



Health and Social Care

In Health and Social Care, students develop an understanding of human growth and development, health and wellbeing, and the services that support individuals throughout their lives. Through the study of real-world contexts, students build the knowledge, skills and values needed to promote wellbeing, provide person-centred care and prepare for further study and careers within the health and social care sector.

Key Stage 4
Long-Term
Plan

Year 10

Year 11

Autumn 1

Component 1: Human Lifespan Development

Students begin their study of Health and Social Care by exploring the different stages of growth and development across the lifespan. They examine physical, intellectual, emotional and social development and investigate the factors that affect health and wellbeing. This component provides the essential foundation for understanding the needs of individuals and underpins all subsequent learning within the course.

Component 3: Health and Wellbeing

Students develop their understanding of the factors that influence health and wellbeing. They examine physical, lifestyle, environmental and social factors which affect health outcomes and explore how healthcare professionals assess and improve wellbeing.

Autumn 1
Assessment:

- Start-of-lesson quizzes check recall of key knowledge
- Questioning and discussion check understanding in lessons
- Teachers monitor work and address misconceptions

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	• End-of-topic assessments check understanding of recent and prior learning	• Regular examination-style assessment and retrieval practice
Autumn 2	Component 1: Human Lifespan Development Students continue to explore life stages, life events and the impact of expected and unexpected changes on development. Learners investigate how individuals adapt to significant life events and the support available to help them manage these changes successfully.	Component 2 Coursework and Component 3 Preparation Students continue coursework tasks whilst consolidating knowledge from Component 3 through examination practice and application of case studies.
Autumn 2 Assessment:	• Start-of-lesson quizzes check recall of key knowledge • Questioning and discussion check understanding in lessons • Teachers monitor work and address misconceptions • End-of-topic assessments check understanding of recent and prior learning	Year 11 Mock Exam
Spring 1	Component 1 Coursework Students apply their knowledge of growth and development to coursework tasks. They develop independent research skills, analyse case studies and demonstrate their understanding of factors affecting development throughout life.	Component 2: Health and Social Care Services and Values Students explore the range of services available to meet individual needs. They investigate healthcare, social care and early years provision whilst examining the core values that underpin effective care.
Spring 1 Assessment:	• Coursework checkpoints and teacher feedback • Retrieval quizzes and knowledge checks • Teacher assessment of application skills	• Mock assessment based on Component 3 content • Retrieval practice and examination-style questions • Teacher assessment and feedback

Spring 2	Component 2: Health and Social Care Services and Values Students investigate how health and social care services support individuals across the lifespan. They develop an understanding of person-centred approaches, barriers to accessing services and the importance of care values in promoting positive outcomes.	Component 3 Revision and Past Paper Practice Students consolidate learning from all components, applying knowledge and skills to examination questions and case-study scenarios.
Spring 1 Assessment:	• Start-of-lesson quizzes check recall of key knowledge • Questioning and discussion check understanding • Teachers monitor work and address misconceptions • End-of-topic checks of understanding	• Regular examination practice • Past paper questions • Targeted intervention based on assessment outcomes
Summer 1	Component 2: Health and Social Care Services and Values Students continue to develop their understanding of integrated care, multidisciplinary working and the importance of effective communication within care settings. Learners evaluate how services meet the needs of different individuals.	Revision and Examination Preparation
Summer 1 Assessment:	• Coursework review and teacher feedback • Knowledge retrieval activities • Assessment of applied understanding	• Full examination practice • Retrieval and revision activities
Summer 2	Revision and Past Paper Practice Students revisit key knowledge from Components 1 and 2, strengthening understanding and preparing for progression into Year 11.	External Assessment and Course Completion

Summer 2 Assessment:	• End-of-year examination-style assessment • Review of strengths and next steps	• External assessment outcomes and evaluation of learning
What will a student know by the end of each year? Why?	Students will know: • The stages of human growth and development across the lifespan. • Factors affecting health and wellbeing. • The impact of life events on development. • The services available to support individuals in different circumstances. • The values that underpin effective health and social care provision. Why? • To provide a secure foundation for success in Year 11. • To develop understanding of how individuals' needs change throughout life. • To prepare students for coursework and external assessment. • To develop empathy and awareness of health and social care contexts. • To build transferable skills in analysis, communication and evaluation.	Students will know: • How health and wellbeing can be assessed and improved. • The role and function of health and social care services. • How care values support positive outcomes for individuals. • The factors influencing health outcomes and quality of life. • How to apply knowledge to examination scenarios and case studies. Why? • To prepare students for successful completion of the BTEC qualification. • To develop informed understanding of healthcare and social care systems. • To build skills required for further study and employment. • To promote understanding of the importance of wellbeing in society. • To prepare students for progression into health, social care and related professions.

Extra-Curricular Opportunities

- Speakers
- Peer mentoring
- Care home visit