



Y11 H&SC - CURRICULUM PLANNING SEQUENCE

Subject	Year	Term	Big Ideas	Topics	Subject Learning Checklist
BTEC Health & Social Care	Year 11	Term 1 - 35hrs	Component 3 -Health and well-being Aim A	A1 - Factors affecting health	Health and well being Genetic inheritance & diet Ill health & exercise Substance use & hygiene Social interactions & stress Financial & environmental Impact of life events
			Component 3 -Health and well-being Aim B	B1 - Physiological indicators	Health indicators Resting Pulse rate/ recovery Blood pressure & peak flow Body mass index Published guidelines
				B2 - Lifestyle indicators	Abnormal readings Interpreting lifestyle data Smoking, alcohol, inactivity
		Term 2 - 30hrs	Component 3 - Health and well-being Aim C	C1 - Health improvement plans	Person centred approach Recommendations to improve Short and long term targets Sources of support Potential obstacles/ barriers Key terms revised
				C2 - Obstacles	