



Year 11 Health & Social Care.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	<p>RO29 Dietary reference values and differences between gender and life stages. Government guidelines and the Eat Well Guide.</p>	<p>RO29 Factors that influence diet. Specific dietary conditions.</p>	<p>RO29 Cooking for specific conditions and menu nutritional analysis. Hygiene and safety. RO31. First Aid training. Signs and symptoms of injuries and treatment.</p>	<p>RO31 First Aid training. Information to give emergency services. Seeking additional support.</p>	<p>Reviewing first aid procedures.</p> <p>Completion of any assessments ready for exam board submission.</p>	
Assessment	<p>Written assessment DRV's. Written assessment on how to meet guidelines.</p>	<p>Written assessment on factors. Written assessment preparing a diet plan and advice for a person with a specific condition.</p>	<p>Preparing a meal for a person with a specific condition. Written assessment on nutritional analysis and justification. Practical First Aid assessment.</p>	<p>RO29. Written fact sheets about conditions and treatment. Written assessment on information to give emergency services. Written assessment on seeking additional support. Practical first aid assessment.</p>	<p>RO29 Written review/evaluation of first aid skills.</p>	

Building on Prior Learning	They will have a general awareness of nutrition and healthy eating and some may have completed previous first aid courses or know from personal experience of how to treat minor injuries. Most will be familiar with and have ideas around health and social care settings such as nurseries, primary school, hospitals and GPs.
Links with other subjects	Science and Food Technology will have introduced to them the value nutrition, specific dietary needs and how to maintain healthy lifestyles. Maths lessons will have taught them the interpretation of data.



Extracurricular opportunities	Visits to health and social care contexts will be sought, when possible and if appropriate.
A successful learner in this subject will demonstrate	Critical thinking skills, social and emotional intelligence, empathy and understanding. They will also develop and demonstrate their ability to apply their gained knowledge to a variety of health and Social Care situations linking theory to practice.
Impact on personal development	First aid skills will be developed as will confidence in speaking to others in difficult or stressful situations. Appreciation of consequence to people who have specific dietary needs. Gain a clear perspective on life and their interest in and respect for different people's feelings and values in emergency situations

Ways to support student learning in this subject
<ul style="list-style-type: none">• Watch documentaries about health and social care settings.• Encourage your child to pay attention to local and national news - relating to welfare and social services.• Encourage them to discuss the importance of physical activity, emotional well-being and positive relationships on an individual's health.• Ask them about their learning and for them to explain concepts they are learning about.• Discuss with them the barriers and challenges that can happen across life stages (Childhood, Adolescence, Adulthood and Later Adulthood).• If medical appointments are attended discuss the role of the care workers involved and how they conducted themselves.• Discuss with them career opportunities in health and social care.