

Health and Social Care AAQ Year 12-13 Long Term Plan

Year 1: Foundation of Development and Health

Focus: Unit 1 (Human Lifespan Development - Exam) & Unit 3 (Health and Wellbeing - PSA/Coursework)

Term	Topic	Knowledge	Skills	Reading/Wider Reading
Autumn 1	<p>Unit 1: Life Stages & Physical Development</p> <p>Unit 3: Factors Affecting Health</p>	<p>Unit 1: PIES development across 6 life stages; milestones in infancy, childhood, and adolescence.</p> <p>Unit 3: Definition of health/wellbeing; socio-economic and environmental factors (housing, income, pollution).</p>	<p>Observation skills; identifying developmental milestones; analysing social determinants of health.</p>	<p>Course books Work books Tutor 2U materials</p> <p>BBC Health and Social Care Coverage</p> <p>Topical current affairs as they develop.</p>
Autumn 2	<p>Unit 1: Intellectual & Emotional Development</p> <p>Unit 3: Lifestyle</p>	<p>Unit 1: Language development, cognitive changes in adulthood; self-concept and attachment theories (Bowlby/Ainsworth).</p> <p>Unit 3: Impact of diet, exercise, smoking, and alcohol; short- and</p>	<p>Application of theory to case studies; interpreting lifestyle data; structured report</p>	<p>Course books Work books Tutor 2U materials</p> <p>BBC Health and Social Care</p>

	Factors	long-term effects on health.	writing.	Coverage Topical current affairs as they develop.
Spring 1	Unit 1: Factors Affecting Development Unit 3: Physiological Indicators	Unit 1: Nature vs. Nurture; genetic predispositions; major life events (predictable/unpredictable) and the Holmes-Rahe scale. Unit 3: Interpreting BMI, blood pressure, resting heart rate, and peak flow.	Data interpretation (using norms/charts); critical thinking regarding "nature vs nurture"; empathy in case study analysis.	Youtube specialists - Alan's Lessons BBC Current affairs
Spring 2	Unit 1: Exam Prep & Ageing Unit 3: Health Improvement Plans	Unit 1: Physical and psychological changes of ageing; theories of ageing (disengagement vs. activity). Unit 3: Person-centred approach; SMART goals; identifying barriers to change (emotional, financial, social).	Exam technique: Command verb mastery (Discuss, Evaluate); action planning; justifying recommendations for specific individuals.	Course books Work books Tutor 2U materials BBC Health and Social Care Coverage Topical current affairs as they develop.

<p>Summer 1</p>	<p>Assessment Period</p>	<p>Unit 1: Retrieval of all Learning Outcomes (A, B, C).</p> <p>Unit 3: Preparation for and completion of the Pearson Set Assignment (PSA).</p>	<p>Exam Performance: Time management and structured responses.</p> <p>Coursework: Working to a set brief and meeting deadlines.</p>	<p>Course books</p> <p>Work books</p> <p>Tutor 2U materials</p> <p>BBC Health and Social Care Coverage</p> <p>Topical current affairs as they develop.</p> <p>Past papers and exam focused materials</p>
<p>Summer 2</p>	<p>Year 2 Transition</p>	<p>Introduction to Human Anatomy (Unit 2) and Public Health concepts (Unit 5).</p>	<p>Independent research; bridging skills for Level 3 biology.</p>	<p>Course books</p> <p>Work books</p> <p>Tutor 2U materials</p> <p>BBC Health and Social Care Coverage</p> <p>Topical current affairs as they</p>

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Year 2: Biology and Community Health

Focus: Unit 2 (Human Biology and Health - Exam) & Unit 5 (Promoting Public Health - Coursework)

Term	Topic	Knowledge	Skills	Reading and wider Reading
Autumn 1	<p>Unit 2: Biological Systems (Part 1)</p> <p>Unit 5: Public Health Aims</p>	<p>Unit 2: Cell structure, tissues, and the Cardiovascular and Respiratory systems (anatomy and function).</p> <p>Unit 5: Origins of public health; the role of the WHO and national bodies (UKHSA); post-1948 health policy developments.</p>	<p>Scientific drawing and labeling; policy analysis; comparing historical vs. current health priorities.</p>	<p>Course books</p> <p>Work books</p> <p>Tutor 2U materials</p> <p>BBC Health and Social Care Coverage</p> <p>Topical current affairs as they develop.</p>
Autumn 2	<p>Unit 2: Biological Systems (Part 2)</p> <p>Unit 5: Health Promotion</p>	<p>Unit 2: Digestive system and Renal system functions; homeostasis (thermoregulation and blood glucose control).</p> <p>Unit 5: Health promotion</p>	<p>Explaining complex biological processes; evaluating the effectiveness of</p>	<p>Course books</p> <p>Work books</p> <p>Tutor 2U materials</p>

		models (Medical, Social, Behavioural); analysis of national campaigns (e.g., "Change4Life").	health media/campaigns.	BBC Health and Social Care Coverage Topical current affairs as they develop.
Spring 1	Unit 2: Disorders & Disease Unit 5: Planning a Campaign	Unit 2: Pathophysiology of common disorders (e.g., Asthma, Diabetes, CHD); diagnostic tests (ECGs, Blood tests). Unit 5: How to plan a small-scale health promotion; identifying a target audience and setting objectives.	Linking anatomy to illness; diagnostic data analysis; project management and resource design.	Course books Work books Tutor 2U materials BBC Health and Social Care Coverage Topical current affairs as they develop.
Spring 2	Unit 2: Exam Prep Unit 5: Campaign Evaluation	Unit 2: Comprehensive review of all body systems and the impact of dysfunction on the individual. Unit 5: Methods of measuring campaign success; gathering feedback; strengths and weaknesses of a health intervention.	Advanced Analysis: Evaluating treatment options; self-reflection on campaign delivery; critical writing.	Course books Work books Tutor 2U materials BBC Health and Social Care Coverage Topical current affairs as they develop.

Summer 1	Final Assessments	Unit 2: Final revision and external examination. Unit 5: Final submission of the Public Health portfolio and campaign evidence.	Synthesizing knowledge from Units 1, 2, and 3 to show a holistic understanding of health and care.	Course books Work books Tutor 2U materials BBC Health and Social Care Coverage Topical current affairs as they develop.
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