



Health and Social Care Homework - Year 10 Autumn 1

Retrieval	Reading	Rewarding
<p>1. Lifestages</p> <ul style="list-style-type: none">• Infancy 0-2• Childhood 3-10• Adolescence 11-18• Young adulthood 19-45• Middle adulthood 46-65• Older adulthood 65+	<p>2. Pages from OCR National Textbook pages 43-50.</p>	<p>3. Practise using flashcards.</p>
<p>4. Complete the homework set for illnesses.</p> <ul style="list-style-type: none">• The four life stages of an individual.• The four key areas of growth and development (PIES).• A definition of what is meant by growth and development.• Examples of the milestones experienced across the life stages.• Changes to individuals (linked to PIES) that are experienced across the life stages.	<p>5. Reading the Textbook case study on page 45. Make notes to regain knowledge and add extra vocabulary at the end of the book. These are necessary for assignment when set.</p>	<p>6. Design a questionnaire on how many illnesses can you think of within your family circle.</p>



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'Life in all its fullness'

7. Complete the task set on Google Classroom on adolescence.

8. Read:
<https://www.bbc.co.uk/tiny-happy-people/science-and-facts>

9. Watch:
<https://www.bbc.co.uk/tiny-happy-people/articles/z49r7v4>



Health and Social Care Homework - Year 10 Autumn 2

Retrieval	Reading	Rewarding
1. Complete work set on R033 Choose a celebrity in one lifestage reflecting on PIES	2. Read OCR National book and make notes from pages 71-74	3. BTEC Health & Social Care Unit 1 PIES Growth and Development across the Life Stages (youtube.com)
4. PIES development in predicted and unpredicted life events	5. Pages 96-103 using the notes to add vocabulary and adding impacts to their PIES	6. Unit 1: Human lifespan development - Major life events (youtube.com)
7. Complete set assignment	8. Read the task set for set assignment and case studies	9. Go back to the work and answer the Google forms for rewarding knowledge



Health and Social Care Homework - Year 10
Spring 1

Retrieval	Reading	Rewarding
1. Set assignment-based questions	2. Reading the case study based on real-life events	3. Quiz set on Google form to answer the questions based on lessons taught. Redundancy, retirement, bereavement divorce and separation
4. Completed assigned homework on Google Classroom	5. Read and research the following for predicted life events OCR National book Pages 103-110	6. Quiz set on Google form to answer the questions based on the lesson taught. Redundancy, retirement, bereavement divorce and separation
7. Completed assigned homework on Google Classroom	8. Read and research the following for predicted life events OCR National book Pages 103-110	9. Quiz set on Google form to answer the questions based on the lesson taught. Redundancy, retirement, bereavement divorce and separation



Health and Social Care Homework - Year 10
Spring 2

Retrieval	Reading	Rewarding
1. R035 - complete the criteria based questions	2. How to calculate BMI How to complete a BMI	3. Quiz on Google Forms
4. Create an eat-well plate with added protein, fats, carbohydrates and sugars	5. Pages 194 -198 OCR National textbook Answering questions on Test your Knowledge Stretch activity pg 195	6. Quiz on Google Forms Eatwell Guide (youtube.com)
7. Risk factors for coronary heart disease Questions on set assignment	8. Pages 194 -198 OCR National textbook Answering questions on Test your Knowledge Case study pg 199	9. Google Forms on coronary heart disease



Health and Social Care Homework - Year 10 Summer 1

Retrieval	Reading	Rewarding
<p>1. R032 - exam topic based on Types of care setting</p> <p>Health and social care setting Questions based on settings and working on exam paper-based questions for retrieval of lessons</p> <p>Topic 1-6</p>	<p>2. Textbook OCR National pages 3-67</p>	<p>3. Google forms Exam papers on Google Classrooms Interventions after school</p>
<p>4. The rights of service users Consultations Practice text question Pg 11 (OCR National in Health and social care)</p> <p>i.</p> <p>Person centred values Individuality Choice Independency Privacy Dignity Respect Partnership</p>	<p>5. Text book OCR National pages 3-67</p> <p>Practice text question Pg 11 (OCR National in Health and social care)</p> <p>Person-centred care pages 13-15</p> <p>Pages on 27 - the importance of verbal communication and non verbal communication</p>	<p>6. Google forms and test papers in Google Classroom</p> <p>Google forms</p> <p>Test your knowledge on pg 18 Stretch activity pg 24 -25 <u>Verbal communication vs non-verbal communication (youtube.com)</u> Test your knowledge pg 35 Google forms</p>



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Effective communication in health and social care		
<p>7. Protecting service users and service providers in health and social care</p> <p>Dignity</p> <p>Safety procedures</p> <p>Security measures</p>	<p>8. Weblinks</p> <p>www.equityhumarights.com/en</p> <p>Mencap</p> <p>Why Carol set up a trust for her son David (youtube.com)</p> <p>Test your knowledge pg 65</p>	<p>9. Dignity in care: personal hygiene (youtube.com)</p> <p>Safeguarding adults in health and social care (youtube.com)</p> <p>Google forms</p> <p>Why Carol set up a trust for her son David (youtube.com)</p>



Health and Social Care Homework - Year 10
Summer 2

Retrieval	Reading	Rewarding
1. Complete homework in Google Classroom set for impact on relationships and mental health	2. Reading Pages 106 and 107 from OCR National and retrieving knowledge	3. How Childhood Trauma May Affect Your Love Choice (youtube.com)
4. Complete homework in Google classwork set for impact on relationships and mental health, trauma and anxiety health Charity support	5. Trauma and love impacts on YouTube Look up charities and read and retrieve information for set assignment	6. How Childhood Trauma May Affect Your Love Choice (youtube.com) How Your Childhood Influence The Way You Express Love (love styles) (youtube.com))
7. Complete homework based on neglect completing the case study based questions	8. Watch and understand from YouTube about child neglect and impact it has on individuals	9. The Disturbing Effect of Child Neglect (youtube.com)