

Health and Social Care

Curriculum Overview

	Autumn Term		Spring Term		Summer Term	
Year 7	<p><u>Outwitting an opponent</u>; Football Emerging tactical awareness; decision making; technical proficiency linked to specific sport (football) Links to other topics – Health and wellbeing</p>	<p><u>Exploring Emotions through movement</u>; Dance Emerging body awareness; emotional awareness; expression and creativity. Links to other topics – Health & wellbeing</p>	<p><u>Health & wellbeing</u>; HRF Emerging an understanding of the importance of leading a healthy and active lifestyle. Developing habits that promote physical and mental wellbeing can enhance performance and overall quality of life.</p>	<p><u>Net and wall</u>; Badminton Emerging hand eye coordination; footwork; timing. Links to other topics – Health & wellbeing</p>	<p><u>Performing at maximum levels</u>; Athletics Emerging skill acquisition for the different track/field events. Links to other topics – Health & wellbeing</p>	<p><u>Striking & Fielding</u>; Cricket/Rounders Emerging striking skills; batting footwork; hand eye coordination; timing; Emerging fielding skills: catching; throwing; positioning. Links to other topics – Health & wellbeing</p>
Year 8	<p><u>Outwitting an opponent</u>; Football Developing tactical awareness; decision making; technical proficiency linked to specific sport (football); psychological resilience; observational skills. Links to other topics – Yr7 Football Health and wellbeing</p>	<p><u>Outwitting an opponent</u>; Handball Developing tactical awareness; decision making; technical proficiency linked to specific sport (handball) Links to other topics – Yr7 Football Health and wellbeing</p>	<p><u>Health & Wellbeing</u>; HRF Developing maintain a good level of physical fitness, including cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition</p>	<p><u>Net and wall</u>; Badminton Developing hand eye coordination; footwork; timing; power and strength; accuracy; agility and speed Links to other topics – Health and wellbeing</p>	<p><u>Performing at maximum levels</u>; Athletics Developing skill acquisition for the different track/field events; technical proficiency; tactical understanding. Links to other topics – Yr7 Athletics Health and wellbeing</p>	<p><u>Striking & fielding</u>; Cricket/Rounders Developing striking skills; batting footwork; hand eye coordination; timing; decision making; shot selection. Emerging fielding skills: catching; throwing; positioning; communication; agility Links to other topics – Yr7 Striking and fielding Health and wellbeing</p>
Year 9	<p>Exam- Unit R032: Principles of care in health and social care settings Topic Area 1 covers care settings, service users' rights, and their health benefits, highlighting the positive impact of upholding these rights. Topic Area 2 emphasizes person-centred values, ensuring care is tailored to individual needs, fostering trust and empowerment in service users. Links to: -RO33- 3.1 Sources of support that meet individual needs</p>	<p>Exam- Unit R032: Principles of care in health and social care settings Topic Area 2 emphasizes person-centred values in care, prioritizing individual needs, preferences, and dignity. Providers involve individuals in decision-making, respect choices, and foster independence. This approach enhances job satisfaction, teamwork, and care quality for providers, while service users experience improved satisfaction, empowerment, and health outcomes, feeling respected and in control of their care journey. Links to: -RO33- 3.1 Sources of support that meet individual needs</p>	<p>Exam- Unit R032: Principles of care in health and social care settings Links to: Topic Area 3: Effective communication in health and social care 3.1 Verbal communication is crucial for clear information exchange, rapport-building, and understanding between providers and service users. 3.2 Non-verbal communication, like body language and facial expressions, conveys empathy, builds trust, and understands emotions. 3.3 Active listening, involving attentiveness and appropriate responses, is vital for understanding needs, providing support, and building meaningful relationships. Link to: -RO33- 3.1 Sources of support that meet individual needs -RO35 4.1 How to deliver a health promotion campaign.</p>	<p>Exam- Unit R032: Principles of care in health and social care settings 3.4 Special communication methods, like sign language, ensure equal access to care for individuals with specific needs. 3.5 Effective communication builds trust, ensures understanding, and enhances care quality, fostering collaboration and positive relationships. 4.1 Safeguarding measures protect against harm and abuse, involving policies, procedures, and training to ensure a safe, supportive environment in health and social care. Links to: -RO33- 3.1 Sources of support that meet individual needs -RO35 4.1 How to deliver a health promotion campaign.</p>	<p>Exam- Unit R032: Principles of care in health and social care settings Topic Area 4: Protecting service users and providers 4.2 Infection prevention strategies, including hand hygiene, sanitation, and PPE use, reduce infection risks. 4.3 Safety procedures, such as equipment handling, accident prevention, and emergency response, ensure a safe environment. 4.4 Security measures, including access control, surveillance, and staff training, protect against harm and maintain a secure environment.</p>	<p>Unit R033: Supporting individuals through life events Unit R033 covers life stages and their impact on development, from infancy to old age. It explores physical, cognitive, and emotional changes at each stage. Understanding these stages helps provide tailored support and interventions. This knowledge aids caregivers, social workers, and healthcare professionals in supporting individuals through life's transitions and challenges effectively.</p>
Year 10	<p>Unit R033: Supporting individuals through life events Topic Area 2: Impacts of life events 2.1: This section examines how life events like birth, marriage, divorce, relocation, illness, and loss affect physical, emotional, and social well-being. Understanding these impacts helps caregivers, counsellors, and support workers provide tailored support and interventions, guiding individuals through life's challenges and transitions effectively. Link to: RO33 1.1 Life stages and development</p>	<p>Unit R033: Supporting individuals through life events 3.1: This section explores various support sources like family, friends, support groups, healthcare professionals, community organizations, and online resources. These sources provide essential aid, guidance, and comfort during life challenges. Understanding individual needs helps identify suitable support networks, promoting resilience, empowerment, and well-being, enabling effective coping and navigation through difficult circumstances. Links to: RO32- 1.1 Types of care settings RO32- 2.1 Person-centred values of care and how they are applied by the service providers</p>	<p>Unit R033: Supporting individuals through life events Amendment to assignments before submission (May submission) Exam- Unit R032: Principles of care in health and social care settings Addressing class weakness based of (AW1 and 2)</p>	<p>Unit R035: Health promotion campaigns Topic Area 1: Current public health issues and the impact on society 1.1: This section emphasizes the importance of a healthy society for well-being, economic prosperity, and social cohesion, highlighting preventive measures, healthcare access, and healthy lifestyle choices. 1.2: It explores public health challenges like infectious diseases, chronic conditions, mental health, and healthcare inequalities, stressing the need for effective health promotion campaigns to improve outcomes and address disparities.</p>	<p>Unit R035: Health promotion campaigns 1.3: Current health promotion campaigns are analyzed for their benefits. These campaigns aim to raise awareness, change behavior, and improve health outcomes. By targeting specific health issues and populations, they contribute to preventing diseases and promoting well-being. Topic Area 2: Factors influencing health 2.1: Various factors impacting health and well-being are explored. These include socio-economic status, education, genetics, and access to healthcare. Understanding these factors helps in developing targeted interventions and policies to improve health equity. 2.2: Leading a healthy lifestyle is essential for well-being. This involves regular exercise, balanced nutrition, adequate sleep, and stress management. Encouraging healthy habits through education and support enables individuals to maintain their health and prevent diseases.</p>	<p>Unit R035: Health promotion campaigns 2.2: Leading a healthy lifestyle involves behaviors such as regular physical activity, balanced nutrition, adequate sleep, and stress management. Encouraging these habits promotes overall well-being and reduces the risk of chronic diseases. 2.3: However, barriers exist that hinder individuals from leading healthy lifestyles. These barriers include lack of time, access to healthy food, financial constraints, cultural factors, and sedentary lifestyles. Overcoming these barriers is crucial for promoting healthier behaviors and improving population health.</p>
Year 11	<p>Unit R035: Health promotion campaigns 2.3: Barriers to a healthy lifestyle include lack of time, access to healthy food, financial constraints, cultural factors, and sedentary habits. Overcoming these is vital for promoting healthier behaviours. 3.1: Planning health promotion campaigns involves identifying target audiences, setting objectives, choosing strategies, designing materials, and evaluating effectiveness. Proper planning ensures targeted, evidence-based, impactful campaigns. Links to: RO32. 3.1 The importance of verbal communication skills in health and social care settings RO32. 3.3 The importance of active listening in health and social care settings</p>	<p>Unit R035: Health promotion campaigns 3.1: Planning a health promotion campaign involves identifying the target audience, setting clear objectives, selecting strategies, developing communication materials, creating a timeline, and establishing evaluation methods. 4.1: Delivering a campaign requires executing planned strategies, ensuring materials reach the audience, engaging stakeholders, and utilizing resources effectively. 4.2: Evaluating performance involves assessing campaign success, analysing data, and identifying strengths and areas for improvement to inform future planning and delivery. Links to: RO32. 3.1 The importance of verbal communication skills in health and social care settings RO32. 3.3 The importance of active listening in health and social care settings</p>	<p>Exam- Unit R032: Principles of care in health and social care settings Retrieval of Topic Area 1: Understand the key factors affecting health and well-being. This includes physical, social, emotional, and environmental influences, and recognizing how these factors interplay to impact individuals' overall health and quality of life. Retrieval of topic area 2: Understand how health and social care services support individuals. This includes exploring different types of services, roles of health and social care professionals, and how they work together to meet individual needs.</p>	<p>Exam- Unit R032: Principles of care in health and social care settings Retrieval of topic area 2: Understand how health and social care services support individuals. This includes exploring different types of services, roles of health and social care professionals, and how they work together to meet individual needs. Retrieval of topic area 3: Understand the principles of care and how they are applied in health and social care settings. This includes confidentiality, dignity, respect, safeguarding, and promoting individual rights and equality.</p>	<p>Exam- Unit R032: Principles of care in health and social care settings Retrieval of topic area 3: Understand the principles of care and how they are applied in health and social care settings. This includes confidentiality, dignity, respect, safeguarding, and promoting individual rights and equality. Retrieval of Topic Area 4: Understand the importance of communication in health and social care. This includes different communication methods, barriers to effective communication, and strategies to overcome these barriers to ensure clear and supportive interactions with service users.</p>	