

BTEC Health and Social Care Year 11 12-Week Plan 2025

Week Commencing	Curriculum Time	Homework/revision topic	Supporting resources	Further Support
6 th January 2025	Lesson 1 Inherited conditions Lesson 2 Physical factors	Physical factors that can have positive or negative effects on health and wellbeing <ul style="list-style-type: none"> • inherited conditions – sickle cell disease, cystic fibrosis • physical ill health – cardiovascular disease, obesity, type 2 diabetes • mental ill health – anxiety, stress • physical abilities • sensory impairments 	Revision guide pages: 63 – 65 Class revision booklet pages – component 3 Part 1 - pages: 4 – 24 YouTube revision video why do we get cardiovascular disease https://www.youtube.com/watch?v=UN5BIPfMUkg Past Paper exam question 5	This topic will be covered on Monday 13th January in T11
13 th January 2025	Lesson 1 Lifestyle factors: nutrition and physical activity	Lifestyle factors that can have positive or negative effects on health and wellbeing:	Revision guide page: 66 Class revision guide Component 3 Part 2 - pages: 2 – 14	This topic will be covered on Monday 20th January in T11

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	<p>Lesson 2 Lifestyle factors: smoking, alcohol and substance misuse</p>	<ul style="list-style-type: none"> • nutrition • physical activity • smoking • alcohol • substance misuse. 	<p>Class revision guide: Component 3 Part 1 – pages: 25 – 42</p> <p>You tube revision video https://www.youtube.com/watch?v=v1iUPtEdFJg https://www.youtube.com/watch?v=YxGqprKIOAc</p> <p><u>Past Paper</u></p> <p>exam question 1</p>	
<p align="center">20th January 2025</p>	<p>Lesson 1 Social factors: relationships Lesson 2 Social factors: bullying and discrimination Lesson 3 Cultural factors: religion</p>	<p>Social factors that can have positive or negative effects on health and wellbeing:</p> <ul style="list-style-type: none"> • supportive and unsupportive relationships with others – friends, family, peers and colleagues • social inclusion and exclusion • bullying • discrimination <p>Cultural factors that can have positive or negative effects on health and wellbeing:</p> <ul style="list-style-type: none"> • Religion 	<p>Revision guide page: 66</p> <p>Class revision guide Component 3 Part 2 - pages: 2 – 14 Class revision guide: Component 3 Part 1 – pages: 25 - 42 You tube revision video https://www.youtube.com/watch?v=v1iUPtEdFJg https://www.youtube.com/watch?v=YxGqprKIOAc</p> <p><u>Past Paper</u></p> <p>exam question 1</p> <p>https://www.youtube.com/watch?v=j0Khj0TxUqQ – you tube video on effects of social exclusion</p>	<p align="center">This topic will be covered on Monday 27th January in T11</p>

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		<ul style="list-style-type: none"> Community participation 		
27 th January 2025	<p>Lesson 1 Cultural factors: gender roles Lesson 2 Economic factors</p>	<p>Cultural factors that can have positive or negative effects on health and wellbeing:</p> <ul style="list-style-type: none"> gender roles and expectations gender identity sexual orientation community participation <p>Economic factors that can have positive or negative effects on health and wellbeing:</p> <ul style="list-style-type: none"> employment situation financial resources – income, inheritance, savings. <p>Environmental factors that can have positive or negative effects on health and wellbeing:</p>	<p>Revision guide: Pages: 68 – 69</p> <p>Text book pages: 156 – 159</p> <p>Revision guide: Page: 72 Revision Guide: Component 3: Page 5</p> <p>Past Paper</p> <p>Exam paper – questions 4 Exam paper – question 9</p> <p>https://www.youtube.com/watch?v=FRN4c_CDRAg Professor Green growing up poor</p>	<p>This topic will be covered on Monday 24th February in T11</p>


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		housing needs, conditions, location		
3 rd February 2025		MOCK Exams		
10 th February 2025				
17 th February 2025		FEBRUARY HALF TERM		
24 th February 2025	Lesson 1 Environmental factors: housing and environment Lesson 2 Environmental factors: pollution Lesson 3 The impact of life events	Environmental factors that can have positive or negative effects on health and wellbeing: housing needs, conditions, location	Revision guide: Pages: 70 – 71 Revision Guide: Component 3: Page 7 https://www.youtube.com/watch?v=b2vYlXyaPL4 ITV news report – social housing issues Past Paper exam question 7 exam question 10	
3 rd March 2025	Lesson 1 Health indicators: pulse rate Lesson 2	Health indicators including: <ul style="list-style-type: none"> • Health monitoring and illness prevention 	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	This topic will be covered on Monday 17 th March in T11

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	<p>Health indicators: blood pressure, BMI</p> <p>Lesson 3</p> <p>Interpretation of data</p>	<ul style="list-style-type: none"> • Measurable indicators • Pulse rate • Blood pressure • BMI <p>Using published guidelines to interpret health indicators:</p> <ul style="list-style-type: none"> • Published guidelines and baseline assessments • Interpretation of data on lifestyle • 	<p>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)</p> <p>https://www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/calculate-bmi-for-adults (Checking BMI)</p> <p>Revision guide pages: 80 – 81</p> <p>Class revision guide pages: 16 – 22 and 27 – 30</p> <p>https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/ the Eatwell guide</p> <p>https://www.nhs.uk/live-well/exercise/exercise-health-benefits/ the benefits of exercise</p> <p>revision guide page: 82</p>	
10 th March 2025		Mock exams		
10 th March 2025	<p>Lesson 1</p> <p>Person Centred Approach</p> <p>Lesson 2</p> <p>Recommendations and actions to improve health and well – being</p>	<p>The ways in which a person-centred approach takes into account an individual's choices</p> <ul style="list-style-type: none"> • The importance of a person-centred 	<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>This topic will be covered on Monday 24th March in T11</p>

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		<p>approach for individuals</p> <ul style="list-style-type: none"> The benefits of a person-centred approach for health and social care workers and services <p>Recommendations and actions to improve health and wellbeing:</p> <ul style="list-style-type: none"> Established recommendations for helping to improve health and wellbeing Support available when following recommendations to improve health and wellbeing 	<p>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</p> <p>textbook – pages 194 – 195 revision guide: page 86 class revision guide 10 – 13</p> <p>https://getrevising.co.uk/diagrams/formal-support - spider diagram of formal support</p> <p> FORMAL SUPPORT.docx</p> <p>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</p> <p>class revision guide page: 23 revision guide page: 87</p>	
<p>17th March 2025</p>	<p>Lesson 1 Physical and sensory barriers Lesson 2 Social and cultural barriers Lesson 3</p>	<p>Potential barriers as appropriate to the individual and the recommendation to overcome these barriers:</p>	<p>https://www.theguardian.com/inequality/2017/nov/15/whats-life-really-like-for-disabled-people-disability-diaries-reveal-all what its like living with a disability https://www.youtube.com/watch?v=bEbSQ2AgSe4 – living with a visual impairment</p> <p>revision guide page: 88</p>	<p>This topic will be covered on Monday 31st March in T9</p>







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	Speech and language barriers	<ul style="list-style-type: none"> • physical barriers • barriers to people with sensory disability • barriers to people with different social and cultural backgrounds • barriers to people that speak English as an additional language or those who have language or speech impairments 	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	
24 th March 2025	Lesson 1 Geographical barriers Lesson 2 Resource and financial	Potential barriers as appropriate to the individual and the recommendation to overcome these barriers: <ul style="list-style-type: none"> • Geographical barriers • resource barriers for service provider 	Textbook page 202 Revision guide: 89 https://getrevising.co.uk/diagrams/barriers_to_achieving_a_healthy_lifestyle barriers mind map Textbook page: 203 Revision guide: 203 https://quizlet.com/gb/482008416/health-and-social-care-c3-revision-q6-flash-cards/ - general barriers	

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		<ul style="list-style-type: none"> financial barrier 		
31 st March	<p>Lesson 1 Emotional/psychological obstacles</p> <p>Lesson 2 Obstacles caused by time constraints/availability of resources</p> <p>Lesson 3 Obstacles caused by unachievable targets and lack of support</p>	<p>Potential obstacles as appropriate to the individual and the recommendations to overcome these obstacles:</p> <ul style="list-style-type: none"> emotional/psychological time constraints availability of resources unachievable targets lack of support. 	<p>https://www.youtube.com/watch?v=H3V0MwxEuX8&list=PLp8BSCLLWBUBEKyZMjBaT4v0dlunPHu2w&index=32 – general barriers/obstacles revision</p>	<p>This topic will be covered on Monday 28th April in T9</p>
7 th April 2025		Easter Holidays		
14 th April 2025				
21 st April 2025	<p>Lesson 1 Practice questions</p> <p>Lesson 2 Revision</p>	<p>Topics based on mocks and skills analysis</p>	<p>https://qualifications.pearson.com/content/dam/secure/silver/all-uk-and-international/btec-tech-awards/health-and-social-care/2022/external-assessments/btec-1112-tech-award-health-social-care-bhs03-unit-3-jan-24-past-paper.pdf</p> <p>https://www.tutor2u.net/hsc/blog/btec-tech-award-exam-paper-walkthrough</p>	<p>Revision topics will be covered on Tuesday 6th May in T9</p>

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			 revision booklet.docx  revision booklet 4.docx  C Booklet 1 5.docx	
28 th April 2025	Lesson 1 Practice questions Lesson 2 Walking talking mock	Topics based on mocks and skills analysis	https://qualifications.pearson.com/content/dam/secure/silver/all-uk-and-international/btec-tech-awards/health-and-social-care/2022/external-assessments/btec-l1 2-tech-award-health-social-care-bhs03-unit-3-jan-24-past-paper.pdf https://www.tutor2u.net/hsc/blog/btec-tech-award-exam-paper-walkthrough  revision booklet.docx  revision booklet 4.docx  C Booklet 1 5.docx	Revision topics will be covered on Tuesday 6 th May in T9

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8 th May 2025	External examinations begin
Examination Dates	Wednesday 9 th May (pm)