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Principal: Mrs C Stanyer

Subject: Health & Social Care Year 10 Curriculum Map 2025 - 26

Week Commencing	Topic (including links to additional resources)	Assessment Window
Staff INSET 01/09 Students Return 02/09		
08/09/2025	<p>Main life stages linked to ages</p> <p>Areas of growth and development across main life stages using PIES classification [Component 1, A1, PIES growth and development in the main life stages]</p> <p>Resources- PPT, textbook pages, work sheet activities.</p> <p>YouTube videos, suggested reading materials.</p> <p>A1 Life stage birth to infancy 0-2 years PP Presentation birth to infancy PIES criteria focused > https://www.rcpch.ac.uk/resources/uk-who-growth-charts-0-4-years Physical: rapid physical growth of weight and height, gross and fine motor skills. Percentile chart https://www.verywellfamily.com/your-7-Mondayth-old-baby-development-and-milestones-4172912 5 months-old Pincer grip dexterity https://www.verywellfamily.com/your-11-Mondayth-old-baby-development-and-milestones-4172881 = 11 Months-old https://www.verywellfamily.com/toddler-milestones-4013768 = 12 & 18 Months-old intellectual: rapid development of language development hand out > https://www.aapd.org/globalassets/media/policies_guidelines/r_speechmilestones.pdf and thinking skills, memory/recall Baby brain scan 5 days-2months</p>	
15/09/2025	<p>A1 Life stage birth to infancy 0-2 years</p> <p>emotional: attachments are formed, bonding/attachment, security, contentment social: strong dependence on adults/carers, primary socialisation, solitary play > https://www.healthline.com/health/solitary-play#How-solitary-play-fits-into-the-6-stages-of-play-</p>	
22/09/2025	<p>A1 Life stage early childhood PP presentation covering physical: continued growth of weight and height, mastery of gross and fine motor skills, intellectual: increased curiosity, language fluency develops, emotional: increased independence, wider range of relationships are formed wellbeing is based on attachment, security and contentment social: secondary socialisation, social play develops https://www.verywellfamily.com/what-is-a-developmental-milestone-2795123 Gross and Fine motor skills activity How PIES interlink and crossover – holistic explained.</p>	
29/09/2025	<p>A1 Life stage adolescence 9-18 PP presentation to cover physical: onset of puberty, https://www.youtube.com/watch?v=CfbLWY4r41k primary and secondary sexual characteristics, intellectual: complex and abstract thinking develops Adolescence brain development > https://www.youtube.com/watch?v=001u5OE5eY emotional: independence increases further, more freedom to make own decisions, concerns over self-image > discussion starter https://www.youtube.com/watch?v=9FMg6f9WSg0 A healthy heart > https://www.youtube.com/watch?v=n8P3n6GKBSY and self-esteem may increase, emotional wellbeing is based on attachment, security and contentment. Self-esteem discussion starter > social: wide range of formal/informal relationships develop and have influence, intimate relationships are</p>	

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.



	<p>formed, peer pressure. https://www.verywellfamily.com/16-year-old-developmental-milestones-4171922#toc-16-year-old-emotional-and-social-milestones</p> <p>27 minutes Alcohol effects > https://www.youtube.com/watch?v=cBDxDM3e_hY</p>	
06/10/2025	<p>A1 Life stage early adulthood PP presentation physical: peak physical fitness, full height reached, sexual maturity reached, intellectual: mastery of abstract and creative thinking, careers become important, may return to education, emotional: independent living and control over own lives, emotional wellbeing is based on attachment, security and contentment, social: intimate and long-lasting relationships are formed https://www.tutor2u.net/hsc/reference/physical-changes-in-early-adulthood-19-45-years</p> <p>PP presentation PSA Task 1 overview – a how-to guide</p> <p>Application Task 1 Practice Assessment activity from birth to 19 years-old PIES</p>	
13/10/2025	<p>A1 Life stage later adulthood PP presentation physical: ageing process continues, decline in hearing > https://www.webmd.com/healthy-aging/video/video-hearing-loss-age-related-causes decline in strength and fitness, loss of mobility, loss of muscle tone and skin elasticity > https://www.youtube.com/watch?v=ic4yK0zZ-cQ</p> <p>intellectual: may experience decline in cognitive ability such as loss of memory/recall, emotional: may start to become more dependent on others, emotional wellbeing is based on attachment, security and contentment, social: may experience bereavement</p> <p>https://youtu.be/invaBPWdZIM and reduction of social circle. https://ed.ted.com/lessons/why-do-our-bodies-age-Mondavica-menesini</p> <p>Application Mock Task 1 Assessment activity with guidance presentation</p>	
20/10/2025	<p>AR Assessment preparation</p> <p>Completions of AR and critical reflection</p>	AR1
October Half Term		
03/11/2025	<p>A2 Factors; Lifestyle Choices PP presentation Lifestyle choices overview > https://www.youtube.com/watch?v=HEnohs6yYw including nutrition and the Eatwell plate > https://www.youtube.com/watch?v=7MIE4G8ntss, physical activity > https://www.youtube.com/watch?v=lxg-35Xo_o</p> <p>smoking, alcohol, substance misuse</p> <p>A healthy heart > https://www.youtube.com/watch?v=n8P3n6GKBSY</p> <p>27 minutes Alcohol effects > https://www.youtube.com/watch?v=cBDxDM3e_hY</p>	AR1
10/11/2025	<p>A2 Factors; A) Emotional/Psychological and B) Part 1 Social PP presentation covering topics - fear, anxiety, Stress > https://www.youtube.com/watch?v=tNsTy-j_sQs upset/sadness, grief > https://www.youtube.com/watch?v=DRyg7ONEFWQ, happiness and contentment, security,</p> <p>PP presentation called PIES impact vocabulary/literacy can be shown at any point</p> <p>attachment, supportive and unsupportive relationships with others, Friends, family> relationship characteristics, peers and colleagues, social inclusion and exclusion, bullying > https://www.youtube.com/watch?v=pDG1-BCZvTE</p>	
17/11/2025	<p>A2 Factor; Physical PP presentation to cover inherited conditions – sickle cell disease, cystic fibrosis, muscular dystrophy, Marfan syndrome and Huntington’s disease, experience of illness and disease, mental ill health – anxiety, stress, Separate PP presentation > physical ill health – cardiovascular disease, obesity, type 2 diabetes, disabilities, sensory impairments. Summary PIES A3 Activity for both PP’s Paired activity, the impact of stress. How old are your ears? Age deterioration in hearing explained https://www.youtube.com/watch?v=VxcbppCX6Rk</p>	
24/11/2025	<p>A2 Factors; Cultural/Part 2 Social Students could be guided to watch the Billy Monger <i>Documentary called Driven; The Billy Monger Story</i>. PP presentation covering definitions and descriptions religion, gender roles > https://www.youtube.com/watch?v=Ulh0DnFUGsk and expectations, gender identity > https://www.youtube.com/watch?v=i83VQlaDIQw, sexual orientation community participation, race, bullying and discrimination</p> <p>Activity – Beliefs and differences impacting on growth and development</p> <p>Practice Task 2 Assessment activity progress check</p>	
01/12/2025	<p>A2 Factors; Environmental PP presentation covering housing needs, conditions, location, home environment – living with a high level of parental conflict, experiences of abuse and neglect > https://www.youtube.com/watch?v=xYBUY1kZpf8, exposure to pollution > https://www.youtube.com/watch?v=MoGCU8g7zFo air, noise > https://www.youtube.com/watch?v=iA8VuigG3nl and light</p> <p>Activity – Case study identify environmental factors activity</p>	

	A2 Factors affecting growth and development; Economic PP presentation covering employment situation, financial resources – income, inheritance, savings Financial Factors notes Activity and Comparison Activities	
08/12/2025	Introduction life events Starter PP - adapting to these and support PP presentation B1 Life event; accident/injury, physical illness, mental and emotional health and wellbeing plus B2. Sources/Types of support for these eg. social prescribing > https://www.youtube.com/watch?v=O9azfXNcqD8 support for mental illness > https://www.youtube.com/watch?v=GBQTyAQdNpQ Accident - Billy Monger's story double amputee, 6 mins > https://www.youtube.com/watch?v=2W_hTOWMI84 What is CBT counselling > https://www.youtube.com/watch?v=9c_Bv_FBE-c Good and bad self-esteem characteristic traits and support from a GP 3 Activities for students to build notes to have with them in the Task 2 PSA	
15/12/2025	B1 Different types of life event; Life Circumstances PP presentation covering moving house, school or job, exclusion from education, redundancy 3 Activities to build notes Imprisonment, changes to standards of living, retirement plus Ant & Dec progress check B2. Sources/Types Redundancy support > https://www.citizensadvice.org.uk/work/leaving-a-job/redundancy/check-if-your-redundancy-is-fair/fair-redundancy-process/ Reduce stress when moving house > https://www.youtube.com/watch?v=A3xWVygqRaU	
Christmas Break		
05/01/2026	B1 Life event; Relationship Change PP presentation covering entering into relationships, marriage, civil partnership, long-term relationship, divorce, separation for non-married couples, parenthood, bereavement plus; B2. Sources/Types support for parenthood and families > https://www.familylives.org.uk/ Stress support with wedding planning > https://onefabday.com/wedding-anxiety-stress/ Bereavement support > https://www.cruse.org.uk/ 3 Activities for students to build notes to have with them in the Task 2 PSA Practice Mock Task 3a and 3b Assessment activity Kim and Chloe Kardashian! progress check	
12/01/2026	B2. Coping/adapting to change impact of character traits PP presentation resilience https://www.youtube.com/watch?v=1FDyiUE8Vw , self-esteem, emotional intelligence > https://www.youtube.com/watch?v=LgUCyWhJf6s , disposition – a person's character traits > https://www.youtube.com/watch?v=IB1FVbo8TSs e.g. positive, negative Activities to record information to refer to in the PSA	
19/01/2026	B2. Coping/adapting to change impact of character traits PP presentation resilience https://www.youtube.com/watch?v=1FDyiUE8Vw , self-esteem, emotional intelligence > https://www.youtube.com/watch?v=LgUCyWhJf6s , disposition – a person's character traits > https://www.youtube.com/watch?v=IB1FVbo8TSs e.g. positive, negative Activities to record information to refer to in the PSA B2. Sources of support and revisit types of support PP presentation covering family, Friends, neighbours, partners, professional carers and services, community groups, voluntary and faith-based organisations, multi-agency working, e.g. social services working with mental health trust,, children's services working with the justice system. Health and Social Care services working together > https://www.youtube.com/watch?v=oN15QhHLRys multidisciplinary working, e.g. a health visitor working with a GP, psychiatric nurse with an occupational therapist. Multidisciplinary team > https://www.youtube.com/watch?v=3YdIV1DsK54&t=7s	
26/01/2026	Release of Person set assignment 30% of overall grade	
02/02/2026	Recall component 1 – Preparation for PSA.	
09/02/2026	Recall component 1 – Preparation for PSA.	AR2
February Half Term		

23/02/2026	Start of PSA TASK 1 – 1.5 Hours	AR2
02/03/2026	Preparation for Task 2 Start of TASK 2 Component 1 PSA 1.5 HOURS	
09/03/2026	Preparation for TASK 3A -1 hour Start of TASK 3A -2 Hours -2 hours	
16/03/2026	Completion of TASK 3A Preparation for task 3B- 1hour	
23/03/2026	Start of TASK 3B- 2 Hours Completion of TASK 3B	
Easter Break		
13/04/2026	PSA – RESUBMISSIONS	
20/04/2026	Students with a resubmission can work on these and students without Students to investigate a range of health conditions and the impact these might have on PIES and ability to carry out daily tasks	
27/04/2026	Introduction to Component 2 Students to investigate and research into services in their local area, location, purpose and overview – ahead of Component 2 delivery Local GP/Dentist/Optician finder > https://digital.nhs.uk/services/nhs-service-finder Health care professionals > https://www.healthcareers.nhs.uk/ Social Care Careers > https://www.prospects.ac.uk/careers-advice/what-can-i-do-with-my-degree/social-work	
04/05/2026	Introduction; The difference between health care and social care services & key terms PP presentation https://www.youtube.com/watch?v=yIIWLHunxoQ A1. Seven Health conditions eg arthritis, CHD, COPD, diabetes, dementia, PP presentation to cover all 7 health conditions and activity worksheet 'The Impact?' Asthma > https://www.youtube.com/watch?v=PzfLDi-sL3w Diabetes https://www.youtube.com/watch?v=wZAJVQWbMIE Dementia > https://www.youtube.com/watch?v=mrocePJtf-8 Arthritis > https://www.youtube.com/watch?v=Do-s0LXmwn4 Obesity > https://www.youtube.com/watch?v=D--AtATgfyM	
11/05/2026	Learner transfer work available to upload. A1 Healthcare services PP presentation to cover > primary care services https://www.youtube.com/watch?v=-DUd-ZmFSA4 , Role of the GP > https://youtu.be/sLbHlnb4j2o secondary care services, tertiary care services End of life care > https://www.youtube.com/watch?v=vB-i0F7m6gQ , PP presentation covering Allied Health Professionals and multidisciplinary teamwork > https://www.england.nhs.uk/primary-care/primary-care-networks/ Case study application > https://www.england.nhs.uk/integratedcare/	
18/05/2026	A2 Social care services PP presentation which covers the purpose of social care and vulnerable service users, The role of a social worker > https://youtu.be/sJJ9vri5cK services for children and young people – foster care, residential care, youth work, services for adults or children with specific needs – residential care, respite care, domiciliary care and services for older adults – residential care, domiciliary care. Also and overview of informal care and voluntary care Health and Social Care Standards > https://www.youtube.com/watch?v=dG_JZsajmLM	
May Half Term		
01/06/2026	A3 Barriers to accessing services PP presentation which has a definition of barriers to accessing services and then, physical barriers such as getting into and around the facilities plus ways to overcome physical barriers: ramps, wider doorways, accessible toilets/rooms, stair lifts, hoists. Also PP presentation for sensory barriers https://www.youtube.com/watch?v=GTioFysGiSI eg hearing and visual difficulties then ways to overcome these such as hearing loops https://youtu.be/E47-Yo9-1Q , British Sign	

	Language (BSL) interpreters, communication cards, large print leaflets, braille leaflets, staff collecting vulnerable service users from waiting areas Reducing in equalities > https://youtu.be/JCc20Bifl5k	
08/06/2026	A3 Barriers to accessing services PP presentation to cover barriers with social and cultural backgrounds such as lack of awareness, differing cultural beliefs, social stigma, fear of loss of independence. Also ways to overcome social and cultural barriers : awareness campaigns, posters and leaflets, well women and well men clinics, choice of service provider collaboration with community faith groups Plus language barriers for those who don't speak English or speech impairments. Nurse example. Language barrier > https://www.youtube.com/watch?v=SfIF5apBgPc The ways to overcome these eg. literature in other languages, face-to-face and telephone interpretation services, longer appointments, use of advocates, staff training	Y10 MOCK
15/06/2026	A3 Barriers to accessing services geographical barriers PP presentation which covers local distance of service providers, poor transport links and ways to overcome these local community transport schemes for disabled or elderly service users, home/community visits, community clinics, telehealth schemes. Barriers faced by those with learning disabilities and ways to overcome intellectual barriers PP presentation including the use of Health Passports and All About Me documents, use of advocates, use of Learning Disability Nurses (LDNs) and support workers, 'Quiet Clinics', quiet waiting areas, longer appointment times, use of communication cards, 'easy read' leaflets On line consultations > https://youtu.be/56zLsIH0mi8	Y10 MOCK
22/06/2026	A3 Barriers to accessing services To include financial barriers PP presentation covering charging for services, cost of transport, loss of income while accessing services and ways to overcome these NHS exemption certificates, NHS Low Income Scheme, NHS vouchers for eye tests, glasses and lenses, NHS Healthcare Travel Costs Scheme (HTCS), charitable schemes such as community transport	Y10 MOCK
29/06/2026	B1 Skills and attributes in health and social care PP presentation which covers the differences between a skill and an attributes. Skills : problem solving, observation, dealing with difficult situations, organisation. Attributes : empathy, patience, trustworthiness, honesty	
06/07/2026	B2 Values in health and social care; The nursing 6 Cs PP presentation Case study emergency care, how do they feel? > https://www.youtube.com/watch?v=CrXwBrPdOxs covering all 6; Care – receiving correct and consistent care, Compassion – empathy, respect and dignity > https://www.youtube.com/watch?v=Vnn1TlRlpG4 Competence – skills and knowledge to deliver effective care, based on research, Communication – involving individuals and/or carers and listening, Courage – doing the right thing and speaking up when concerns arise, Commitment – to improve care and experience for individuals. Included will be to watch Stacey Dooley's 9-5 care home episode	
13/07/2026	B3 The obstacles individuals requiring care may face PP presentation which covers Access to all NHS https://www.youtube.com/watch?v=JCc20Bifl5k Definition of obstacles : something personal to an individual that blocks a person moving forward or when action is prevented or made difficult. Obstacles and their impact : emotional – lack of motivation, low self-esteem, https://www.youtube.com/watch?v=IHwqhSLE9Gc acceptance of current state, anxiety, stress o 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	
20/07/2026	B3 The obstacles individuals requiring care may face Covers Access to all NHS https://www.youtube.com/watch?v=JCc20Bifl5k Definition of obstacles : something personal to an individual that blocks a person moving forward or when action is prevented or made difficult. Obstacles and their impact : emotional – lack of motivation, low self-esteem, https://www.youtube.com/watch?v=IHwqhSLE9Gc acceptance of current state, anxiety, stress o 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	