

Home Learning Activities

Teacher: DMA

Health and Social Care

Year 10/11 GLC

2026-2027

Topic	Outline	Home Learning Activity	Online Learning Links	SMSC
Introduction to Health and Social Care Unit HSC5 : Finding Out About Health and Social Care Services	Introduction to H&SC and the BTEC Level 1 Introductory qualification	Write a paragraph about why you want to study health and social care and how it could help you in your future.	Health and Social Care (L1 Introductory) Pearson qualifications	Ca
	Life Stages and PIES	Research what the 6 different life stages are, for each stage list the physical, intellectual, emotional and social developments/milestones that people are making at each stage of their life. For example: The first life stage is 0-2 years (Infancy) during this stage people learn to move through crawling and then walking (physical), they start to communicate by saying simple words and sentences (intellectual), they cry to get what they need and learn to smile to show happiness (emotional), they build bonds with family (social).	Bing Videos	So H
	Expected and Unexpected Life Events	List as many expected and unexpected life events as you can. For each life event, give a way that it can positively affect a person and a way that it could negatively affect a person. For example: Getting married is a life event, this can affect people positively as they get to celebrate with friends and family, they commit to spending the rest of their life with someone. This can affect someone negatively as people will question whether they have made the right choice and may have second thoughts about marriage as it is a big commitment.	Bing Videos	So Sp
	Health Indicators	Create a poster which describes the following health indicators and why healthcare professionals	Calculate your body mass index (BMI) - NHS - NHS (www.nhs.uk)	H

		might use it. Health Indicators: BMI, heart rate/pulse, blood pressure and peak flow. For example: BMI is a measurement that takes weight and age into account and lets the healthcare professional know if someone is underweight or obese.	What is a normal pulse rate? - BHF Blood pressure test - NHS (www.nhs.uk) Peak flow test - NHS (www.nhs.uk)	
	Health Issues and Needs: genetic inheritance, ill health and accident and injury, mental health	Research the following genetically inherited conditions: Huntington's Disease, Neurofibromatosis (NF1), Cystic Fibrosis and Sickle Cell Anaemia. Choose one of the above genetic conditions to focus your research on. Create a presentation (this can be done by hand) that explains what the condition is, how it affects people and also the social and emotional effects that this could have on someone who has this condition.	Genetic conditions - Inheritance and genetics - KS3 Biology - BBC Bitesize	So H
	Social Care Issues and Needs: Relationships, economic factors, environmental factors, housing	Economic factors relate to a person's job and financial resources (how much money they have) Describe how having a good income reflects on PIES, e.g. Physical – having more money can result in good housing conditions (no mould, space for all the family) and a healthy diet as there is more money for better food. Then compare how a low wage or not having enough money affects PIES e.g. Physical – Poor housing conditions, such as mould, can lead to poor health.	What Are PIES In Health And Social Care? - Care Learning	So M B Ca
	Health and Social Care Careers	Complete the NHS careers quiz, it will ask a series of questions and then give a list of careers that could be suited to you within the NHS. Choose three of the careers to research. Create a fact file for each job that has the following information: Name of job, basic salary, what you would be doing in that job and give a reason as to why you think that you would enjoy doing this job.	Take our careers quiz Health Careers	Ca

Unit HSC9 : Providing a Creative Activity When Caring for People	Exploring Problem Solving when planning activities to meet needs	Imagine that you are planning a creative activity for a toddler in a nursery and an older person in a care home. Create two bubble/mind maps (one for each person) and consider all of the problems that you might encounter when delivering a creative activity to these people. For example: Toddler – will create mess, may not sit still etc. Older person – may not be able to grip smaller items such as pencils and paint brushes, may have shaky hands etc.		So H
Unit A2 : Developing a Personal Progression Plan	Exploring H&SC Skills and Behaviours: Person centred approach and care values	There are seven care values: Empowerment, dignity, respect, communication, anti-discriminatory practice, confidentiality and safeguarding. Research each one and note down how people working in the health and social care industry can ensure that they meet each value when working with a client.	Mrs Cohen BTEC Health & Social Care Care Values 1 - YouTube	Ca B M So H
Unit A1 : Being Organised	Exploring Organisational Skill Techniques	Mind map all the things that people can do to stay organised.	How to get into a good secondary school routine - BBC Bitesize	Ca
	Exploring Organisational Skill Techniques	Create a 2-week planner and complete it with anything that you need to do in the next two weeks.		Ca
Unit HSC7 : Making Healthy Snacks when Caring for People	Exploring Foods to Suit Different Needs	Prepare a healthy snack for a child's lunch box, take a photo and send to your teacher.	Lunchbox ideas and recipes – Healthier Families - NHS (www.nhs.uk)	H
Unit HSC11 : Measuring Older Adult's Fitness Levels for Everyday Tasks	Exploring fitness activities and measures	Plan a fitness activity for one of your family members and do it with them. Write a record of the activities that you did with them and get a written comment from the person you did it with stating whether they enjoyed it and how it made them feel.		H Ca

*Where possible, please send any completed work into school. If this is not possible, please e-mail photos to d.markham@greenwood.hants.sch.uk

*If you have any difficulties with any of the tasks, please e-mail d.markham@greenwood.hants.sch.uk for support

