



**Summer Term
Term 3**

Health & Social Care

Year 10

Name: _____

Tutor: _____

Care to Learn

Learn to Care

Year 10 Homework Timetable

Monday	English Task 1	Option A Task 1	Option C Task 1
Tuesday	Option B Task 1	Sparx Maths	Science Task 1
Wednesday	Sparx Maths	Option C Task 2	Sparx Science
Thursday	Option A Task 2	Sparx Science	Option B Task 2
Friday	Science Task 2	English Task 2	

Sparx Science

- Complete 100% of their assigned homework each week

Sparx Maths

- Complete 100% of their assigned homework each week

Option A
History
Geography
Spanish

Option B
Geography
Health and Social Care
Psychology

Option C
Psychology
Sports Studies
Childcare
Drama

Half Term 5 (6 weeks) - Year 10

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 1 15th April 2024	Cornell Notes on: Definition of Health and Wellbeing	Question: What are the aspects of health and wellbeing and the factors that affect them?
Week 2 22nd April 2024	Revision Cards on: Physical Factors - Inherited Conditions	Question: Explain how some medical conditions can be caused by a combination of genes and environmental factors?
Week 3 29th April 2024	Cornell Notes on: Physical Factors - Physical Ill Health	Question: Explain one negative effect of Type 2 Diabetes on health and wellbeing.
Week 4 6th May 2024	Revision Cards on: Physical Factors - Mental Ill Health	Question: Explain the difference between anxiety and stress.
Week 5 13th May 2024	Cornell Notes on: Physical Factors - Physical Abilities and Sensory Impairments	Question: Give two reasons why a person with a visual impairment might find socialising difficult.
Week 6 20th May 2024	Revision Cards on: Lifestyle Factors - Nutrition	Question: Explain one negative effect of poor nutrition on health and wellbeing.

Half Term 6 (7 weeks) - Year 10

Week / Date	Homework task 1 Cornell Notes	Homework task 2 Exam Question
Week 7 3rd June 2024	Cornell Notes on: Lifestyle Factors - Physical Activity	Question: Explain why armchair activities are beneficial for people with osteoporosis.
Week 8 10th June 2024	Revision Cards on: Lifestyle factors - Smoking, Alcohol and Substance Misuse	Question: Explain two negative effects of substance abuse on health and wellbeing.
Week 9 17th June 2024	Cornell Notes on: Social factors - Relationships and Social Inclusion/Exclusion	Question: Give one positive effect of supportive family relationships on physical wellbeing of an individual.
Week 10 24th June 2024	Mock Exams	Mock Exams
Week 11 1st July 2024	Mock Exams	Mock Exams
Week 12 8th July 2024	Cornell Notes on: Social factors - Bullying and discrimination	Question: Explain two negative effects that discrimination can have on health and wellbeing.
Week 13 15th July 2024	Revision Cards on: Cultural factors - Religion and Community Participation	Question: Explain one positive effect religion can have on health and wellbeing.

Knowledge Organiser

Component 3 Health and Wellbeing - Learning Aim A: Factors that affect health and wellbeing

Definition of health and wellbeing

- a) Positive definition
- b) Negative definition
- c) Holistic definition
- d) Life Stages and our needs (Maslow's Hierarchy of needs pyramid)

Physical Factors: Inherited Conditions

Effects on PIES: Physical effects of condition, reduced activity, time missed from school/work, can cause distress and make a person feel different to others, may prevent a person from joining social activities, may lead to social isolation.

Types of conditions:

- a) Cystic Fibrosis (affects the respiratory and digestive system)
- b) Haemophilia (Blood condition where the blood does not clot)
- c) Predisposition to other conditions (at risk of, more likely to get due to genetics)

Physical Factors: Physical Ill Health

Effects of illness on PIES: Physical effects of condition and affecting physical fitness, missed learning opportunities, emotional distress, less social opportunities.

Types of conditions:

- a) Cardiovascular Disease (Caused by build up of fatty deposits in the arteries)
- b) Obesity (Caused by eating more calories than the body needs and storing energy as fat)
- c) Type 2 Diabetes (Caused by long term poor diet, obesity)

Physical Factors: Mental Ill Health

Effects on PIES: physical symptoms such as tension, diarrhoea, sweating, can cause long term other health problems, can cause mood swings, mental ill health, can affect ability to carry out daily activities and interfere with work and learning, can cause social isolation and finding it hard to mix with others.

- a) Anxiety (symptoms include feeling uneasy, worry, nervousness, apprehension and dread)
- b) Stress (Caused by the demands or pressures put upon us)
- c) Other mental illness such as depression, eating disorders, addictive behaviours

Physical Factors: Physical Abilities and Sensory Impairments

- a) Physical Abilities (eg a physical disability which impairs ability to perform physical actions such as walking)
- b) Sensory Impairments (eg the loss or partial loss of one of the five senses such as sight or hearing)

Lifestyle Factors: Nutrition

Effects on PIES: Over or underweight, ill health, reduced activity, reduced life expectancy, less successful in gaining work, miss out on learning experiences, poor self-esteem, self-conscious about appearance and social situations.

- a) Diet - what you choose to eat and drink whether healthy or unhealthy
- b) Eatwell Guide - guidance on what a balanced diet should include
- c) Conditions linked to poor or unbalanced diet such as obesity, anaemia, rickets, cancer, heart failure

Lifestyle Factors: Physical Activity

- a) Benefits of exercise - concentration, relieves stress, relaxing and feel good factor, personal satisfaction, socialising with others.
- b) Taking exercise (different types) - Light exercise like going for a walk, aerobic exercise such as swimming or cycling.
- c) Implications of not taking exercise - stiffening joints, poor stamina, strength and suppleness, obesity, stroke, coronary heart disease, osteoporosis.

Lifestyle Factors: Smoking, Alcohol and substance misuse

Smoking, Alcohol and substance misuse can all lead to addiction (not having control of a substance) and cause many different health conditions which can impact on a person's PIES. For example social effects as people do not want to be around you, intellectual effects as it may interfere with your ability to work or learn.

- a) Effects of smoking on health - Causes conditions such as emphysema, stroke, gum disease, Cancer
- b) Effects of excessive (more than 14 units per week) Alcohol on health - liver disease, increased risk of dementia, increased risk of cancer, high blood pressure
- c) Effects of illegal drugs and misuse of prescribed drugs on health - Can profoundly damage your body and organs such as the brain, liver and kidneys. Could result in death if overdosing.

Social Factors: Relationships and Social Inclusion/Exclusion

- a) Relationships (eg supportive and unsupportive)
- b) Social Inclusion (eg integration to the community)
- c) Social Exclusion (eg isolation and reasons for becoming isolated like homeless, physical/mental illness)

Social Factors: Bullying and Discrimination

- a) Bullying (types and their effects eg physical, Verbal, Cyber, Emotional, Sexual)
- b) Discrimination (eg Age, Disability, Gender, Race, Religion, Sexual Orientation)
- c) Promoting anti-discriminatory behaviour in the workplace (Equalities Act)

Cultural Factors: Religion and Community Participation

Culture is to do with a person's values, traditions, way of life and beliefs. Cultural factors can have a positive or negative effect on health and wellbeing. Cultural factors can be about religion, community participation, being part of a group such as LGBTQ+.

- a) Religion (positive and negative effects of being part of a religious group): Positive - Provides a supportive network, a sense of belonging and sharing common beliefs. Negative - may influence an individual to be reluctant to seek treatment, may make someone feel excluded by others.
- b) Community Participation: Can give someone support and a sense of belonging which can improve wellbeing. Can give someone a sense of achievement and positive feelings of making a contribution to a community if they get involved in events such as creating community spaces. However people who find it hard to get involved in a community can become socially isolated which can lead to loneliness and depression.

STEP 2: CREATE CUES

What: Reduce your notes to just the essentials.

What: Immediately after class, discussion, or reading session.

How:

- Jot down key ideas, important words and phrases
- Create questions that might appear on an exam
- Reducing your notes to the most important ideas and concepts improves recall. Creating questions that may appear on an exam gets you thinking about how the information might be applied and improves your performance on the exam.

Why: Spend at least ten minutes every week reviewing all of your previous notes. Reflect on the material and ask yourself questions based on what you've recorded in the Cue area. Cover the note-taking area with a piece of paper. Can you answer them?

STEP 1: RECORD YOUR NOTES

What: Record all keywords, ideas, important dates, people, places, diagrams and formulas from the lesson. Create a new page for each topic discussed.

When: During class lecture, discussion, or reading session.

How:

- Use bullet points, abbreviated phrases, and pictures
- Avoid full sentences and paragraphs
- Leave space between points to add more information later

Why: Important ideas must be recorded in a way that is meaningful to you.

STEP 3: SUMMARISE & REVIEW

What: Summarise the main ideas from the lesson.

What: At the end of the class lecture, discussion, or reading session.

How: In complete sentences, write down the conclusions that can be made from the information in your notes.

Why: Summarising the information after it's learned improves long-term retention.

WEEK 1: Cornell Notes (Homework task 1)

Date: 15th April 2024	Topic: Definition of Health and Wellbeing	Revision guide page:
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Links	Notes
Questions	

Summary

WEEK 1: Exam Question (Homework task 2)

Date: 15th April 2024

Question: What are the aspects of health and wellbeing and the factors that affect them?

Answer:

WEEK 1: Exam Question review and improvement (Classwork)

Question: What are the aspects of health and wellbeing and the factors that affect them?

Answer:

WEEK 2: Exam Question (Homework task 2)

Date: 22nd April 2024

Question: Explain how some medical conditions can be caused by a combination of genes and environmental factors?

Answer:

WEEK 2: Exam Question review and improvement (Classwork)

Question: Explain how some medical conditions can be caused by a combination of genes and environmental factors?

Answer:

WEEK 3: Cornell Notes (Homework task 1)

Date: 29th April 2024	Topic: Physical Factors - Physical III Health	Revision guide page
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Links	Notes
Questions	

Summary

WEEK 3: Exam Question (Homework task 2)

Date: 29th April 2024

Question: Explain one negative effect of Type 2 Diabetes on health and wellbeing.

Answer:

WEEK 3: Exam Question review and improvement (Classwork)

Question: Explain one negative effect of Type 2 Diabetes on health and wellbeing.

Answer:

WEEK 5: Cornell Notes (Homework task 1)

Date: 13th May 2024	Topic: Physical Factors - Physical Abilities and Sensory Impairments	Revision guide page
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Questions	

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WEEK 5: Exam Question (Homework task 2)

Date: 13th May 2024

Question: Give two reasons why a person with a visual impairment might find socialising difficult.

Answer:

WEEK 5: Exam Question review and improvement (Classwork)

Question: Give two reasons why a person with a visual impairment might find socialising difficult.

Answer:

WEEK 7: Cornell Notes (Homework task 1)

Date: 3rd June 2024	Topic: Lifestyle Factors - Physical Activity	Revision guide page
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WEEK 7: Exam Question (Homework task 2)

Date: 3rd June 2024

Question: Explain why armchair activities are beneficial for people with osteoporosis.

Answer:

WEEK 7: Exam Question review and improvement (Classwork)

Question: Explain why armchair activities are beneficial for people with osteoporosis.

Answer:

WEEK 9: Cornell Notes (Homework task 1)

Date: 17th June 2024	Topic: Social factors - Relationships and Social Inclusion/Exclusion	Revision guide page
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Questions	

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WEEK 9: Exam Question (Homework task 2)

Date: 17th June 2024

Question: Give one positive effect of supportive family relationships on physical wellbeing of an individual.

Answer:

WEEK 9: Exam Question review and improvement (Classwork)

Question: Give one positive effect of supportive family relationships on physical wellbeing of an individual.

Answer:

WEEK 10: Assessment Week Revision (Homework task 1)

Date: 24th June 2024	Topic: Mock Exams	Revision guide page
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WEEK 10: Assessment Week Revision (Homework task 2)

Date: 24th June 2024	Topic: Mock Exams	Revision guide page
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links	Notes
Questions	

Summary

WEEK 11: Assessment Week Revision (Homework task 1)

Date: 1st July 2024	Topic: Mock Exams	Revision guide page
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links	Notes
Questions	

Summary

WEEK 11: Assessment Week Revision (Homework task 2)

Date: 1st July 2024	Topic: Mock Exams	Revision guide page
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links	Notes
Questions	

Summary

WEEK 12: Cornell Notes (Homework task 1)

Date: 8th July 2024	Topic: Social factors - Bullying and discrimination	Revision guide page:
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Questions	

Summary

WEEK 13: Exam Question (Homework task 2)

Date: 15th July 2024

Question: Explain one positive effect religion can have on health and wellbeing.

Answer:

WEEK 13: Exam Question review and improvement (Classwork)

Question: Explain one positive effect religion can have on health and wellbeing.

Answer:

Week 2

Revision Card on Physical Factors - Inherited Conditions

1. Genetic conditions are inherited from who?
2. Which condition causes a build up of thick sticky mucus in the lungs and digestive system?
3. Predisposition means what?
4. Give an example of the effect on emotional development of an inherited condition?
5. Give an example of the effect on social development of an inherited condition?

Answers



Week 4

Revision Card on Physical Factors - Mental Ill Health

1. Give an example of the physical effect of mental ill health?
2. Give an example of the intellectual effects of mental ill health?
3. Give an example of the social effects of mental ill health?
4. What is stress caused by?
5. Name one other type of mental ill health?

Answers

Week 6

Revision Card on Lifestyle Factors - Nutrition

1. Give an example of the intellectual effects of poor nutrition?
2. Give an example of the emotional effects of poor nutrition?
3. What does diet refer to?
4. What is the eatwell guide?
5. Give an example of a health condition linked to a poor diet?

Answers



Week 8

Revision Card on Lifestyle factors - Smoking, Alcohol and Substance Misuse

1. What is addiction?
2. Give an example of the effects of smoking on social development?
3. Give an example of the effects of drug use on intellectual development?
4. Give an example of a prescribed drug which is often misused and can lead to addiction?
5. What is considered excessive drinking?

Answers



Week 13

Revision Card on Cultural factors - Religion and Community Participation

1. Give an example of a cultural factor?
2. Give an example of the positive effects on health and wellbeing?
3. Give an example of a negative affect on health and wellbeing?
4. Why might someone refuse treatment or not willing to seek advice?

Answers