

Year 10 Health & Social Care

	<u>Topic</u>	<u>Key concept – what do I want the students to learn from this unit?</u>	<u>What knowledge will they acquire?</u>
YEAR 10 OVERVIEW			
Y10 - half term 1 Y10 – half term 2	RO29 Understanding the nutrients needed for good health	On completion of this unit learners will have an understanding of the key nutrients required for good health from childhood to old age and be able to apply this knowledge in practical situations.	This unit gives learners an overview of the importance of diet throughout the life stages, giving them the knowledge and skills to enable them to make choices which will affect their body throughout their lives. Food is essential to our health and social well-being, throughout our daily lives from birth to old age. What we eat is often determined by a considerable number of factors.
Y10 – half term 3 Y10 – half term 4 Y10 – half term 5	RO21 Essential values of care for use with individuals in care settings	This mandatory unit focuses on the rights of individuals and will instil the values of care to be used when working in a health, social care or early years environment. All good practice is based on these values and enables those who use and work in care settings to apply quality practice. The unit also provides an overview of legislation and its impact on the care settings and covers the hygiene, safety and security matters that relate to promoting a healthy and safe environment.	Learners will have the opportunity to apply their knowledge and understanding through the use of focused activities such as role-play, case studies and scenarios. The unit will prepare learners for the work place, enabling them to gain an understanding of how the values of care should be applied and how maintaining the rights of individuals will enable them to feel valued. On completion of the unit, learners will have gained an understanding of how to provide quality care for individuals, helping them to achieve their goals and how to apply the values of care so that individuals feel valued. Learners will also have gained an understanding of how regulatory frameworks aim to protect both individuals and care workers in settings and how procedures that are in place in care settings, aim to promote standards of hygiene and maintain safety and security for all who use or work within the setting.

	<u>Topic</u>	<u>Key concept – what do I want the students to learn from this unit?</u>	<u>What knowledge will they acquire?</u>
Y10 – half term 6	RO23 Understanding body systems and disorders	This unit will provide learners with the underpinning knowledge and understanding of three major body systems: respiratory, digestive and cardiovascular.	Through this unit learners will have gained the knowledge and understanding of the structure and function of three body systems and three separate illnesses that may affect these systems. On completion of this unit learners will have developed their knowledge and understanding of the importance of the systems, structure, function and disorders that can affect the individual within health, social care and early years settings. They will be able to measure and interpret data obtained from various relevant body functions.