

Year 10 Health and Social Care Learning Programme 5

<p>The LORIC skill focus for this LP is: COMMUNICATION.</p> <p>The Moral Virtues focus for this LP are: COURAGE and HUMILITY.</p> <p>Courage - Acting with bravery and overcoming fears.</p> <p>Humility - Having a modest view of oneself.</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>What will I be learning about in this Learning Programme? I will be learning about Health and wellbeing.</p> <p>Where have I seen this learning before? Content may have been covered in PSHE and core PE.</p> <p>What could I use it for? I will use this learning in the 'Component 3 exam.</p>			
<p>In LP5.1, I will know: a definition of health and well being; factors that may impact someones health or wellbeing; Physical factors.</p>	<p>13/05/24 - (WK 1)</p>	<p>Key Vocabulary Holistic</p>	<p>Homework complete a Diary of your week, what things did you do that improved your health and wellbeing? What things may you have done that hindered it.</p>
<p>In LP5.2, I will know: what an inherited condition is; what Physical ill health is; how we can help someone with physical Ill health.</p>	<p>20/05/24 - (WK 2)</p>	<p>Key Vocabulary Physical Factors</p>	<p>Homework Research 1 inherited condition. How does the condition effect someones health and wellbeing?</p>
<p>In LP5.3, I will know: what mental ill health is; causes and factors that affect mental health; how we can help someone with mental health.</p> <p>Extended Task.</p>	<p>03/06/24 - (WK 1)</p>	<p>Key Vocabulary Mental health</p>	<p>Homework research a mental health charity. How can they help? How to they work?</p>
<p>In LP5.4, I will know: what physical and sensory impairments are; how physical impairments affect health and wellbeing; how sensory impairments affect health and wellbeing.</p>	<p>10/06/24 - (WK 2)</p>	<p>Key Vocabulary Impairment</p>	<p>Homework Answer an exam question about someone who has an impairment.</p>
<p>In LP5.5, I will know: what lifestyle factors are; how nutrition affects health and wellbeing; how physical activity affects health and wellbeing.</p>	<p>17/06/24 - (WK 1)</p>	<p>Key Vocabulary Lifestyle factor</p>	<p>Homework create a food diary of a family memebrr for a week. How does it fit in with the eat well plate?</p>
<p>In LP5.6, I will know: how smoking alcohol and substance missuse affects health and wellbeing; how social factors of relationships and social exculusion affect health and wellbeing; how cutlutral factors affect health and wellbeing.</p> <p>Extended Task.</p>	<p>24/06/24 - (WK 2)</p>	<p>Key Vocabulary substance missuse</p>	<p>Homework create a leaflet on one lifestyle factor and how it affects your health and wellbeing.</p>
<p>In LP5.7, I will know: how economic factors affect health and wellbeing; how environmental factors of housing and home environment affect health and wellbeing; how exposure to pollution affects health and wellbeing.</p>	<p>01/07/24 - (WK 1)</p>	<p>Key Vocabulary Economic factors</p>	<p>Homework create a poster on different types of homes where people may live (Urban vs Rural) and look at the positives and negatives of each.</p>
<p>In LP5.8, I will know: Experience week.</p>	<p>08/07/24 - (WK 2)</p>	<p>Key Vocabulary</p>	<p>Homework</p>
<p>Resources to support learning: BTEC Tech Award textbook, TEAMS Files, Knowledge Organiser</p>			
<p>FFET Award Challenge for this Learning Programme: Create a leaflet about local Health and Social Care services in Ellesmere Port.</p>			

PRT Task 1

PRT Task 2