

Year 11 Health and Social Care Learning Programme 4

<p>The LORIC skill focus for this LP is: INITIATIVE.</p> <p>The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.</p> <p>Integrity - Having strong moral principles.</p> <p>Gratitude - Feeling and expressing thanks.</p> <p>What will I be learning about in this Learning Programme? Component 3 - Health and Wellbeing</p> <p>Where have I seen this learning before? I have already covered some of the content last LP and I might have covered it in PSHE</p> <p>What could I use it for? Component 3 Exam</p>		<p>Literacy:</p> <ul style="list-style-type: none"> • Capital letters must be used at the start of sentences and for the first letter of proper nouns • Full stops must be used at the end of a sentence • Question marks must be used at the end of a question • Apostrophes should only be used for possession or omission • Days of the week and months must be spelled correctly • Key words must be spelled correctly
<p>In LP4.1, I will know:</p> <p>measuring health and ill health; the benefits of health monitoring; prevention strategies; which equipment is used to measure health indicators.</p>	<p>04/03/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Measurements Prevention Indicators</p>	<p>Homework</p> <p>Complete revision guide task to consolidate learning.</p>
<p>In LP4.2, I will know:</p> <p>pulse rate; how to measure pulse rates; my own pulse rate; my own reading by making a graph and a conclusion.</p>	<p>11/03/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Systolic Diastolic Cardiovascular System</p>	<p>Homework</p> <p>Complete a mind map resource on pulse rate.</p>
<p>In LP4.3, I will know:</p> <p>blood pressure and peak flow; the blood pressure stages; risks of high and low blood pressure; my own peak flow reading.</p> <p>Extended Task.</p>	<p>18/03/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Hypertension Hypotension</p>	<p>Homework</p> <p>Answer exam style questions on blood pressure/</p>
<p>In LP4.4, I will know:</p> <p>BMI; how to calculate BMI; how to work out your own BMI and categorise it; how calculating BMI can prevent obesity.</p>	<p>25/03/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Mass Obesity Resources</p>	<p>Homework</p> <p>Create 7 flash card on key terms so far.</p>
<p>In LP4.5, I will know:</p> <p>interpreting health indicators; limitations of published baseline figures; which information is shown on the graph and why this is beneficial; solutions to having one abnormal result.</p>	<p>15/04/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Guidelines Limitations Abnormal</p>	<p>Homework</p> <p>Complete revision guide task to consolidate learning.</p>
<p>In LP4.6, I will know:</p> <p>lifestyle indicators; how data can be collected; whether smoking campaigns work; the implications of lifestyle factors.</p> <p>Extended Task.</p>	<p>22/04/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Lifestyle Target Statistics</p>	<p>Homework</p> <p>complete a set of exam style questions on lifestyle indicators.</p>
<p>In LP4.7, I will know:</p> <p>person centred care; what a person centred approach is; how a person centred approach could be used; what actions could be taken when health indicators are outside the 'normal' range.</p>	<p>29/04/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Improvement Person Centred Benefits</p>	<p>Homework</p> <p>Create a mind map resource on person centred care.</p>
<p>In LP4.8, I will know:</p> <p>recommendations; what SMART targets are; how recommendations could be followed; the recommendations made for specific individuals.</p>	<p>06/05/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Target Informal Formal</p>	<p>Homework</p> <p>Create flash cards for SMART targets.</p>
<p>Resources to support learning: BTEC Tech Award Textbook</p>		
<p>FFET Award Challenge for this Learning Programme: Visit a local care home and find out how their care workers meet the needs of individuals.</p>		

PRT Task 1

PRT Task 2