

Year 11 GCSE Health and Social Care Guided Learning Document: Revision/Exams 2022-2023

Week Commencing	Topic	Revision Guide Pages	Links to revision videos on this content	Questions to try in this area	After-School Revision Session: 3.10pm to 4.10pm
October	Health and Wellbeing, Genetic inheritance, Ill Health, Accident and Injury, Balanced Diet	1,2,3,4,5	https://www.youtube.com/watch?v=byuu55vnQV0 https://www.youtube.com/watch?v=5XuiboCs0TA https://www.youtube.com/watch?v=qO4twfePv1c	Attempt practice questions on pages 1,2,3,4,5.	Monday & Friday Room 103
October	Effects of an unbalanced diet, Exercise, Personal Hygiene, Alcohol	6,7,8,9	https://www.youtube.com/watch?v=JY4wFitoAqk https://www.youtube.com/watch?v=-lxg-35Xo_o https://www.youtube.com/watch?v=m3EIW7Z5wTA https://www.youtube.com/watch?v=V2Aj-iJ6p38	Attempt practice questions on pages 6,7,8,9.	Monday & Friday Room 103
October	Smoking and nicotine use, Drugs, Social Interaction, Relationships,	10,11,12,13	https://www.youtube.com/watch?v=Wuigd0SdMno https://www.youtube.com/watch?v=Gn7ZQ2x0cOE	Attempt practice questions on pages 10,11,12,13.	Monday & Friday Room 103
October	Stress, Asking for help, Economic Factors, Environmental factors,	14,15,16,17	https://www.youtube.com/watch?v=v-t1Z5-oPtU https://www.youtube.com/watch?v=1Z-yETgsesQ	Attempt practice questions on pages 14,15,16,17.	Monday & Friday Room 103
November	Housing, Expected/Unexpected Life events, Health indicators	18,19,20,21	https://www.youtube.com/watch?v=EпноVSDHwfk	Attempt practice questions on pages 18,19,20,21.	Monday Room 114

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November	Pulse, Blood pressure, Peak flow, Body Mass Index	22,23,24,25	https://www.youtube.com/watch?v=DLmmN0jy-s0 https://www.youtube.com/watch?v=Ab9OZsDECZw https://www.youtube.com/watch?v=baLYBXcgImk https://www.youtube.com/watch?v=t8slioCX0lk	Attempt practice questions on pages 22,23,24,25.	Monday & Friday Room 103
Mock Week Year 11	<h1>Mock Week</h1>				
November	Smoking, Alcohol consumption, Inactive Style, Person – centred Approach	26,27,28,29	https://www.youtube.com/watch?v=66CDKBFbQUK https://www.youtube.com/watch?v=VAIE-UESTOA https://www.youtube.com/watch?v=vPS88Mum4JI	Attempt practice questions on pages 26,27,28, 29.	Monday & Friday Room 103
December	Care Values 1, Care Values 2, Communication, Health and Wellbeing plans.	30,31,32,33	https://www.youtube.com/watch?v=E6qU8fCDIIA	Attempt practice questions on pages 30,31,32,33.	Monday & Friday Room 103
December	Goals and Recommended Actions, Targets, Formal support 1, Formal Support 2.	34,35,36,37	https://www.youtube.com/watch?v=1-SvuFIQjK8 https://study.com/academy/lesson/informal-formal-support-systems-for-older-adults.html	Attempt practice questions on pages 34,35,36,37.	Monday & Friday Room 103
December	Informal Support, Potential Obstacles, Emotional and Psychological Obstacles, Time Constraints.	38,39,40,41	https://prezi.com/wq-688bwt6g_/barriers-to-accessing-health-social-care-and-early-years-services/	Attempt practice questions on pages 38,39,40,41.	Monday & Friday Room 103
December	Availability of resources, Unachievable targets, Lack of support,	42,53,44,45, 46	https://www.youtube.com/watch?v=JcC20Bifl5k	Attempt practice questions on pages 42,43,44,45,46.	Monday & Friday Room 103

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	Factors specific to the individual, Barriers to accessing identified services.				
January	Revision: Your component 3 set task, Using Case studies, Explaining factors with negative effects, Explaining factors with positive effects.	47,48,49,50	Use the guidance in the revision guide to support your revision.	Attempt practice questions on pages 47,48,49,50.	Monday & Friday Room 103
January	Explaining social and emotional effects, Interpreting lifestyle data, Explaining physiological data: Pulse rate, Blood pressure.	51,52,53,54	Use the guidance in the revision guide to support your revision.	Attempt practice questions on pages 51,52,53,54.	Monday & Friday Room 103
January	Explaining physiological data: Peak flow, BMI, Health and wellbeing plan, person centred approach, Actions, targets and support.	55,56,57,58	Use the guidance in the revision guide to support your revision.	Attempt practice questions on pages 55,56,57,58.	Monday & Friday Room 103
January	Explaining the rationale, Overcoming obstacles.	59,60	Use the guidance in the revision guide to support your revision.	Attempt practice questions on pages 59,60.	Monday & Friday Room 103
January	Independent Revision	1-60	Exam Paper Walk through videos: https://www.youtube.com/watch?v=KocNfUYltgg	See previous practice questions.	Monday & Friday

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			Exam – 30th January 2023		Room 103
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Revision sessions will re-commence in April for any student who will be re-sitting component 3