



Health and Social Care

Key Stage 4 (Years 10 and 11)

Qualification Pearson BTEC Level 1/2 Tech Award in Health and Social Care (603/7047/6).

The plans are organised by component and teaching week; the Term column shows the weeks given in each plan.

Unit	Topic	What students learn	Term
Year 10			
Component 1 – Human Lifespan Development	Growth and development across the life stages	Physical, intellectual, emotional and social (PIES) development from infancy through early childhood, adolescence and adulthood to later life.	Weeks 1–5
	Factors affecting development	Inherited conditions, illness and disability; lifestyle, emotional, social, cultural, environmental and economic factors; case studies.	Weeks 6–10
	Life events	Health, relationship and life-circumstance events, expected and unexpected, and their impact on development; case-study assessment.	Weeks 10–12
	Coping with change and support	Resilience and self-esteem, sources and types of support, and adapting to change; synoptic review.	Weeks 13–15
	Component 1 assessment (PSA)	Six supervised hours completing the Component 1 assignment tasks.	Weeks 1–3 of assessment block
Component 2 – Health and Social Care Services and Values	Healthcare needs and services	Conditions such as arthritis, heart disease, diabetes, dementia and respiratory illness; primary, secondary and tertiary care, allied health professionals and multidisciplinary working.	Weeks 1–5
	Social care services	Services for children, young people, adults with specific needs and older adults; informal and voluntary care; case studies.	Weeks 6–8
	Barriers to accessing services	Physical, sensory, social, cultural, language, geographical, financial, learning-disability and resource barriers, and how to overcome them.	Weeks 8–10
	Skills, attributes and care values	Skills and attributes in care, the 6 Cs, personal obstacles, and how care values support dignity, rights and person-centred care; synoptic review.	Weeks 11–15
	Component 2 assessment (PSA)	Six supervised hours completing the Component 2 assignment tasks.	Weeks 1–3 of assessment block
Year 11			
Component 3 – Health and Wellbeing	Factors affecting health and wellbeing	Physical, lifestyle, social, cultural, economic and environmental factors and life events, and their effect on an individual's health.	Weeks 1–5
	Physiological indicators	Measuring and interpreting resting heart rate, recovery, blood pressure and BMI, and the risks of abnormal readings; exam practice.	Weeks 6–9

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	Lifestyle indicators	Interpreting data on diet, physical activity, smoking, alcohol and substance use against UK guidance.	Weeks 10–12
	Person-centred health improvement plans	Needs, wishes and circumstances; recommendations and support; barriers and personal obstacles and how to overcome them; writing a health improvement plan.	Weeks 12–16
	Exam skills and synoptic links	Case-study workshops, extended-response technique, links to Components 1 and 2, and a timed mock paper.	Weeks 17–20
	External assessment revision	Mock feedback, targeted retrieval of each topic, calculation and extended-response practice, and a final full paper.	Weeks 1–5 of revision block