

CLEETHORPES ACADEMY HOME LEARNING

Year 10: Health and Social Care



We Are **CARING**

We Are **CURIOUS**

We Are **CREATIVE**

SELF QUIZZING

OUR EXPECTATIONS

- The act of self-quizzing supports retrieval. Retrieval is important because the more we revisit knowledge and ideas, the more likely we are to remember it. The more we remember, the greater sense we can make of our learning.
- You should spend a minimum of *30 minutes a night* focusing on a specific subject's retrieval activity.
- You should bring your completed work to form, every Tuesday, where your work will be checked and additional retrieval activities will be completed to support your retention of the information studied at home.
- Failure to complete the activities each week, will result in further sanctions.

WHAT YOU SHOULD DO

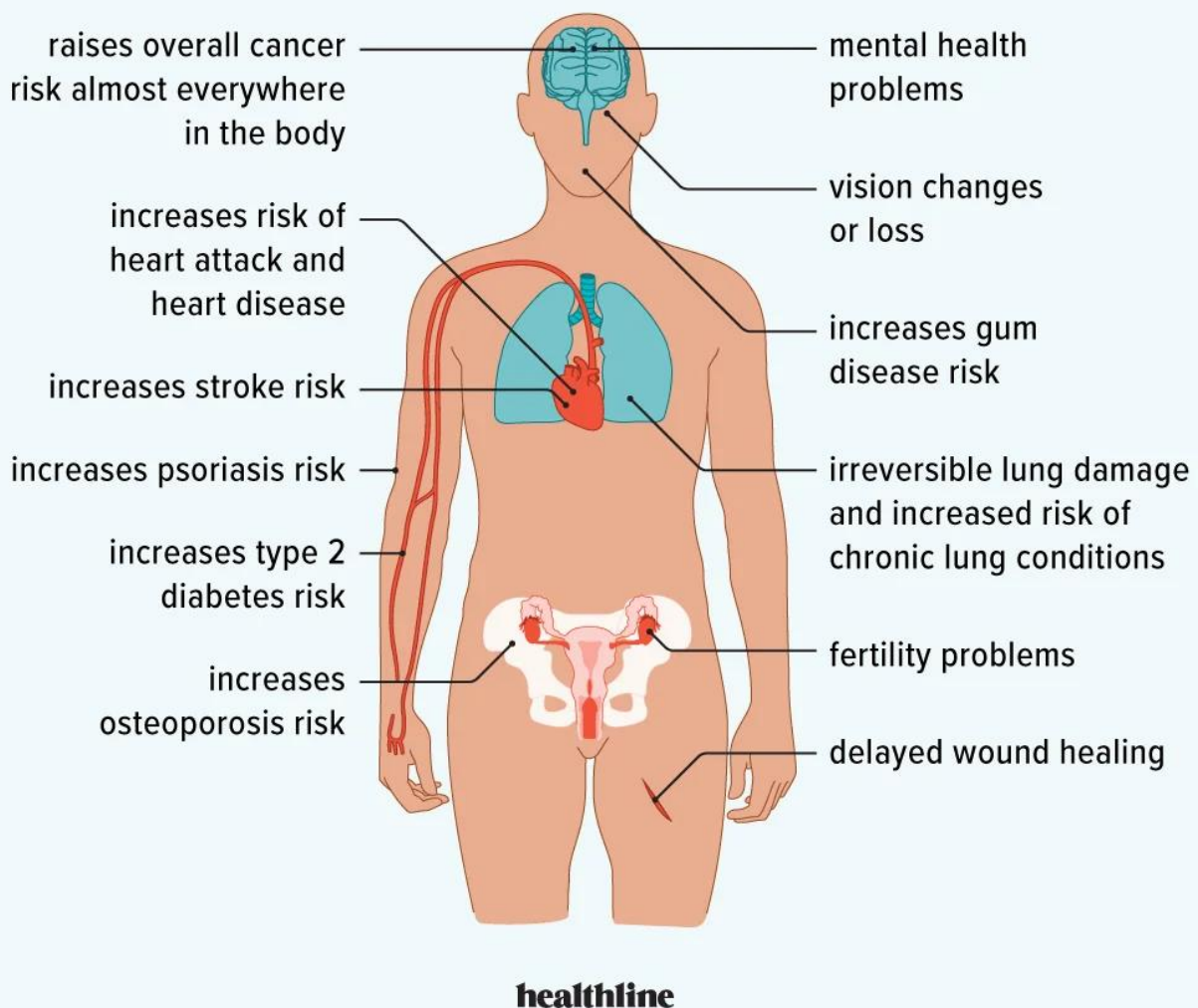
- Each night, select a subject to focus on.
- Read the subject's information really trying hard to remember what you have read. You might want to highlight and add your own notes to the information you have been given.
- Once you are confident that you can recall the information without having to recheck, use the following blank page to write down everything you can remember, using a black or blue pen. Don't worry if you can't remember everything
- In form time, your tutor will ask you to check through your work and use a green pen to "gap fill" any information you may have missed.
- Your tutor will also ask further questions in relation to the information you have read each week, to further support your retention of new knowledge.
- You will be rewarded with carrot points for your efforts each week.

WEEK 1

HEALTH AND SOCIAL CARE

Smoking has far-reaching negative impacts on nearly every organ in the body, leading to a multitude of diseases and a reduced life expectancy. It significantly increases the risk of various cancers, cardiovascular diseases, respiratory illnesses, and other serious health conditions.

Effects of Smoking on the Body



Cover the image then list the effects of smoking on the body

Week 2
HEALTH AND SOCIAL CARE

Bacteria	Microscopic organisms which can cause infections
Bronchitis	Infection of the main airways of the lungs
Coronary heart disease	An illness which develops when the arteries become narrower because of the build up of fatty material
Dementia	A group of symptoms which affects how a person thinks, remembers, solves problems, uses language, communicates and carries out tasks
Pneumonia	
Diabetes	A condition where the amount of glucose in the blood is too high because the body cannot use it properly
Emphysema	A lung disease which causes shortness of breath
Endorphins	Chemical substances produced by the brain to reduce pain
Fungi	Organisms that include yeast, moulds and mushrooms
Mortality	Death

Copy the key words linked to our topic then cover the definitions. Try to then write a correct definition for each word

Week 3

HEALTH AND SOCIAL CARE

Public health campaigns can help educate individuals about lifestyle choices they have made and how these can have a negative impact on their health. It is important for society to be healthy as it can:

- Control communicable diseases
- Reduce the cost of care
- Reduce sickness and dependency
- Increase life expectancy

How communicable diseases are spread

- **Pathogen:** A bacterium, virus, fungus or parasite that can cause disease. Often more simply known as germs
- **Bacteria:** Microscopic single-celled organisms which exist everywhere. Many are harmless and some are good for our bodies, but some cause bacterial infection such as salmonella, which causes food poisoning. Cholera and tuberculosis are also caused by bacteria
- **Virus:** Tiny pathogens that need to enter the cells of a living being to be able to multiply. An examples is rhinovirus, which causes the common cold. Other examples include influenza and Covid-19
- **Fungi:** Organisms that include yeast, moulds and mushrooms. Fungal infections usually affect the skin; examples are athlete's foot, ringworm and candida (thrush)

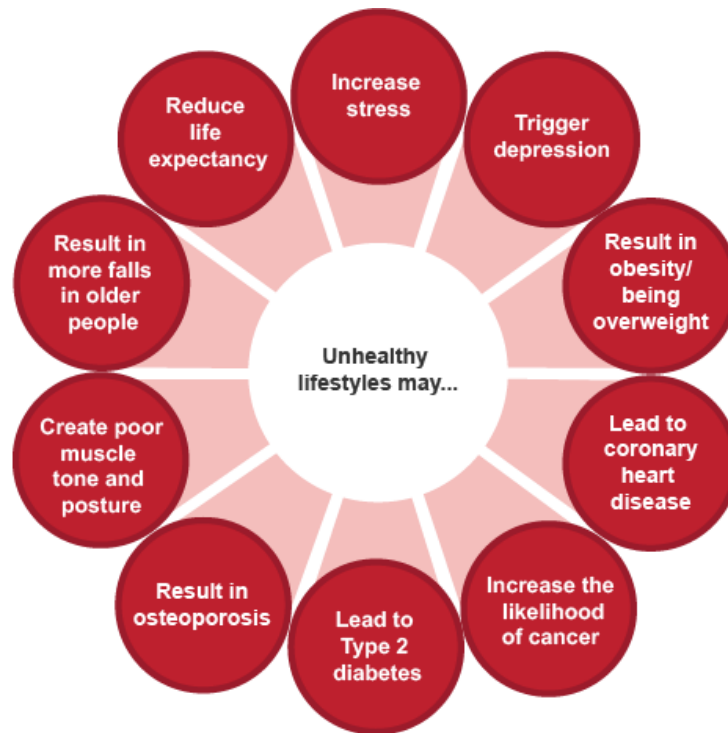
Cover the information then list the four reasons why it is important for society to be healthy. Then read through the green box, cover it and list the four key words and definitions.

Week 4

HEALTH AND SOCIAL CARE

PIES Benefits of healthy lifestyles

Read, cover then write down the impacts of unhealthy and healthy lifestyles



Key



Gain



Prevent

Week 5
HEALTH AND SOCIAL CARE

Barriers to leading a healthy lifestyle:

Advertising for unhealthy foods is everywhere. This can act as a barrier for our target audience as it will encourage them to choose unhealthy foods.

Peer pressure is when someone feels like they should do the same thing as others, just to try to fit in.

People in our target audience need to **feel supported** when trying to make healthy lifestyle choices. They can get support from family, friends and health professionals

Being healthy and trying to lead a healthy lifestyle can come at a cost **financially**. It can be expensive to maintain a gym membership, buy healthy foods and afford holistic therapies.

Read through the information then cover it. Re-write the information in your book.

Week 6
HEALTH AND SOCIAL CARE

Read through the planning steps below. Cover them, then write them out in the correct order, including a basic definition

Planning step	Definition
Aims	What I hope to achieve by doing my campaign
Timescales	How long I think each section will take
Resources	What I will need to deliver my campaign
Safety	How I will keep my audience safe
Communication	Methods I will use when speaking and listening
Engaging the audience	Methods I will use to make my campaign interesting
How to gather feedback	How I aim to get feedback from my peers

Week 7
HEALTH AND SOCIAL CARE

Read through the quick tips for doing a presentation. Cover them, then write them out as a list in your book



10 Quick Tips for Effective Presentations

- Talk naturally to your audience
- Stand
- Vary the tone, pitch and volume of your voice
- Make eye contact with your audience
- Use visual aids where appropriate,
- Rehearse your talk and check your timings.
- Prepare and structure your presentation
- Stay focused throughout your presentation
- Learn to channel any nervous energy,
- Answer any questions as honestly and concisely
as you can

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Week 8

HEALTH AND SOCIAL CARE

Read through the table then cover the first section. Write out the list of words that indicate a contrast. Follow this procedure for the next two sections

Useful language for evaluating...

To indicate a contrast:	To extend a point:	Adjectives to show the strength of an argument:
<i>however</i> <i>on the other hand</i> <i>in contrast</i> <i>alternatively</i> <i>on the contrary</i> <i>conversely</i> <i>in comparison</i> <i>another possibility</i> <i>despite this</i> <i>nevertheless</i>	<i>similarly</i> <i>equally</i> <i>indeed</i> <i>in addition</i> <i>in the same way</i> <i>in addition</i> <i>likewise</i> <i>furthermore</i>	<i>Sound</i> <i>Reasonable</i> <i>Weak</i> <i>Persuasive</i> <i>Strong</i> <i>Convincing</i> <i>Successful</i> <i>Unsuccessful</i> <i>Flawed</i> <i>Significant</i>



Week 8
HEALTH AND SOCIAL CARE

Read through these points the cover them. List them in your book.

Top tips for writing an evaluation:

- *State what your campaign and presentation were about*
- *Discuss key strengths and weaknesses – list accomplishments and acknowledge challenges*
- *Consider improvements for next time*
- *Always refer to feedback*



Week 9
HEALTH AND SOCIAL CARE

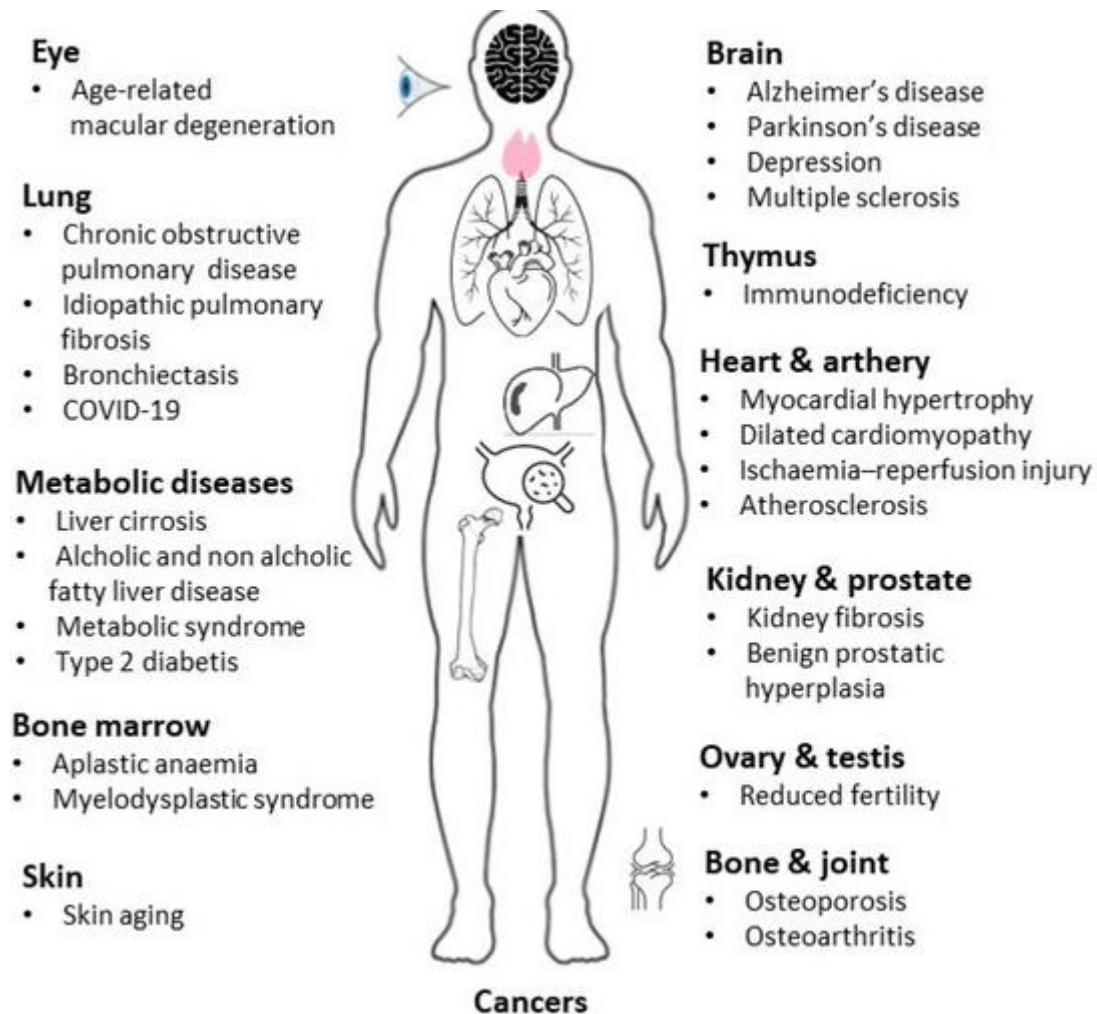
Read through this tier 3 vocabulary and copy the list of words. Cover up the definitions then write these for each word

Age spots	Flat brown or black spots on the skin that increase with age
Arthritis	A medical condition that affects joints by causing pain, stiffness, swelling and reduced mobility of the joints
Bereavement	Coping with change following the death of someone very close
Cognitive development	Thought processes, including remembering, problem solving and decision making
Cortisol	The body's main stress hormone secreted by the adrenal glands found at the top of the kidneys
Sciatica	A condition where the sciatic nerve, which runs from the lower back to the feet, is irritated or compressed, causing inflammation, numbness and pain
Abstract thinking	Being able to solve problems using in imagination
Agility	The ability to move the body quickly and easily
Culture	Ideas, traditions and customs practiced and shared by a group of people
Hormones	Chemical substances produced in the body by the endocrine glands and transported in the blood to other organs in the body

Week 10
HEALTH AND SOCIAL CARE

Physiological: *To do with the body and its systems*

Read through the physiological changes which occur as the body ages. Cover then write down how each part changes.



Week 11

HEALTH AND SOCIAL CARE

This is some tier 3 vocabulary that we will be using/are using in class. Read, cover and write each key word.

Middle Adulthood

- Menopause
- Mid life crisis
- Ageing process
- Memory
- Empty nest syndrome

Physical factors

- Nature
- Nurture
- Lifestyle choices
- Genes
- Illnesses
- Diet
- Smoking
- Alcohol
- Drugs
- Exercise

Late Adulthood

- Retirement
- Aging process
- Dementia
- Contentment
- Loneliness
- Withdrawal
- Depression

Social, cultural and emotional factors

- Gender
- Religion
- Culture
- Sexual orientation
- Friendship
- Marriage
- Divorce
- Parenthood



Week 12
HEALTH AND SOCIAL CARE

These are some of the factors that can affect an individual's quality of life.
Read these, cover then write them in your book



