

WEEK DATES w/c	Topic	Sessions/notes per week
(1) 4/9/20	Welcome and introduction, expectations, review of learning. Exam content discussion, knowledge organiser handout. Review of learning during lockdown – holistic wellbeing and definition of health. Mindmaps and revision activities for students who feel confident about this topic.	
(2) 07/9/20	A1 Factors affecting health and wellbeing- continued review of learning Genetic inheritance and predisposition Ill health – chronic and acute	Be clear on the specific factor type for each one!
(3) 14/9/20	A1 Factors – continued review of learning Diet Exercise	
(4) 21/9/20	A1 Factors – new work Substance use - smoking (Mrs R) Social interactions and relationships (Mrs L)	
(5) 28/9/20	A1 Factors – new work Substance use – alcohol & drugs (Mrs R) Stress (Mrs R) Hygiene (Mrs R) Willingness to seek help or access services (Mrs L)	
(6) 05/10/20	A1 Factors Pollution – noise and environmental (Mrs R) Housing (Mrs L)	
(7) 12/10/20	Pollution – noise and environmental continued (Mrs R) Financial resources	Revision for knowledge test next week
(8) 19/10/20	The impact of life events relating to relationship changes and changes in life circumstances. Consolidation of learning Written knowledge check of A1 factors	
26/10/20	HALF TERM	
(9) 02/11/20	B1 physiological indicators Pulse Peak flow Body mass index (BMI)	

(10)09/11/20	<p><u>B1 physiological indicators</u> Blood pressure (BP) Using published guidance to interpret data relating to the above physiological indicators.</p> <p><u>B1 physiological indicators</u> The potential significance of abnormal readings: risks to physical health</p>	
(11)16/11/20	<p><u>B2 Lifestyle indicators</u> – recap on effects on physical health associated with smoking, alcohol consumption and inactive lifestyles</p> <p><u>C1 Health and wellbeing improvement plans</u> - The importance of a person-centred approach that takes into account an individual's needs, wishes and circumstances.</p>	Revision for knowledge test next week
(11) 23/11/20	<p>Consolidation of learning Written knowledge check of B1 and B2 physiological and lifestyle factors</p> <p><u>C1 Health and wellbeing improvement plans</u> Actions to improve health, target setting</p>	
(12)30/11/20	<p><u>C1 Health and wellbeing improvement plans</u> Target setting, short and long term</p>	
(13)07/12/20	<p><u>C1 Health and wellbeing improvement plans</u> Appropriate sources of support – formal and informal Give specific examples of support</p>	Revise C1 short and long term targets
(15) 14/12/20	<p><u>C2 Obstacles to implementing plans</u> 7 obstacles of support Examples of how to overcome the obstacles</p>	Revise for mock
21/12/20	CHRISTMAS HOLIDAYS	
(12)04/1/21	Revision and exam practice	Revise for mock
(13)11/1/21	Revision and exam practice Mock - TBC	Attend extra after school revision sessions (online or at school)
(14)18/01/21	Revision and exam practice	Revise at home for real exam. Attend extra after school revision sessions (online or at school)
(15)25/01/21	Revision and exam practice	Revise at home for real exam Attend extra after school revision sessions (online or at school)

(16)01/02/21	Revision and exam practice Exam Friday 5th February	Revise at home for real exam Attend extra after school revision sessions (online or at school)
(17)8/02/21	Unit 2 component A A1 Health and social care services Coursework introduction – to follow	
15/02/21	HALF TERM	