

# Year 11 Countdown Plan

## PERSONAL LEARNING CHECKLIST – Health and Social Care

Exams & Dates = BTEC Pearson Component 3 Health and Wellbeing: - Tuesday 6<sup>TH</sup> May 9am

Week	Curriculum Knowledge	Actions to take to secure knowledge	How secure?			Revisited
Unit: Component 3 – Health and Well being						
1 12/01 - 16/01	I know what <b>Health and Wellbeing</b> is	Revision guide – Pages 1-4 (Miss Smith has given you a copy) <b>Complete the Now Try This tasks on each page</b>  e-revision – self testing <a href="https://erevision.uk/">https://erevision.uk/</a>				
	I know the <b>Inherited Conditions</b>					
	I know about <b>Physical and Mental Ill Health</b>					
Unit: Component 3 – Health and Well being						
2 19/01 - 23/01	I know what <b>Physical abilities</b> are	Revision guide – Pages 5-8 (Miss Smith has given you a copy) <b>Complete the Now Try This tasks on each page</b>  e-revision – self testing <a href="https://erevision.uk/">https://erevision.uk/</a>				
	I know about <b>Sensory impairment</b>					
	I know key facts about <b>Nutrition &amp; Physical Activity</b>					
Unit: Component 3 – Health and Well being						
3 26/01 - 30/01	I know the dangers of <b>Smoking and Nicotine use</b>	Revision guide – Pages 9-11 (Miss Smith has given you a copy) <b>Complete the Now Try This tasks on each page</b>  e-revision – self testing <a href="https://erevision.uk/">https://erevision.uk/</a>  CPG Exam Practice workbook Pages 6-12				
	I know the dangers of <b>Alcohol Misuse</b>					
	I know the dangers of <b>Substance misuse</b>					
Unit: Component 3 – Health and Well being						
4 02/02-06- 02	I know the effects of <b>Relationships</b>	Revision guide – Pages 11-14 (Miss Smith has given you a copy) <b>Complete the Now Try This tasks on each page</b>  e-revision – self testing <a href="https://erevision.uk/">https://erevision.uk/</a>  CPG Exam Practice workbook Pages 13-19				
	I know the effects of <b>Social Interaction</b>					
	I know what <b>Cultural Factors</b> are					

Week	Curriculum Knowledge	Actions to take to secure knowledge	How secure?			Revisited
Unit: Component 3 – Health and Well being						
Half Term 5 16/02 - 20/02	I know what <b>Economic Factors</b> are	Revision guide – Pages 15-18 (Miss Smith has given you a copy) <b>Complete the Now Try This tasks on each page</b>  e-revision – self testing <a href="https://erevision.uk/">https://erevision.uk/</a>  CPG Exam Practice workbook Pages 20-24				
	I know the dangers of <b>Environmental factors – Housing &amp; -Pollution</b>					
	I know what <b>The home environment</b> is					
Unit: Component 3 – Health and Well being						
6 23/02 - 27/02	I know the effects of <b>Life Events</b>	Revision guide – Pages 19-20 (Miss Smith has given you a copy) <b>Complete the Now Try This tasks on each page</b>  e-revision – self testing <a href="https://erevision.uk/">https://erevision.uk/</a>  CPG Exam Practice workbook Pages 25-30				
	I know the effects of different <b>Life Circumstances</b>					
Unit: Component 3 – Health and Well being						
Mocks Week 1 7 02/03- 06/03	I know what <b>Health Indicators</b> are : - - <b>Heart Rate</b> - <b>Blood Pressure</b> - <b>Body Mass</b>	Revision guide – Pages 21-24 (Miss Smith has given you a copy) <b>Complete the Now Try This tasks on each page</b>  e-revision – self testing <a href="https://erevision.uk/">https://erevision.uk/</a>  CPG Exam Practice workbook Pages 31-33				
Unit: Component 3 – Health and Well being						
Mocks Week 2 8 9/03-13/03	I know what <b>Lifestyle Indicators</b> are: - - <b>Nutrition</b> - <b>Physical Activity</b> - <b>Smoking and Substance misuse</b> - <b>Alcohol</b>	Revision guide – Pages 25-28 (Miss Smith has given you a copy) <b>Complete the Now Try This tasks on each page</b>  e-revision – self testing <a href="https://erevision.uk/">https://erevision.uk/</a>  CPG Exam Practice workbook Pages 34-38				
Unit: Component 3 – Health and Well being						
9 16/03- 20/03	I know what <b>Person – Centred Approach</b> is	Revision guide – Pages 29-31 (Miss Smith has given you a copy) <b>Complete the Now Try This tasks on each page</b>  e-revision – self testing <a href="https://erevision.uk/">https://erevision.uk/</a>  CPG Exam Practice workbook Pages 39-40				
	I know what the different <b>Skills and attributes</b> of HSC carers are					
	I know the <b>Values in Care</b>					

Week	Curriculum Knowledge	Actions to take to secure knowledge	How secure?			Revisited
Unit: Component 3 – Health and Well being						
10 23/03-27/03	Benefits for health and social care workers	Revision guide – Pages 32-35 (Miss Smith has given you a copy) <b>Complete the Now Try This tasks on each page</b>  e-revision – self testing <a href="https://erevision.uk/">https://erevision.uk/</a>  CPG Exam Practice workbook Case Study exam question work – P47 - 48				
	Recommendations for a healthy heart					
	Recommendations for diet and weight control and lifestyle changes					
Unit: Component 3 – Health and Well being						
11 30/03-02/04	I know what <b>Professional Support</b> is	Revision guide – Pages 36-38 (Miss Smith has given you a copy) <b>Complete the Now Try This tasks on each page</b>  e-revision – self testing <a href="https://erevision.uk/">https://erevision.uk/</a>  CPG Exam Practice workbook Case Study exam question work – P49-50				
	I know what <b>Formal</b> Support is					
	I know what <b>Informal Support</b> is					
Unit: Component 3 – Health and Well being						
Easter Holiday 12 06/04-10/04	I know about <b>Barriers to accessing identified Services</b>	Revision guide – Pages 39-41 (Miss Smith has given you a copy) <b>Complete the Now Try This tasks on each page</b>  e-revision – self testing <a href="https://erevision.uk/">https://erevision.uk/</a>  CPG Exam Practice workbook Case Study exam question work – P51-52				
	I know about <b>Potential Obstacles</b>					
	I know what <b>Emotional and psychological obstacles</b> are					
Unit: Component 3 – Health and Well being						
Easter Holiday 13 13/04-17/04	I know about <b>Time Constraints</b>	Revision guide – Pages 42-43 (Miss Smith has given you a copy) <b>Complete the Now Try This tasks on each page</b>  e-revision – self testing <a href="https://erevision.uk/">https://erevision.uk/</a>  CPG Exam Practice workbook Case Study exam question work – P53-54				
	I know what <b>Availability of resources</b> means					
Unit: Component 3 – Health and Well being						
14 20/04-24/04	Unachievable targets	Revision guide – Pages 44-45 (Miss Smith has given you a copy) <b>Complete the Now Try This tasks on each page</b>  e-revision – self testing <a href="https://erevision.uk/">https://erevision.uk/</a>  CPG Exam Practice workbook Case Study exam question work – P55-56				
	Lack of support					

Week	Curriculum Knowledge	Actions to take to secure knowledge	How secure?			Revisited
Unit: Component 3 – Health and Well being						
15 27/04-01/05	I know how to <b>Identify and explain factors with positive or negative effects</b>	Revision guide – Pages 47-50 (Miss Smith has given you a copy) <b>Complete the Now Try This tasks on each page</b>  e-revision – self testing <a href="https://erevision.uk/">https://erevision.uk/</a>  CPG Exam Practice workbook Case Study exam question work – P57-58 Past Papers – Ask Miss Smith for copies				
Unit: Component 3 – Health and Well being						
Exam 5th May 9am 16 04/05-05/05	I know how to <b>Explain physiological indicators, cultural factors, lifestyle indicators</b>	Revision guide – Pages 51-57 (Miss Smith has given you a copy) <b>Complete the Now Try This tasks on each page</b>  e-revision – self testing <a href="https://erevision.uk/">https://erevision.uk/</a>  CPG Exam Practice workbook Case Study exam question work – P59-60  Past Papers – Ask Miss Smith for copies				
	I know how to make <b>Recommendations and actions</b>					
	I know how to <b>Understand barriers and obstacles</b>					