

Year 11 Health and Social Care Learning Programme 4

<p>The LORIC skill focus for his LP is: INITIATIVE. The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.</p> <p>Integrity - Having strong moral principles. Gratitude - Feeling and expressing thanks.</p> <p>What will I be learning about in this Learning Programme? Content to pass the component 3 exam that includes; measuring health and ill health, understanding the blood pressure stages, the different lifestyle indicators and person centred care.</p> <p>Where have I seen this learning before? I have already covered some of the content last LP and I have covered it in PSHE.</p> <p>What could I use it for? Component 3 Exam resit in May 25</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
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In LP4.1, I will know:	10/03/25 - (WK 2)	Key Vocabulary	Homework
how to measure health and ill health; the benefits of health monitoring; prevention strategies for ill health; which equipment is used to measure health indicators.		Measurements	Complete revision guide task to consolidate learning.
In LP4.2, I will know:	17/03/25 - (WK 1)	Key Vocabulary	Homework
what pulse rate is; how to measure pulse rates; my own pulse rate; my own reading by making a graph and a conclusion.		cardiovascular system	Complete a mind map resource on pulse rate.
In LP4.3, I will know:	24/03/25 - (WK 2)	Key Vocabulary	Homework
what blood pressure and peak flow are; the blood pressure stages; risks of high and low blood pressure; my own peak flow reading. Extended Task.		Hypertension	Answer exam style questions on blood pressure/
In LP4.4, I will know:	31/03/25 - (WK 1)	Key Vocabulary	Homework
BMI; how to calculate BMI; how to work out your own BMI and categorise it; how calculating BMI can prevent obesity.		MBMI	Create 7 flash card on key terms so far.
In LP4.5, I will know:	21/04/25 - (WK 2)	Key Vocabulary	Homework
how to interpret 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.		Guidelines	Complete revision guide task to consolidate learning.
In LP4.6, I will know:	28/04/25 - (WK 1)	Key Vocabulary	Homework
lifestyle indicators and how they can be prevented; how data can be collected; whether smoking campaigns work; the implications of lifestyle factors. Extended Task.		Lifestyle	complete a set of exam style questions on lifestyle indicators.
In LP4.7, I will know:	05/05/25 - (WK 2)	Key Vocabulary	Homework
what person centred care is; 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.		Improvement Plans	Create a mind map resource on person centred care.

<p>Resources to support learning: BTEC Tech Award Textbook Knowledge Organiser</p>

<p>FFET Award Challenge for this Learning Programme: Visit a local care home and find out how their employees demonstrate care values. Create a PowerPoint with your findings.</p>

PRT Task 1

PRT Task 2