

Edexcel GCSE Learning Intentions – Year 11

What? When? Why?	Lesson 1 Learning Intentions	Lesson 2 Learning Intentions	Lesson 3 Learning Intentions
1	Bank Holiday – school closed.	Revision for exam: Positive and negative factors that can affect health (physical/social/emotional/environmental).	Revision for exam: Physiological indicators that are used to measure health: pulse (resting and recovery rate after exercise), blood pressure, peak flow, body mass index (BMI). Using published guidance to interpret data relating to these physiological indicators. The potential significance of abnormal readings: risks to physical health.
2	Revision for exam: Health and wellbeing improvement plans – The importance of a person-centred approach that considers an individual’s needs, wishes and circumstances. Information to be included in plan: o recommended actions to improve health and wellbeing, short-term (less than six months) and long-term targets, appropriate sources of support (formal and/or informal).	Revision for exam: Health and wellbeing improvement plans – Potential obstacles: emotional/psychological – lack of motivation, low self-esteem, acceptance of current state, time constraints – work and family commitments, availability of resources – financial, physical, e.g. equipment.	Revision for exam: Health and wellbeing improvement plans – Potential obstacles: unachievable targets – unachievable for the individual or unrealistic timescale, lack of support, e.g. from family and friends, other factors specific to individual – ability/disability, addiction, barriers to accessing identified services.
3	Revision for exam: Factors affecting health and wellbeing: genetic inheritance, including inherited conditions and predisposition to other conditions.	Revision for exam: Factors affecting health and wellbeing: ill health (acute and chronic), diet (balance, quality and amount), amount of exercise.	Revision for exam: Factors affecting health and wellbeing: substance use, including alcohol, nicotine, illegal drugs and misuse of prescribed drugs, personal hygiene.
4	Revision for exam: Social, emotional and cultural factors that can have positive or negative effects on health and wellbeing: stress, e.g. work-related.	Revision for exam: Social, emotional and cultural factors that can have positive or negative effects on health and wellbeing: willingness to seek help or access services, e.g. influenced by culture, gender, education.	Revision for exam: Environmental factors that can have positive or negative effects on health and wellbeing: environmental conditions, e.g. levels of pollution, noise, housing, e.g. conditions, location.

<p>5</p>	<p>Revision for exam:</p> <p>Last minute revision – focusing on student concerns/anxieties prior to the afternoon exam.</p> <p>External Assessment – Monday 30th January 1.15pm</p>	<p>Introduction to Component 2 – student provided with assignment brief and start to plan coursework assignment.</p>	<p>Component 2 - Health and social care services Learners will explore the health and social care services that are available and why individuals may need to use them. – Application to assignment brief.</p>
<p>6</p>	<p>Component 2 - Health and social care services Learners will explore the health and social care services that are available and why individuals may need to use them. – Application to assignment brief.</p>	<p>Component 2 - Health and social care services Learners will explore barriers that can make it difficult to use these services and how these barriers can be overcome.</p> <ul style="list-style-type: none"> - Physical and sensory barriers – Application to assignment brief. 	<p>Component 2 - Health and social care services Learners will explore barriers that can make it difficult to use these services and how these barriers can be overcome. Social, cultural and psychological barriers – Application to assignment brief.</p>