

BTEC Health and Social Care Year 11 12-Week Plan 2026

Week Commencing	Curriculum Time	Homework/revision topic	Supporting resources	Further Support
24 th Nov	Task 4 - skills	PSA completion	https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/health-and-social-care/2022/specification-and-sample-assessments/btec-tech-award-health-and-social-care-spec.pdf	
1 st Dec	Task 5 – case study	PSA completion	https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/health-and-social-care/2022/specification-and-sample-assessments/btec-tech-award-health-and-social-care-spec.pdf	
8 th Dec	Final improvements	PSA completion	https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/health-and-social-care/2022/specification-and-sample-assessments/btec-tech-award-health-and-social-care-spec.pdf	
15 th Dec	Final improvements	PSA completion	https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/health-and-social-care/2022/specification-and-sample-assessments/btec-tech-award-health-and-social-care-spec.pdf	
	CHRISTMAS HOLIDAYS			
6 th January 2026	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 	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	This topic will be covered on Monday 13th January in T11

BTEC Health and Social Care Year 11 12-Week Plan 2026

		<ul style="list-style-type: none"> physical ill health – cardiovascular disease, obesity, type 2 diabetes mental ill health – anxiety, stress physical abilities sensory impairments 	https://www.youtube.com/watch?v=UN5BIPfMUkg https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/health-and-social-care/2022/specification-and-sample-assessments/btec-l1l2-tech-award-health-social-care-bhs03-sept-2022.pdf exam question 5	
13 th January 2026	Lesson 1 Lifestyle factors: nutrition and physical activity Lesson 2 Lifestyle factors: smoking, alcohol and substance misuse	Lifestyle factors that can have positive or negative effects on health and wellbeing: <ul style="list-style-type: none"> nutrition physical activity smoking alcohol substance misuse. 	Revision guide page: 66 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 https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/health-and-social-care/2022/specification-and-sample-assessments/btec-l1l2-tech-award-health-social-care-bhs03-sept-2022.pdf exam question 1	This topic will be covered on Monday 20th January in T11
20 th January 2026	Lesson 1 Social factors: relationships	Social factors that can have positive or negative effects on health and wellbeing:	Revision guide page: 66	This topic will be covered on

BTEC Health and Social Care Year 11 12-Week Plan 2026

	<p>Lesson 2 Social factors: bullying and discrimination Lesson 3 Cultural factors: religion</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 Community participation 	<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 https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/health-and-social-care/2022/specification-and-sample-assessments/btec-l1l2-tech-award-health-social-care-bhs03-sept-2022.pdf exam question 1 https://www.youtube.com/watch?v=j0Khj0TxUqQ – you tube video on effects of social exclusion</p>	<p>Monday 27th January in T11</p>
<p>27th January 2026</p>	<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 	<p>Revision guide: Pages: 68 – 69 Text book pages: 156 – 159 Revision guide: Page: 72 Revision Guide: Component 3: Page 5 https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/health-and-social-care/2022/specification-and-sample-assessments/btec-l1l2-tech-award-health-social-care-bhs03-sept-2022.pdf Exam paper – questions 4 Exam paper – question 9</p>	<p>This topic will be covered on Monday 24th February in T11</p>


BTEC Health and Social Care Year 11 12-Week Plan 2026

		<ul style="list-style-type: none"> financial resources – income, inheritance, savings. <p>Environmental factors that can have positive or negative effects on health and wellbeing: housing needs, conditions, location</p>	https://www.youtube.com/watch?v=FRN4c_CDRAg Professor Green growing up poor	
3 rd February 2026		MOCK Exams		
10 th February 2026				
17 th February 2026		FEBRUARY HALF TERM		
24 th February 2026	Lesson 1 Environmental factors: housing and environment Lesson 2 Environmental factors: pollution Lesson 3 The impact of life events	<p>Environmental factors that can have positive or negative effects on health and wellbeing: housing needs, conditions, location</p>	<p>Revision guide: Pages: 70 – 71 Revision Guide: Component 3: Page 7 https://www.youtube.com/watch?v=b2vYIXYaPL4 ITV news report – social housing issues</p> <p>https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/health-and-social-care/2022/specification-and-sample-assessments/btec-l1l2-tech-award-health-social-care-bhs03-sept-2022.pdf exam question 7 exam question 10</p>	

BTEC Health and Social Care Year 11 12-Week Plan 2026

3 rd March 2026	<p>Lesson 1 Health indicators: pulse rate</p> <p>Lesson 2 Health indicators: blood pressure, BMI</p> <p>Lesson 3 Interpretation of data</p>	<p>Health indicators including:</p> <ul style="list-style-type: none"> • Health monitoring and illness prevention • 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.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</p> <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) Revision guide pages: 80 – 81 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 revision guide page: 82</p>	<p>This topic will be covered on Monday 17th March in T11</p>
10 th March 2026		Mock exams		
10 th March 2026	<p>Lesson 1 Person Centred Approach</p> <p>Lesson 2</p>	<p>The ways in which a person-centred approach takes into account an individual's choices</p>	<p>textbook pages: 190 – 191 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>This topic will be covered on Monday 24th</p>




BTEC Health and Social Care Year 11 12-Week Plan 2026

	Recommendations and actions to improve health and well – being	<ul style="list-style-type: none"> The importance of a person-centred approach for individuals 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.youtube.com/watch?v=h20SIhv2Fdw&list=PLp8BSCLLWBUBEKyZMjBaT4v0dlunPHu2w&index=30 overall revision for person centred approach</p> <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>March in T11</p>
<p>17th March 2026</p>	<p>Lesson 1 Physical and sensory barriers Lesson 2</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</p>




BTEC Health and Social Care Year 11 12-Week Plan 2026

	Social and cultural barriers Lesson 3 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://studyrrocket.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	31 st March in T9
24 th March 2026	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 financial barrier 	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	
31 st March	Lesson 1 Emotional/psychological obstacles Lesson 2 Obstacles caused by time constraints/availability of resources	Potential obstacles as appropriate to the individual and the recommendations to overcome these obstacles: <ul style="list-style-type: none"> emotional/psychological time constraints availability of resources 	https://www.youtube.com/watch?v=H3V0MwxEuX8&list=PLp8BSCLLWBUBEKyZMjBaT4v0dlunPHu2w&index=32 - general barriers/obstacles revision	This topic will be covered on Monday 28th April in T9

BTEC Health and Social Care Year 11 12-Week Plan 2026

	Lesson 3 Obstacles caused by unachievable targets and lack of support	<ul style="list-style-type: none"> unachievable targets lack of support. 		
7 th April 2026		Easter Holidays		
14 th April 2026				
21 st April 2026	Lesson 1 Practice questions Lesson 2 Revision	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-l1l2-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
28 th April 2026	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-l1l2-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 topics will be covered on Tuesday

BTEC Health and Social Care Year 11 12-Week Plan 2026

			 revision booklet.docx  revision booklet 4.docx  C Booklet 1 5.docx	6 th May in T9
5 th May 2025	External examinations begin			
Examination Dates	Wednesday 10 th May (pm)			