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## Subject: Health & Social Care

## Year 11 Curriculum Map 2024 - 25

Week Commencing	Topic (including links to additional resources)	Assessment Window
Staff INSET 02/09 Students Return 03/09	<b>Recap learning from:</b> <b>A3 Barriers to accessing services</b> <b>B1 Skills and attributes in health and social care</b> <b>B2 Values in health and social care; The nursing 6 Cs</b>	
09/09/2024	<b>B3 The obstacles individuals requiring care may face</b> Covers Access to all NHS <a href="https://www.youtube.com/watch?v=JcC20Bifl5k">https://www.youtube.com/watch?v=JcC20Bifl5k</a> <b>Definition of obstacles:</b> something personal to an individual that blocks a person moving forward or when action is prevented or made difficult. <b>Obstacles and their impact:</b> emotional – lack of motivation, low self-esteem, <a href="https://www.youtube.com/watch?v=IHwqhSLE9Gc">https://www.youtube.com/watch?v=IHwqhSLE9Gc</a> acceptance of current state, anxiety, stress or time constraints – work and family commitments, availability of resources – financial, equipment, amenities, unachievable targets – unachievable for the individual or unrealistic timescale, lack of support – from family and friends and finally other factors specific to individual – ability/disability, health conditions, addiction	
16/09/2024	<b>B4 The benefits to individuals of the skills, attributes and values in health and social care practice; Service users rights</b> , covers the professional behaviours and individuals expectations eg. to be supported to overcome their own personal obstacles, receive high quality care, receive person-centred care based on individual wishes, be treated with respect, not be discriminated against, to be empowered and have independence. Person-centred-care > <a href="https://www.youtube.com/watch?v=rM9QAxFSBMU&amp;t=23s">https://www.youtube.com/watch?v=rM9QAxFSBMU&amp;t=23s</a> Included will be to watch Barbara's story from YouTube > <a href="https://www.youtube.com/watch?v=DtA2sMAjU_Y">https://www.youtube.com/watch?v=DtA2sMAjU_Y</a>	
23/09/2024	<b>B4 The benefits to individuals of the skills, attributes and values in health and social care practice; Service users rights</b> , professional behaviours and <b>individuals expectations</b> the importance of individual's to be involved in care decisions <ul style="list-style-type: none"> <li>▪ be protected from harm</li> <li>▪ feel comfortable to raise complaints, have their dignity</li> <li>▪ privacy protected, have their confidentiality protected, have their rights promoted</li> <li>▪ Dignity in Care</li> </ul> <a href="https://www.youtube.com/watch?v=VSunLDv4zyM">https://www.youtube.com/watch?v=VSunLDv4zyM</a>	
30/09/2024	<b>Preparation of task 1- PSA</b>	
07/10/2024	<b>Completion of task 1- 2 hours - PSA</b>	
14/10/2024	<b>Preparation of task 2</b>	

Ormiston Meridian Academy is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.



21/10/2024	Completion of task 2- 2Hours	
October Half Term		
04/11/2024	Preparation of task 3 Completion of task 3	
11/11/2024	Preparation of task 4	OAT Eng / Maths / Sci
18/11/2024	Completion of task 4 – 2Hours	Achievement Round 1
25/11/2024	Preparation for task 5 Task 5 – 2HOURS	Achievement Round 1
02/12/2024	Completion of task 5 and PSA resit.	
09/12/2024	STUDENT DEADLINE FOR Component 2 PSA AND COMPONENT 1 RESIT	
16/12/2024	DEADLINE FOR Component 2 PSA AND COMPONENT 1 RESIT	
Christmas Break		
06/01/2025	<b>Introduction to Component 3</b> Same PP has the definition of health and wellbeing: physical health, social and emotional wellbeing. Worksheet mind map for each factor covered in A1. Physical factors both positive or negative impact [Exam questions 1-7] Covering inherited conditions – sickle cell disease, cystic fibrosis, <a href="https://youtu.be/4IGz5p4n8Fg">https://youtu.be/4IGz5p4n8Fg</a> physical ill health – cardiovascular disease, obesity and type 2 diabetes <a href="https://youtu.be/blHy-Rb2xp4">https://youtu.be/blHy-Rb2xp4</a> Also included mental ill health – anxiety, stress and physical abilities – impairments	
13/01/2025	<b>Lifestyle CHOICES factors</b> positive or negative effects, covering; <ul style="list-style-type: none"> <li>▪ <b>nutrition</b> positives/negatives <i>[Relates to exam questions 1-7]</i></li> <li>▪ <b>physical activity</b> positives/negatives</li> <li>▪ <b>smoking</b> negatives UK Chief Medical Smoking Guidelines (B1 in spec)</li> <li>▪ <b>alcohol</b> positives/negatives Alcohol Guidelines 14 units,(B1 in spec)</li> <li>▪ <b>substance misuse.</b></li> <li>▪</li> </ul>	
20/01/2025	<b>Social factors</b> positive or negative effects, covering; <ul style="list-style-type: none"> <li>▪ <b>supportive or unsupportive relationships</b> with others (toxic) with friends, family, peers and colleagues at work, including bullying and coercive control. Worksheet X 4, 3 activities</li> <li>▪ <b>social inclusion</b> (belonging) and <b>exclusion</b> (isolated),</li> <li>▪ <b>discrimination</b> impact long and short term, marginalised <i>[Relates to exam questions 1-7]</i></li> </ul> <i>Card match vocabulary, glossary and applied worksheet plus exam answers practice</i>	
27/01/2025	<b>Cultural factors</b> positive or negative examples, covered; <ul style="list-style-type: none"> <li>▪ <b>religion</b> – foods, views on alcohol and sex before marriage, belonging/support, outcast</li> <li>▪ <b>gender roles and expectations</b> – traditional, challenges, pressure, support</li> <li>▪ <b>gender identity</b> - male, female, trans experience <a href="https://www.youtube.com/watch?v=HdHSDaJNQSg">https://www.youtube.com/watch?v=HdHSDaJNQSg</a></li> <li>▪ <b>sexual orientation</b> – LGBT <a href="https://www.youtube.com/watch?v=laDn_U8JRM">https://www.youtube.com/watch?v=laDn_U8JRM</a></li> </ul>	Achievement Round 2

	<ul style="list-style-type: none"> <li>▪ <b>community participation</b> – litter-pick, charity event, belonging, pride/achievement</li> </ul> <p><i>exam practice (+-) question for each, in style of Q1-</i></p>	
03/02/2025	<p><b>Economic factors</b> positive or negative to cover</p> <ul style="list-style-type: none"> <li>▪ <b>employment situation</b> – part-time, zero contract, new promotion, redundant, retired</li> <li>▪ <b>financial resources</b> – income, inheritance, savings. <i>[Relates to exam questions 1-7]</i></li> </ul> <p><b>Environmental factors</b> positive or negative, to cover</p> <ul style="list-style-type: none"> <li>▪ housing needs, shared or overcrowded or damp conditions, location – rural or city</li> <li>▪ home environment – living with a high level of parental conflict, experiences</li> <li>▪ of abuse and neglect exposure to pollution – air, noise and light.</li> </ul> <p>Factors overview <a href="https://www.youtube.com/watch?v=Bnd2Uir_O3g">https://www.youtube.com/watch?v=Bnd2Uir_O3g</a></p>	Achievement Round 2
10/02/2025	<p><b>Life events</b> PIES covered;</p> <ul style="list-style-type: none"> <li>▪ <b>Physical life events</b> eg. accident/injury, physical illness, mental and emotional health</li> <li>▪ <b>Relationship changes life events</b> eg. marriage, civil partnership, long-term, divorce, separation for non-married couples, parenthood, bereavement [Exam questions 18]</li> <li>▪ <b>Life circumstances</b> eg. moving house, school or job, exclusion, redundancy, imprisonment, changes to standards of living, retirement [Exam question's 8-10 and question 18 = 6 marks]</li> </ul>	Achievement Round 2
February Half Term		
24/02/2025	<p><u>Interpretation of physiological data on graphs and in tables covering:</u></p> <ol style="list-style-type: none"> <li>1) <b>resting heart rate (pulse)</b> – normal range 60 to 100 bpm and health risks if abnormal in the short and long-term. Feel your heart beat <a href="https://youtu.be/tF9-jLZNM10">https://youtu.be/tF9-jLZNM10</a> <i>[Exam questions 11-13]</i></li> <li>2) <b>heart rate (pulse) recovery after exercise</b> – normal fitness rates and health risks of unfit in the short and long-term Heart and lungs during exercise heart when you exercise? <a href="https://youtu.be/O8ttt3M8qZM">https://youtu.be/O8ttt3M8qZM</a></li> <li>3) <b>blood pressure</b> – ranges and potential health risks of high or too low, short and long-term</li> <li>4) <b>body mass index (BMI)</b> – health range, unhealthy ranges and potential health risks Calculating BMI&gt; <a href="https://youtu.be/3UygeIu140">https://youtu.be/3UygeIu140</a></li> </ol> <p>What is a stroke? &gt; <a href="https://www.youtube.com/watch?v=NAPgHluluNE">https://www.youtube.com/watch?v=NAPgHluluNE</a> What is heart disease? <a href="https://www.youtube.com/watch?v=WXxET_DzE4">https://www.youtube.com/watch?v=WXxET_DzE4</a> <i>Physiological data on graphs and in tables and case study activities, application to exam questions and practice for 11, 12 and 13</i></p> <p><b>Potential practical lesson</b> blood pressure monitor, stopwatch, finger pulse device, scales and metre stick – if students are uncomfortable have case study measurements available. BMI NHS calculator <a href="https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/">https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/</a> Get a free STEM account for free resources <a href="https://www.stem.org.uk/elibrary/resource/34279">https://www.stem.org.uk/elibrary/resource/34279</a></p>	
03/03/2025	<p><b>Revisit the government guidelines for good health</b> to cover;</p> <ul style="list-style-type: none"> <li>▪ <b>Eatwell Guide</b> portions and foods nutritional values <a href="https://www.youtube.com/watch?v=7MIE4G8ntss&amp;t=6s">https://www.youtube.com/watch?v=7MIE4G8ntss&amp;t=6s</a></li> <li>▪ UK Chief Medical Officers' <b>Physical Activity Guidelines</b>, different for different ages, sedentary</li> <li>▪ UK Chief Medical Officers' <b>Smoking Guidelines</b> GP prescription Nicotine patches, Quitline</li> <li>▪ UK Chief Medical Officers' <b>Alcohol Guidelines</b>, gradual reduction for health <a href="https://www.youtube.com/watch?v=0EW8h5Htmok">https://www.youtube.com/watch?v=0EW8h5Htmok</a></li> <li>▪ <b>substance misuse</b> support in the UK medical and talking therapies.</li> </ul>	

	<p><b>Lung cancer</b>, play until 2 mins 45 <a href="https://www.youtube.com/watch?v=ihCnDjyJv5c">https://www.youtube.com/watch?v=ihCnDjyJv5c</a>  Worksheets for note taking and case study activities to apply knowledge  Exam practice questions [Exam question 12-13 4-marks ties into Q16 6-marks PEE literacy]</p>	
10/03/2025	<p><b>Unique individuals</b> Identifying individual health and/or social care PIES needs – to reduce health risks, their personal wishes – personality, their preferences and choices and goals  <b>Circumstances</b> – recognising and acting appropriately considering age, ability, location, living conditions, support, physical and emotional health  [Circumstances exam question 18]  Personalisation <a href="https://youtu.be/h8fhCjsLDko">https://youtu.be/h8fhCjsLDko</a>  Importance and benefits of a person-centered approach</p> <ul style="list-style-type: none"> <li>▪ makes them more comfortable and confident and so act on advice and treatment, this increases the support for vulnerable individuals - [Exam question 14, 16b]</li> <li>▪ Improves their independence and motivation to act and improve current health</li> <li>▪ feel happier and more positive about their health and wellbeing.</li> <li>▪ it improves job satisfaction for health and social care workers</li> <li>▪ it saves time for health and social care services it saves money for health and social care services</li> <li>▪ it reduces complaints about health and social care services and workers.</li> </ul> <p>Worksheets for note taking - case study activity and exam practice for question 16b and 18  <a href="http://www.youtube.com/watch?v=6Dk3CV-Wt38">www.youtube.com/watch?v=6Dk3CV-Wt38</a></p>	
17/03/2025	<p><b>Recommendations to improve health and wellbeing</b> “How to” covers;  improving <b>resting heart rate</b> and recovery rate after exercise</p> <ol style="list-style-type: none"> <li>1. improving <b>blood pressure</b> [Question 16a]</li> <li>2. maintaining a <b>healthy weight</b>, eating a <b>balanced diet</b>, getting enough</li> <li>3. <b>physical activity</b></li> <li>4. <b>quitting smoking</b>, sensible</li> <li>5. <b>alcohol consumption</b>, stopping substance misuse.</li> </ol> <p><a href="https://www.youtube.com/watch?v=kEFuSWrx8_8&amp;t=1s">https://www.youtube.com/watch?v=kEFuSWrx8_8&amp;t=1s</a>  “How to” Leaflet design task, suggestions to improve a local GP surgery patients  Question 16b practice <a href="https://www.youtube.com/watch?v=kEFuSWrx8_8&amp;t=1s">NHS Stop Smoking Subtitled version – YouTube</a></p>	
24/03/2023	<p><b>Support available for individual’s and what support</b> covering:  <b>formal support</b> from professionals eg. GP, dietician, counsellor, from trained volunteers eg. advocate, befriending, foodbank, from support groups eg. Quit smoking depression, bereavement, drug and alcohol misuse and charities eg. Men Cap, Age UK, McMillan’s  P – medication, guidance, advice, referral, appointment with expert, transport, 111 info  I – leaflets, NHS Choices website, ask questions  <a href="https://www.youtube.com/watch?v=HkBorjikoJk">https://www.youtube.com/watch?v=HkBorjikoJk</a>  E – qualified counsellor to move forwards, motivate, improve self-esteem [Exam question 16b]  <b>informal support</b> from friends, family, neighbours, community and work colleagues  P – Lending money, going along or quitting together, cooking/cleaning/shopping, childcare  E - Sharing emotions and listening to improve mental well-being and seek comfort  S – support group making friends in same position so understand, no judgement, belonging  Case study activity and exam practice for question 16b and 18,</p>	
31/03/2025	<p><b>Definition and a range of barriers</b>  PP presentation, covering the different types examples</p> <ul style="list-style-type: none"> <li>▪ physical barriers and barriers to people with sensory disability barrier</li> <li>▪ financial barriers</li> <li>▪ barriers to people with different social, language or and cultural backgrounds, barriers to people that speak English as an additional those</li> </ul>	

	<p>who haven language or speech impairments  <a href="https://www.youtube.com/watch?v=9HL7sCu8Yys">https://www.youtube.com/watch?v=9HL7sCu8Yys</a></p> <ul style="list-style-type: none"> <li>▪ geographical barriers – rural, no buses and location of services</li> <li>▪ resource barriers for service provider – funding, budget and rural location  [Exam question 17a]</li> </ul>	
07/04/2025	<p><b>Definition of obstacles:</b> something personal to an individual that blocks a person moving forward or when action is prevented or made difficult. <b>[Exam question 17b]</b></p> <p>o emotional/psychological - lack of motivation, low self-esteem, acceptance of current state, anxiety, stress  <a href="https://www.youtube.com/watch?v=IHwqhSLE9Gc">https://www.youtube.com/watch?v=IHwqhSLE9Gc</a></p> <ul style="list-style-type: none"> <li>▪ time constraints - work and family commitments,</li> <li>▪ availability of resources – financial, equipment, local amenities</li> <li>▪ unachievable targets – gradual and with support, be realistic and not too ambitious</li> </ul> <p>lack of support – isolated, unhelpful family and friends, bereaved and withdrawn</p>	
Easter Break		
28/04/2025	Preparation and revision for External assessment	
05/05/25	Preparation and revision for External assessment	GCSE
12/05/2025	7 <sup>th</sup> May- External exam	GCSE
19/05/2025		GCSE
May Half Term		
02/06/2025		GCSE
09/06/2025		GCSE
16/06/2025		GCSE
23/06/2025		
30/06/2025		
07/07/2025		
14/07/2025		
21/07/2025		