

Long Term Plan for Health and Social Care.

We alternate the coursework units each year, so pupils will follow either pathway A or B. The reasons for this and the details of each pathway are shown below.

Why alternate coursework units annually (R033 / R035)?

1. Curriculum Coverage
 - This ensures all three units (R032, R033, R035) are covered across both years in a manageable and sequential way.
 - Each year, one coursework unit is taught, alongside one section of the exam unit (R032), maintaining balance across examined and non-examined elements.
2. Reduced Repetition and Cognitive Load
 - By alternating units, learners experience a fresh focus each year, maintaining motivation and reducing repetition.
3. Support Long-Term Retention and Application
 - Delivering R033 first builds a foundation in care values and life stages that supports later understanding of health campaigns in R035.
 - Delivering R035 first introduces practical application and campaign design, which learners can link back to real-life experiences and support in R033.

Pathway A – R033 First, Then R035

Year 10 (R033 + R032 Topics 1 & 2 + Start R035)

Autumn Term – Big Ideas & Purpose

- Big Idea: Understanding human growth and development across life stages is essential to appreciating the needs of individuals in health and social care settings.
- Purpose: To develop knowledge of the PIES development of individuals and understand how a range of life factors and life events can affect this development. Learners also begin to explore how to apply support strategies in a health and social care context.

Spring Term – Big Ideas & Purpose

- Big Idea: People have the right to be treated with dignity and respect when accessing health, social, or early years services.
- Purpose: To introduce the fundamental rights of individuals and how these are upheld by applying the values of care and legislation. This underpins all professional practice in the sector.

Summer Term – Big Ideas & Purpose

- Big Idea: Public health campaigns play a vital role in promoting healthy behaviours and preventing illness across society.
- Purpose: To begin exploring health promotion by identifying a public health challenge and investigating its causes, impacts, and the importance of addressing it in society.

Term	Unit	Focus	Key Content	Key Assessments
Autumn 1	R033	Task 1	Life stages + PIES development in older adulthood	Task 1 complete
Autumn 2	R033	Task 2a & 2b	Life events and support (formal/informal/voluntary)	Tasks 2a & 2b complete
Spring 1	R032	Topic 1	LO1: Rights in HSC settings	Rights quiz
Spring 2	R032	Topic 2	LO2: Values of care & legislation	Topic 1 & 2 test
Summer 1	R035	Task 1a	Reasons for campaign	Task 1a
Summer 2	R035	Task 1b	Reasons for campaign, factors, barriers, PIES	Task 1b

Year 11 (R035 Completion + R032 Topics 3 & 4 + Exam)

Autumn Term – Big Ideas & Purpose

- Big Idea: Effective communication, planning, and reflection are critical for delivering successful health promotion campaigns.
- Purpose: Learners apply planning and organisational skills to create and deliver a campaign. They then reflect on its success using feedback and personal evaluation.

Spring Term – Big Ideas & Purpose

- Big Idea: Individuals must feel safe, secure, and protected to maintain trust and effectiveness in care settings.
- Purpose: To develop understanding of how care providers maintain hygiene, safety, and safeguarding, and the practical strategies used to protect vulnerable individuals.

Summer Term – Big Ideas & Purpose

- Big Idea: Being able to apply knowledge under exam conditions demonstrates true understanding of core health and social care values and practices.
- Purpose: To consolidate knowledge from all four topics of R032 through exam practice and revision, enabling students to achieve success in the externally assessed unit.

Term	Unit	Focus	Key Content	Key Assessments
Autumn 1	R035	Task 2 Planning	Aims, methods, timescales, engagement	Task 2 planned
Autumn 2	R035	Task 3 & 4	Create and deliver campaign; evaluate	Task 3 & 4 complete
Spring 1	R032	Topics 3	LO3: Effective communication	Topic assessments
Spring 2	R032	Topics 4	LO4: Safeguarding	Topic assessments
Summer 1	R032	Revision & Practice	Practice papers, targeted revision	Final mock paper
Summer 2	R032	External Exam	Final OCR exam for R032	R032 complete

Pathway B – R035 First, Then R033

Year 10 (R035 + R032 Topics 1 & 2 + Start R033)

Autumn Term – Big Ideas & Purpose

- Big Idea: Preventing illness and promoting healthy behaviour are key responsibilities of public health in society.
- Purpose: To understand why public health campaigns are needed and investigate a relevant health challenge affecting the population. Learners begin planning their own campaign.

Spring Term – Big Ideas & Purpose

- Big Idea: Individuals have the right to access health and care services that protect their dignity, promote choice, and value diversity.
- Purpose: To explore key rights and how they are upheld through professional practice, applying the values of care and relevant legislation to real-life scenarios.

Summer Term – Big Ideas & Purpose

- Big Idea: Understanding how individuals develop and are affected by life events is essential in providing the right support.
- Purpose: To begin exploring how different life stages and life events impact development, with a focus on older adulthood as the basis for assessment in R033.

Term	Unit	Focus	Key Content	Key Assessments
Autumn 1	R035	Task 1a & 1b	Introduction, public health, barriers, PIES	Task 1a & 1b complete
Autumn 2	R035	Task 2	Campaign planning (aims, methods, safety)	Task 2 complete
Spring 1	R035	Tasks 3 & 4	Create, deliver, evaluate campaign	Campaign delivered
Spring 2	R032	Topic 1	LO1: Rights in HSC settings	Rights quiz
Summer 1	R032	Topic 2	LO2: Values of care & legislation	Topic 1 & 2 test
Summer 2	R033	Task 1 Intro	PIES development + factor impacts in older adulthood	Task 1 planning begun

Year 11 (R033 Completion + R032 Topics 3 & 4 + Exam)

Autumn Term – Big Ideas & Purpose

- Big Idea: Different types of support meet a range of individual needs when experiencing life events and challenges.
- Purpose: Learners explore support systems and evaluate their impact using case studies. They also reflect on how person-centred values guide high-quality care.

Spring Term – Big Ideas & Purpose

- Big Idea: Health and social care professionals have a legal and moral duty to ensure environments are clean, safe, and protective of vulnerable individuals.
- Purpose: To investigate how hygiene and safety are maintained and how individuals are safeguarded through policies and practices in care settings.

Summer Term – Big Ideas & Purpose

- Big Idea: Applying theoretical knowledge to examination scenarios enables learners to demonstrate readiness for progression in the health and social care sector.
- Purpose: To revise, apply, and practise all elements of R032 through full exam preparation and targeted improvement work.

Term	Unit	Focus	Key Content	Key Assessments
Autumn 1	R033	Complete Task 1	Growth and development + influencing factors	Task 1 submitted
Autumn 2	R033	Task 2a & 2b	Life events, support types, person-centred values	Task 2 submitted

Term	Unit	Focus	Key Content	Key Assessments
Spring 1	R032	Topics 3	LO3: Effective communications	Topic quizzes
Spring 2	R032	Topics 4	LO4: Safeguarding	Topic quizzes
Summer 1	R032	Revision & Practice	Scenario work, 6-mark and full paper prep	Final mock paper
Summer 2	R032	External Exam	Final OCR exam for R032	R032 complete