



UNIT 3 – HEALTH AND WELL BEING – EXTERNALLY ASSESSED

Week 1 - Definition of Health and Wellbeing	Group work to identify physical, emotional and social aspects of health and wellbeing. Individual assessment of health and wellbeing and how this might impact them in the future. Diagram of any factors that could affect health and Wellbeing. Plenary: Write your definition on the blackboard. Assessment: Write a description of what Health and wellbeing is for a person that has no knowledge of it. Homework: Research breast cancer gene.
Week 2 – Genetic Inheritance	Paired work researching real life examples of predisposition to certain conditions and the positive and negative effects on their health and wellbeing. PowerPoint presentation to class on the examples you have researched. Research huntingtons disease and write down its effects on health and wellbeing. Assessment Lesson: Multiple choice – Homework: Research Food groups and what a healthy diet looks like for a 25 year old and create a fact file.
Week 3 – Ill Health/Diet	Group work: Read through the scenario for Andrew and as a group complete a presentation based on two questions. Assessment: draw up a concept map showing how balance, quality and amount of food and drink in the diet affect a person’s health Assessment: From the scenario create a plan to improve the person’s lifestyle. Homework: Research nicotine and alcohol and their effects on the body.
Week 4 Exercise/substance misuse	Research exercise and draw a mind map of the benefits of different types of exercise. In groups you will research a different age groups exercise and how this might impact positively or negatively on their health and wellbeing. Produce a podcast about exercise in your age group and remember to warn of any risks. Assessment: Substance misuse – create a poster that highlights the issues with alcohol and nicotine on health and wellbeing. Homework: Research cultural differences in greeting people.
Week 5 Personal hygiene, social interactions, willingness to seek help or access services	Make a script or video on the effects of poor personal hygiene on a person’s health and wellbeing, higher level will break this down into age stages. Write a magazine article about supportive and unsupportive relationships to include family, friends, work colleague and intimate and sexual relationships. Use no more than 2 sides of A4. Assessment: How does Culture, gender or education affect how a person interacts with services? Homework: research the top 10 stress factors in the UK and watch rich house poor house noting down how each family coped with life.
Week 6 Stress, housing finance environment	Interview the person next to you and identify what stresses them out picking out any factors from the short and long term factors they might have experienced. In groups create a short presentation on how poverty affects people’s health and wellbeing. Create a news report on how air pollution can affect a person’s health and wellbeing. Assessment: set out a table of how living in your ideal home would positively benefit your health and wellbeing, giving reasons why. Homework: research the effects of divorce on the family or individual.
Week 7 changes to lifestyle	How does relationship changes affect health and wellbeing? Work in groups to create an impact report on this question and report back to class. Create a PIES table on the effects of bereavement on the partner. Assessment: Create a timeline and put on all negative and positive affects you can remember and then annotate this to show the impact on health and wellbeing. Homework: Prep for mock.
Week 8	Mock exam – Case studies with questions.
Week 9 Health indicators	Practicals week – Draw a body outline and then add information once we have carried out practical checks on Blood pressure, weight, body fat, peak flow, thermometer, pulse rate, height. This must be recorded in your health profile. Homework: what are positive aspects of lifestyle? Create a table with factor and how it effects lifestyle.
Week 10 Understanding the readings	Assessment: Create a factfile on resting pulse rate and recovery after exercise, blood pressure, peak flow, body mass index, conclusion using published guidelines to interpret health indicators.

Week 11 Risks to Health of abnormal readings	Group work on abnormal readings and how they affect the individual’s health and wellbeing. Pick one of the health indicators each and then report back to the group sharing your research so each group has a complete study pack. Assessment: Why is it important for diagnosis not to be made based on one abnormal blood pressure reading? Why is it important for abnormal readings to be dealt with as quickly as possible? Homework: What is lifestyle data? Write a short report.
Week 12 Interpreting lifestyle data	In groups, Research lifestyle data on smoking, alcohol, inactivity you will need to research what is being said and by whom, quoting facts and figures. Assessment: Put this in to a presentation which you will present to the class. Homework: Read pages 158-159 in preparation for your mock exam next week.
Week 13	Mock exam – interpreting data, current health and projection of health issues, make recommendations for improvement. Homework: what is a person centred approach to care
Week 14 Person Centred approach	Work in your group to create a factfile on: the history of the person centred approach, understanding the approach, benefits of a person centred approach and health foundation. Complete the diagram and add the Care Values on to it. Assessment: What skills does a service provider need to be able to adopt a person centred approach? Homework What is a Health and Wellbeing Plan? Write a description.
Week 15 recommend action to improve health and well being	Assessment: Group work – complete the questions together – 1. What is the first task of aiming to improve an individual’s health and wellbeing? 2. How could this be tackled? 3. Recap on how an individual’s health and well can be assessed 3. Identify the features you think need to be included in a good health and wellbeing improvement plan. 4. Sketch out a few formats that include the features you have identified until you find one that your group feels is the best. Homework: Who supports us when we are needing help with our health or wellbeing? Identify informal and formal support and make a list with a short description of each.
Week 16 Sources of support	Create a diagram of what formal support is and what informal support is. Assessment: Create a table of all the charities you can find that are linked to different conditions and what they do to fundraise. Homework: why is it important to identify sources of support formal and informal on health and wellbeing improvement plans? Write a response.
Week 17 Obstacles to implementing plans	Assessment: In your groups you must create a report with diagrams and pictures that highlights the barriers to implementing/carrying out plans. You must look at occupation, social class, level of stress, self-concept, support, time available, social pressure, peer group, gender, age. Emotional, psychological, time constraints, availability of resources, unachievable targets, lack of support, ability, disability and addiction. Homework: Revise for mock exam and read activities 158-159 and 182-83 in your book for Susan.
Week 18 Mock exam	Create a health and wellbeing improvement plan for Susan. The plan should include three recommended actions, short and long term targets and suggest sources of support. Evaluate plan and describe any obstacles Susan faces.
Week 19 onwards – revise for exam	From week 19 onwards we will be preparing for the exam by completing mock papers and grading based on the assessment guidance, assessing own performance and creating a revision plan to improve performance.
Week 22	Exam 1 st attempt.
Week 38	Exam 2 nd attempt

By the end of the course students must have completed the following:

Unit 1 – Human Lifespan Development
 Assignment 1 - Understanding how Life Affects our Growth and Development
 Assignment 2 – Coping with Life

Unit 2 – Health and Social Care Services and Values
 Assignment 1 - Barriers to different types of Health and Social Care Services
 Assignment 2 - Demonstrating Care Values

Unit 3 – 3 hour controlled assessment externally marked – 1st attempt February – 2nd Attempt May/June – create a plan for an individual.