exercise revision guide page: 82	


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<p>11th March 2024</p>	<p>Lesson 1: Interpretation of data</p> <p>Lesson 2: Person centred approach</p>	<p>Topic: Interpretation of data (lesson 4)</p> <ul style="list-style-type: none"> ➤ smoking ➤ alcohol and substance misuse <p>Topic: Person centred approach: (lesson 5)</p>	<p>https://www.nhs.uk/common-health-questions/lifestyle/what-are-the-health-risks-of-smoking/ dangers of smoking</p> <p>https://www.youtube.com/watch?v=Y18Vz51Nkos effects of smoking on the body</p> <p>revision guide page: 83</p> <p>class revision guide pages: 34 – 48</p> <p>https://www.youtube.com/watch?v=abT4f2KbGS0&list=PLp8BSCLLWBUBEKyZMjBaT4v0dlunPHu2w&index=29-overall revision of interpretation of data</p> <p>textbook pages: 190 – 191</p> <p>revision guide: pages 84 – 85</p> <p>https://www.youtube.com/watch?v=rM9QAxFSBMU – how the person-centred approach can be used in Health and Social Care</p> <p>https://www.youtube.com/watch?v=h20SIhv2Fdw&list=PLp8BSCLLWBUBEKyZMjBaT4v0dlunPHu2w&index=30 overall revision for person centred approach</p>	<p>Revision in T11 every Monday 3.15pm – 4.15pm</p>
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18 th March 2024	Lesson 1: revision and topic test	Lesson 6 – revision and topic test (learning outcome A&B)	All revision materials so far	Revision in T11 every Monday 3.15pm – 4.15pm
	Lesson 2: recommendatio ns and actions to improve health and well – being	Topic: recommendations and actions to improve health and well – being (lesson 7)	https://www.england.nhs.uk/supporting-our-nhs-people/health-and-wellbeing-programmes/nhs-health-and-wellbeing-framework/elements-of-health-and-wellbeing/improving-personal-health-and-wellbeing/ - tips to improve health and well being textbook – pages 194 – 195 revision guide: page 86 class revision guide 10 – 13	
	Lesson 3: support available when following recommendatio ns to improve health and wellbeing	Topic: support available when following	https://getrevising.co.uk/diagrams/formal-support - spider diagram of formal support	



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		recommendations to improve health and wellbeing (lesson 8)	 FORMAL SUPPORT.docx https://quizlet.com/gb/473057003/formal-support-1-flash-cards/ https://www.youtube.com/watch?v=6bZ5hneos24 (young career/informal care) https://www.youtube.com/watch?v=um8MqZMG-QA&list=PLp8BSCLLWBUBEKyZMjBaT4v0dlunPHu2w&index=31 overall revision for support class revision guide page: 23 revision guide page: 87	
25 th March 2024	Lesson 1: Barriers that stop patients from improving health and wellbeing: Physical and sensory impairment	Topic: Barriers that stop patients from improving health and wellbeing: Physical and sensory impairment (lesson 9)	https://www.theguardian.com/inequality/2017/nov/15/whats-life-really-like-for-disabled-peopld-disability-diaries-reveal-all what its like living with a disability https://www.youtube.com/watch?v=bEbSQ2AgSe4 – living with a visual impairment revision guide page: 88	Revision in T11 every Monday 3.15pm – 4.15pm
	Lesson 2: Social, cultural, language and speech impairment barriers	Social, cultural, language and speech impairment barriers (lesson 10)	https://www.nhs.uk/conditions/social-care-and-support-guide/practical-tips-if-you-care-for-someone/how-to-care-for-someone-with-communication-difficulties/ NHS speech disorders https://studyrocket.co.uk/revision/level-1-health-and-social-care-btec/effective-communication-in-health-and-social-care/barriers-to-effective-communication-in-health-and-social-care-situations revision guide page: 88	

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1 st April 2024 <i>Easter holiday</i>				
8 th April 2024 <i>Easter holiday</i>				
15 th April 2024	Lesson 1: Barriers that stop patients from improving health and wellbeing: Geographical barriers	Topic: Barriers that stop patients from improving health and wellbeing: Geographical barriers (lesson 11)	Textbook page 202 Revision guide: 89 https://getrevising.co.uk/diagrams/barriers_to_achieving_a_healthy_lifestyle barriers mind map	Revision in T11 every Monday 3.15pm – 4.15pm
	Lesson 2: Resource and financial barriers	Resource and financial barriers (lesson 12)	Textbook page: 203 Revision guide: 203 https://quizlet.com/gb/482008416/health-and-social-care-c3-revision-q6-flash-cards/ - general barriers	
	Lesson 3: Emotional/psychological obstacles	Emotional/psychological obstacles (lesson 13)	Textbook pages: 204 – 205 Revision guide page: 90 https://prezi.com/wq-688bwt6g_/barriers-to-accessing-health-social-care-and-early-years-services/ general barriers	

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	Student led revision		 revision booklet 4.docx  C Booklet 1 5.docx	
6 th May 2024	External exams begin			
Examination Dates	Paper 1 - Paper 2 -			