**Colton Hills Community School medium term planning**

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| **Topic title:****Health & Wellbeing** | **Year: 11Term: Autumn** | **Why we teach this:**Gives students an opportunity to show their understanding of what factors affect our health and wellbeing | **Why we teach this here:**Following on from components 1 & 2, Health and Wellbeing looks at all aspects of these subjects |
| **Big questions:**1. What factors affect an individual’s health and wellbeing?
2. How do we interpret health indicators?
3. How do we interpret lifestyle data?
4. What are the benefits of a person-centred approach?
5. What sources of support are available?
6. What potential obstacles might an individual encounter when implementing a health plan
 | **Builds on previous topics:**Human Lifespan Development – factors that affect our growth and development and expected and unexpected life events which impact our life circumstances. | **Links to future topics:**Task 2 of component 2 Health & Social Care Services and Values examines relationships and the care values required for an effective caring relationship  |
| **Key knowledge:*** The definition of health and wellbeing, and a look at both positive and negative factors
* How genetic conditions are inherited
* The difference between acute and chronic illness
* The importance of diet, exercise and personal hygiene
* Lifestyle choices – alcohol, smoking, safe sex and drug use
* Supportive and unsupportive relationships
* Environmental conditions and our home environment
* The impact of life events relating to relationship changes
 | **Key knowledge continued:*** Health indicators relating to lifestyle
* Resting pulse rate and recovery from exercise
* Blood pressure, peak flow and BMI measurements
* Interpreting data and what it means
* The importance of a person-centred approach
* Short and long-term targets
* Sources of support
* Obstacles to implementing plans
* Barriers to accessing services
* The impact of life events relating to changes in life circumstances
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| **Skills developed:*** Independent research
* Speaking and listening
* Exam techniques
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| **Mini/Interim assessments:*** Mock exam

**Termly summative assessment:**BTEC External examination | **Independent study tasks/resources:**Week 1- Health and WellbeingWeek 2 – Genetic inheritance, acute or chronicWeek 3 – DietWeek 4 – Benefits of exerciseWeek 5 – Drugs/addictionWeek 6 – Personal hygiene | **Key vocabulary 1:**HolisticGenetic inheritanceChronicAcuteMonitorAddictionMobilityBacteriaStressSocial classDisability | **Key vocabulary 2:**PollutionEnvironmentRuralUrbanBereavementPhysiologicalMeasurable indicatorsCardiovascular systemBlood pressurePeak flowBMI |
| **Cultural capital opportunities:** … | **Whole school Curricular Concept links:**Health and wellbeing – Lifestyle choices and ill healthCultural diversity – individuals with special needsCivic responsibility – Supporting individuals to make healthy lifestyle changes |

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| **Week/Phase** | **Key Features** |
| 1 | **Small Questions:** … |
| **Key Activities/Resources:**… | **Retrieval focus:**…**Independent study:**… |
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| 2 | **Small Questions:** … |
| **Key Activities/Resources:**… | **Retrieval focus:**…**Independent study:**… |
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| 3 | **Small Questions:** … |
| **Key Activities/Resources:**… | **Retrieval focus:**…**Independent study:**… |
| **Week/Phase** | **Key Features** |
| 4 | **Small Questions:** … |
| **Key Activities/Resources:**… | **Retrieval focus:**…**Independent study:**… |
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| 5 | **Small Questions:** … |
| **Key Activities/Resources:**… | **Retrieval focus:**…**Independent study:**… |
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| 6 | **Small Questions:** … |
| **Key Activities/Resources:** … | **Retrieval focus:**…**Independent study:**… |