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Subject: Health and Social Care Year 11 Curriculum Map 2025 - 26		
Week Commencing	Topic (including links to additional resources)	Assessment Window
Staff INSET 01/09 Students Return 02/09	Recap learning from: <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>	
08/09/2025	<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 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	
15/09/2025	<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>	
22/09/2025	<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>	
29/09/2025	Introduction of PSA	
06/10/2025	Preparation of task 1- PSA Completion of task 1- 2 hours - PSA	
13/10/2025	Preparation of task 2 Completion of task 2- 2Hours	
20/10/2025	Preparation of task 3	

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.



October Half Term		
03/11/2025	Preparation of task 3 Completion of task 3	
10/11/2025	Preparation of task 4 Completion of task 4 – 2Hours	AR1
17/11/2025	Preparation for task 5 Task 5 – 2HOURS	AR1
24/11/2025	Completion of task 5 and PSA resit. STUDENT DEADLINE FOR Component 2 PSA AND COMPONENT 1 RESIT	
01/12/2025	<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	
08/12/2025	<b>Lifestyle CHOICES factors</b> positive or negative effects, covering; <ul style="list-style-type: none"> <li>▪ <b>nutrition</b> positives/negatives [Relates to exam questions 1-7]</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>	
15/12/2025	DEADLINE FOR Component 2 PSA AND COMPONENT 1 RESIT	
Christmas Break		
05/01/2026	<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</li> </ul> [Relates to exam questions 1-7] Card match vocabulary, glossary and applied worksheet plus exam answers practice	
12/01/2026	<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> <li>▪ <b>community participation</b> – litter-pick, charity event, belonging, pride/achievement</li> </ul> exam practice (+) question for each, in style of Q1-	AR2
19/01/2026	<b>Economic factors</b> positive or negative to cover <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. [Relates to exam questions 1-7]</li> </ul> <b>Environmental factors</b> positive or negative, to cover <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> Factors overview <a href="https://www.youtube.com/watch?v=Bnd2Uir_O3g">https://www.youtube.com/watch?v=Bnd2Uir_O3g</a>	AR2

26/01/2026	<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>	AR2
02/02/2026	<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-iLZNM10">https://youtu.be/tF9-iLZNM10</a> [Exam questions 11-13]</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/3UygeIuI40">https://youtu.be/3UygeIuI40</a> 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></li> </ol> <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>	
09/02/2026	<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>	
February Half Term		
23/02/2026	<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="https://www.youtube.com/watch?v=6Dk3CV-Wt38">www.youtube.com/watch?v=6Dk3CV-Wt38</a></p>	



02/03/2026	<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="#">NHS Stop Smoking Subtitled version – YouTube</a></p>	
09/03/2026	<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=HkBorikoJk">https://www.youtube.com/watch?v=HkBorikoJk</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 – Loaning 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>	
16/03/2026	<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 who haven language or speech impairments (<a href="https://www.youtube.com/watch?v=9HL7sCu8Yys">https://www.youtube.com/watch?v=9HL7sCu8Yys</a>)</li> <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>	
23/03/2026	<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. [Exam question 17b] 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		
13/04/2026	Preparation and revision for External assessment	
20/04/2026	Preparation and revision for External assessment	
27/04/2026	Preparation and revision for External assessment	
04/05/2026	Final exam	GCSE
11/05/2026		GCSE

18/05/2026		GCSE
May Half Term		
01/06/2026		GCSE
08/06/2026		GCSE
15/06/2026		GCSE
22/06/2026		
29/06/2026		
06/07/2026		
13/07/2026		
20/07/2026		