

Topic	No of lessons	Key knowledge and skills	Resources	Progression and links	SEND/ More able	Assessment & recording; factual recall checks
Definition of health and well-being	1	<ul style="list-style-type: none"> Define health and well being Physical aspects of health, social and emotional aspects of well-being Factors that have positive/negative effects on health and well-being. 	BTEC tech award Health and Social Care student book p136-137 Health and wellbeing	CEIAG – All lessons link to health and social care professionals who would use information on PIES and lifestyle / health data to help make decisions on an individual's development; like health visitors, GP's, nurses, social workers etc	Some tasks are differentiated and provide scaffolding for SEND or stretch and challenge for the more able.	All lessons have a factual recall task at the start. Self and peer feedback on tasks
Physical and lifestyle factors that can have positive or negative effects on health and wellbeing	6	<ul style="list-style-type: none"> Name a variety of genetic diseases The biology of inheritance Effects of genetic inheritance on health and wellbeing Identify chronic and acute diseases Effect of diseases on health and well being Effects of diseases on PIES in the short and long term Identify components of a balanced diet Effects of diet on health and wellbeing 	BTEC tech award Health and Social Care student book p138-151 Physical and lifestyle factors			

		<ul style="list-style-type: none"> • Effects on your health of over-eating and under-eating • Identify the importance of exercise • Benefits of different types of exercise • The positive and negative effects of exercise at different life stages • Identify substances which can be misused • Harmful effects of smoking • Short and long term effects on health of specific substances • Identify areas of the body important in personal hygiene • Effects of poor personal hygiene on a person's health • The importance of personal hygiene when it comes to caring for others 				
<p>Social, emotional and cultural factors that can have positive or negative effects on health and wellbeing</p>	<p>4</p>	<ul style="list-style-type: none"> • Identify different types of relationships • Effects of supportive and unsupportive relationships • Effects of social integration and social isolation • Identify causes of stress • How stress may affect your health and wellbeing • Short and long term effects of stress • Identify reasons why individuals may not seek help from services • How personal beliefs and preferences prevent some 	<p>BTEC tech award Health and Social Care student book p152-159</p> <p>Social, emotional and cultural factors</p>			

		individuals accessing health and social care services				
Economic factors that can have positive or negative effects on health and wellbeing	1	<ul style="list-style-type: none"> Identify sources of a person's financial resources What an adequate income allows us to do The short and long term effects financial resources could have on an adult's health and wellbeing 	<p>BTEC tech award Health and Social Care student book p160-161</p> <p>Economic factors</p>			
Environmental factors that can have positive or negative effects on health and wellbeing	2	<ul style="list-style-type: none"> Identify environmental conditions that can affect our health Effects different types of pollution have on our health Effects of environmental conditions on PIES in the short and long term Identify ways housing conditions can affect our health How different home environments affect health and wellbeing Effects of housing conditions on PIES 	<p>BTEC tech award Health and Social Care student book p162-165</p> <p>Environmental factors</p>			
The impact of life events relating to relationship changes and changes in life circumstances	2	<ul style="list-style-type: none"> Identify the different types of relationship changes The positive and negative effects of a relationship change Effects of relationship changes on PIES Identify expected and unexpected life events Effects of imprisonment on PIES 	<p>BTEC tech award Health and Social Care student book p166-169</p> <p>The impact of life events</p>			

		<ul style="list-style-type: none"> • The positive and negative effects of imprisonment 				
Assessment	1	<ul style="list-style-type: none"> • Definition of health and well-being • Physical and lifestyle factors that can have positive or negative effects on health and wellbeing • Social, emotional and cultural factors that can have positive or negative effects on health and wellbeing • Economic factors that can have positive or negative effects on health and wellbeing • Environmental factors that can have positive or negative effects on health and wellbeing • The impact of life events relating to relationship changes and changes in life circumstances 	Assessments			Multiple choice and short answer questions on the previous lessons
Physiological Indicators	6	<ul style="list-style-type: none"> • Physiological indicators that are used to measure health: • pulse (resting and recovery rate after exercise) • blood pressure • peak flow • body mass index (BMI) • Using published guidance to interpret data relating to these physiological indicators • The potential significance of abnormal readings: risks to physical health 	<p>BTEC tech award Health and Social Care student book p170-181</p> <p>Physiological indicators</p>			

Lifestyle indicators	4	<ul style="list-style-type: none"> • Interpretation of lifestyle data, specifically risks to physical health associated with: • Smoking • alcohol consumption • inactive lifestyles 	<p>BTEC tech award Health and Social Care student book p182-189</p> <p>Lifestyle indicators</p>			
Assessment	1	<ul style="list-style-type: none"> • Physiological Indicators • Lifestyle indicators 	<p>Assessments</p>			Multiple choice and short answer questions on the previous lessons
Person centred approach	2	<ul style="list-style-type: none"> • The ways in which a person-centred approach takes into account an individual's: <ul style="list-style-type: none"> o needs – to reduce health risks o wishes – their preferences and choices o circumstances – to include age, ability, location, living conditions, support, physical and emotional health. • The importance of a person-centred approach for individuals: <ul style="list-style-type: none"> o makes them more comfortable with recommendations, advice and treatment o gives them more confidence in recommendations, advice and treatment o ensures their unique and personal needs are met o increases the support available to more vulnerable individuals o improves their independence o they are more likely to follow recommendations/actions to improve their health 	<p>BTEC tech award Health and Social Care student book p190-193</p>			

		<ul style="list-style-type: none"> o they are more motivated to behave in ways that positively benefit their health o they feel happier and more positive about their health and wellbeing. The benefits of a person-centred approach for health and social care workers and services: <ul style="list-style-type: none"> o it improves job satisfaction for health and social care workers o it saves time for health and social care services o it saves money for health and social care services o it reduces complaints about health and social care services and workers. 				
Recommendations	2	<ul style="list-style-type: none"> Established recommendations for helping to improve health and wellbeing: <ul style="list-style-type: none"> o improving resting heart rate and recovery rate after exercise o improving blood pressure o maintaining a healthy weight o eating a balanced diet o getting enough physical activity o quitting smoking o sensible alcohol consumption o stopping substance misuse. Support available when following recommendations to improve health and wellbeing: <ul style="list-style-type: none"> o formal support from professionals, trained volunteers, support groups and charities o informal support from friends, family, neighbours, community and work colleagues. 	BTEC tech award Health and Social Care student book p194-197			
Barriers / obstacles	8	<ul style="list-style-type: none"> Definition of barriers: something unique to the health and social 	BTEC tech award Health			

		<p>care system that prevents an individual accessing a service.</p> <ul style="list-style-type: none"> • Potential barriers as appropriate to the individual and the recommendation: <ul style="list-style-type: none"> o physical barriers o barriers to people with sensory disability o barriers to people with different social and cultural backgrounds o barriers to people that speak English as an additional language or those who have language or speech impairments o geographical barriers o resource barriers for service provider o financial barriers. • Definition of obstacles: something personal to an individual that blocks a person moving forward or when action is prevented or made difficult. • Potential obstacles as appropriate to the individual and the recommendation: <ul style="list-style-type: none"> o emotional/psychological o time constraints o availability of resources o unachievable targets o lack of support. 	<p>and Social Care student book p198-213</p> <p>Obstacles to implementing plans</p>			
Assessment	1	<ul style="list-style-type: none"> • person centred approach • recommendations • barriers / obstacles 	Assessments			Multiple choice and short answer questions on the previous lessons
Revision and past papers		<ul style="list-style-type: none"> • Definition of health and well-being • Physical and lifestyle factors that can have positive or negative effects on health and wellbeing 	Past papers			

		<ul style="list-style-type: none">• Social, emotional and cultural factors that can have positive or negative effects on health and wellbeing• Economic factors that can have positive or negative effects on health and wellbeing• Environmental factors that can have positive or negative effects on health and wellbeing• The impact of life events relating to relationship changes and changes in life circumstances• Physiological Indicators• Lifestyle indicators• person centred approach• recommendations• barriers / obstacles				
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