



Year 10 Health and Social Care Learning Programme 5

Learning Programme 5		
The LORIC skill focus for his LP is: COMMUNICATION. The Moral Virtues focus for this LP are: COURAGE and HUMILITY.		Literacy: • Capital letters must be used at the sta
Courage - Acting with bravery and overcoming fears.		of sentences and for the first letter of
Humility - Having a modest view of oneself.		proper nouns
What will I be learning about in this Learning Programme?		Full stops must be used at the end of a sentence
will be learning about Health and wellbeing.		sentence • Question marks must be used at the
		end of a question
		Apostrophes should only be used for
		possession or omission
Where have I seen this learning before?		 Days of the week and months must be
Content may have been covered in PSHE and core PE.		spelled correctly
		Key words must be spelled correctly
What could I use it for?		
will use this learning in the 'Component 3 exam.		
n LP5.1, I will know: 13/05/24 - (WK 1)	Key Vocabulary	Homework
a definition of health and well being; actors that may impact someones health or wellbeing;		complete a Diary of your week, what things did you do that improved your
Physical factors.	Hollistic	health and wellbeing? What things may
Trystal ractors.	The institute	you have done that hindered it.
		,
n LP5.2, I will know: 20/05/24 - (WK 2)	Key Vocabulary	Homework
what an inherited condition is;		Research 1 inherited condition. How
vhat Physical ill health is;		does the condition effect someones
now we can help someone with physical III health.	Physical Factors	health and wellbeing?
20/05/04 (1994)		
n LP5.3, I will know: 03/06/24 - (WK 1)	Key Vocabulary	Homework
what mental ill health is; lauses and factors that affect mental health;		research a mental health charity. How can they help? How to they work?
iow we can help someone with mental health.	Mental health	can they help: now to they work:
We can help someone wan mental nearth.	Wentarneach	
Extended Task.		
n LP5.4, I will know: 10/06/24 - (WK 2)	Key Vocabulary	Homework
what physical and sensory impairments are;		Answer an exam question about
now physical impairments affect health and wellbeing;		someone who has an impariment.
now sensory impairments affect health and wellbeing.	Impairment	
n I DE E Twill known 17/06/24 (MV 1)	Vou Vossbulen	Homowork
	Key Vocabulary	Homework
vhat lifestyle factors are;	Key Vocabulary	create a food diary of a family memebr
what lifestyle factors are; now nutrition affects health and wellbeing;		Homework create a food diary of a family memebr for a week. How does it fit in with the eat well plate?
vhat lifestyle factors are; now nutrition affects health and wellbeing;	Key Vocabulary Lifestyle factor	create a food diary of a family memebr for a week. How does it fit in with the
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what lifestyle factors are; now nutrition affects health and wellbeing; now physical activity affects health and wellbeing. n LP5.6, I will know: 24/06/24 - (WK 2)		create a food diary of a family memebr for a week. How does it fit in with the eat well plate? Homework
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