

Year 10 Curriculum Overview

Health and Social Care

Autumn Term	
Golden Threads: Unit 1: Health, well-being and development throughout the lifespan Growth and Development, P.I.E.S Classification, Infancy, childhood, Adolescence, Adulthood, Later Adulthood, milestones, key characteristics, Cognitive, intellectual, social, emotional.	
HT1 – Unit 1: Health, well-being and development throughout the lifespan Human growth and development across life stages Infancy to later adulthood Define the terms ‘growth’ and ‘development’ Give two examples of how growth is measured List the 5 life stages Define PIES development	HT2 – Unit 1 Key aspects that affect growth and development across the lifespan List 4 physical developments that may occur during later adulthood Define the term ‘genetic inheritance’ What is dementia Explain a range of inherited conditions and how they affect the body Define the term ‘sensory impairment’.

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Explain the terms 'fine' and 'gross' motor skills	What is type 2 diabetes and what is the cause.
What is the age range for infancy?	Define the term 'disability'
Define Bowlby's attachment theory	What is cardiovascular disease.
What are Piagets' stages of cognitive development?	List 4 life events that could affect someone's emotional development during later adulthood
What was Ainsworth's strange situation?	How can nutrition affect growth and development
What did Kohlberg's theory stage?	Define the term substance misuse
Define the term 'attachment'	Define sex and gender
What are the three trimesters	Define sexual orientation
What did Maslow and Erikson create?	Define intersex
Define self-concept	What are the differences between good-quality and poor-quality accommodation and environment.
What is the reflex action	Define a range of mental illnesses.
Explain the term 'bonding'	What ways can an individual maintain a healthy weight?
List 3 things that children need to feel emotionally stable	How can mental wellbeing be promoted?
Define security and contentment	What is a congenital condition?
List the four areas of intellectual development that occur in childhood	What is ADHD?
Identify the two parts of language development that occur during infancy.	Define the term comorbidity

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Identify the two categories of sex characteristics	What are chronic conditions?
Define self-esteem	What accidents can affect health long term?
Explain the term 'physically mature'	What is a balanced diet?
Define menopause	What can influence diet choices?
Explain social isolation	What are the positive and negative effects of diet
List some of the physical developments that can occur during menopause.	What can influence lifestyle choices?
List some of the emotional developments that can occur during menopause	
Explain how social isolation may occur during menopause.	

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Spring Term	
Golden Threads: Key aspects that affect growth, development, health and well-being across the lifespan, Life factors, Lifestyle choices, Life events	
HT3 – Unit 1 Life Events Define the term Advocacy Define redundancy What support if available to help reach developmental milestones? What is formal and informal care? What life events do you expect to experience throughout your lifespan? What are the potential effects of unemployment What are the services individuals can access in healthcare and social care? What are the potential effects of educational experiences?	HT4 Unit 2 The range of individual needs across life stages. Physical indicators Define the terms, disease, well-being, health and illness What is the ideal blood pressure? What parameters should resting heart rate be between? What is waist to hip ratio? Define BMI Define peak flow Define role, purpose and benefits of promoting health and well-being In what ways is health and well-being be promoted in the uk

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What are the different sizes and types of family units? What are the potential effects of family and relationships on an individual? Factors that shape self-concept What is unconscious bias? Define the terms self-concept and resilience What are the negative and positive factors that affect self-concept? How can an individual improve their self-concept?	Role and purpose of promoting health and wellbeing List the emotional events according to the stress they cause to an individual Explain the terms social inclusion/exclusion What is discrimination? What environmental factors can have a negative impact on PIES What financial resources could have a positive impact on PIES What physical and mental factors could impact a persons PIES What types of relationship changes could occur over the life stages What life circumstances can affect individuals over the life stages What is the eatwell guide? How can physical activity help mental wellbeing? What are the effects of smoking and drug misuse on an individual? Define the terms formal and informal support What is prejudice? How can unemployment affect health and wellbeing? What are the character traits that influence how individuals cope?
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	What sources of support can help individuals adapt? What are advocacy services? Name the types of services available locally and nationally Define ‘active participation’ What is ‘inclusion’
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Summer Term	
Golden Threads: Health conditions, Health services, Social care services, Maslow's hierarchy of needs, Erikson's psychosocial needs, life events, chronic conditions	Golden Threads: Statutory, voluntary and private sectors. Primary and secondary healthcare. Social care services. Partnership working and person-centred care. Care and support provisions locally and nationally, multidisciplinary/multiagency, partnership working, community networks and charities, chronic conditions. .
HT5 – Range of individual needs across the lifespan Define the term 'cognitive' Define the term psychosocial List the range of human needs What are some physical and emotional care needs that can occur due to unexpected life events Define the term 'palliative care' Define the term redundancy What cardiovascular conditions can affect an individual?	HT6 – Types of care provision and how professionals, family and friends collaborate to support individuals What voluntary care can be accessed? What is the difference between statutory, private and third sector services What is the difference between multidisciplinary and multi agency working Explain the terms, primary, secondary and tertiary health care services

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What additional needs could an individual have?	What is allied health care?
Types of care provision and how professionals, family and friends collaborate to support individuals	Who are the allied health professions?
What is safeguarding?	How does and multidisciplinary team operate?
'Define the term 'chronic conditons'	Name a range of social care services
What are the chronic conditions	Key professionals and their roles
	Define the term domicillary care
	What is person centred care?
	Define the term autonomous care
	What is occupational therapy?
	Define the term 'social care'
	What is domiciliary care and respite care?
	What services are available for children and young people?
	What services are available to adults and children with specific needs?
	Define the term 'informal care