

# Health and Social Care

## Year 10



Course Content	R	A	G
<b>Unit 1 (2.1.1 a, b, c) Growth, milestones and development</b>			
Explain all life stages.			
Give definitions and explain growth and development.			
Explain and give examples of expected milestones.			
Explain centile charts and the Schedule of Growing Skills.			
Explain and analyse all aspects of physical, intellectual, emotional and social development.			
<b>Unit 1 (2.1.1 d) Factors that affect development</b>			
Explain and analyse all physical factors affecting development.			
Explain and analyse all social and emotional factors affecting development.			
Explain and analyse all economic factors affecting development.			
Explain and analyse all environmental factors affecting development.			
Analyse the impact of low income on an individual's development.			
<b>Unit 1 (2.1.2 a) The interdependence between physical health and good mental health</b>			
Explain all physical health benefits of exercise.			
Explain all mental health benefits of exercise.			
Explain all social and emotional benefits of exercise.			
Analyse the relationship and identify the connections between physical and good mental health.			

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<b>Unit 1 (2.1.2 b) Tools to support social, emotional and intellectual health</b>			
Explain and analyse the benefits of growth mind-set.			
Explain and analyse the benefits of mindfulness.			
Explain and analyse the benefits of resilience.			
Analyse the effects of these tools on an individual's development.			
<i>Remember: these tools are applicable to all life stages and are a feature of use in many settings</i>			
<b>Unit 1 (2.1.3 a, b) Active participation and the benefits</b>			
Define active participation.			
Explain and analyse the benefits of active participation.			
<i>Remember: this process applies to all life stages and for young children, parents/carers could be the active participant on their behalf.</i>			
<b>Unit 1 (2.1.4 a) Ways to promote and support growth, development and well being</b>			
Give examples and explain the purpose of screening programmes (including those for new born babies).			
Give examples and explain the purpose of immunisation programmes through the life stages.			
Analyse why some parents chose to have their baby/child immunised and others do not.			
Give examples and explain the services offered to support and promote good health.			
Give examples and explain the government guidelines designed to promote health and well-being.			
Explain the purpose of government initiatives such as Flying Start, The Active Offer....			

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<b>Unit 1 (2.1.4 b) Health conditions</b>			
Explain the (short-term) condition: food poisoning, rashes, fever, coughs and colds, chicken pox, measles.			
Explain the care, support and treatment of the conditions listed above.			
Explain the (long term) condition: obesity, diabetes, heart disease, arthritis, dementia, cancers (select one type).			
Explain the care, support and treatment of the conditions listed above.			
Identify those conditions that are preventable, and explain why.			
<b>Unit 1 (2.1.4 c) Circumstances</b>			
Define and explain expected life events.			
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Explain and analyse the impact (effects on PIES) of one expected life event on an individual's life course. Remember that the impact could be short or long term, positive or negative.			
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