

Health and Social Care Year 9 Scheme of Learning at KHS.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><u>Working in Health and Social Care</u> (8-9 lessons)</p> <p>1. Health and social care settings:</p> <ul style="list-style-type: none"> • Explore the different settings involved in UK care. • Careers link to the settings explored. • Early years settings. • Residential care. • Hospital settings. • Comparison of settings. • <i>Assessment: Careers in HSC.</i> 	<p><u>Working in Health and Social Care</u> (4-5 lessons)</p> <p>2. Healthy and Safety:</p> <ul style="list-style-type: none"> • Risks and hazards. • Risk assessments. <p>3. Communication in Health and Social Care:</p> <ul style="list-style-type: none"> • Verbal and non-verbal communication. • Alternative forms of communication. • Braille and Makaton. • Barriers to communication. • <i>Assessment: Effective communication in HSC.</i> 	<p><u>Healthy Living</u> (5 lessons)</p> <p>4. The impact of nutrition on health and wellbeing:</p> <ul style="list-style-type: none"> • Dietary intake and food groups. • Long term effects of balanced and unbalanced diets. • Obesity. • Factors influencing the diet of individuals. • Underlying health conditions – allergies. 	<p><u>Healthy Living</u> (5 lessons)</p> <p>5. Lifestyle choices:</p> <ul style="list-style-type: none"> • Alcohol consumption. ➤ Government guidelines and long-term impacts on health and wellbeing. • Misuse of drugs. ➤ Long term impacts on health and wellbeing. • Smoking and vaping. ➤ Long-term impacts on health and wellbeing. <p>6. Health Promotion</p>	<p><u>Equality and Diversity in Health and Social Care</u> (7 lessons)</p> <p>7. Equality, diversity and legislation:</p> <ul style="list-style-type: none"> • What is equality, diversity and discrimination? • Impact of labelling. • Non-discriminatory practice in health and social care. • Effects of discrimination. • Legislation, including the Childrens Act and the Human Rights Act. • Factors affecting care 	<p><u>Human Lifespan and Development</u> (5-6 lessons)</p> <p>8. How humans physically grow and development across life stages:</p> <ul style="list-style-type: none"> • Life course development. • Infancy growth and development. • Early childhood growth and development. • Fine and gross motor skills. • Language development. • Learning through play, including outdoor play. • Adolescence – puberty.

		<p><i>Assessment: mini fact sheet checker</i></p>	<ul style="list-style-type: none"> • What is health promotion and who is responsible? • The benefits of health promotion including exercise. <p><i>Assessment: Creative task – Promoting a healthy lifestyle.</i></p>	<p>needs of individuals.</p> <ul style="list-style-type: none"> • Care needs of infants. • Care needs of children. • Care needs of adolescents. • Care needs of adults. • Care needs of the elderly. <p><i>Assessment: mini knowledge assessment.</i></p>	<ul style="list-style-type: none"> • Physical development in adulthood. <p><i>Assessment: Case study task.</i></p>
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