



Bilton School Sixth Form

Health and Social Care – Transition Work

BTEC Level 3 National Extended Certificate in Health and Social Care (AAQ Spec)

Welcome to BTEC Health and Social Care!

This summer, you'll complete a series of tasks to help you prepare for the course. These activities are designed to introduce you to key themes such as health, well-being, care values, and human development.

What is Health and Social Care?

Health and Social Care involves working with people to support their physical, emotional, and social well-being. You will explore topics such as human lifespan development, working in health and social care, meeting individual care needs, and health promotion.

Transition Tasks

Task 1: What is Health and Social Care? (Research & Reflection)

- Research the definition and purpose of health and social care services in the UK.
- Identify different care settings (e.g. hospitals, care homes, nurseries, community centres).
- Write a 200–300 word summary about the sector and why it is important to society.

Task 2: Human Lifespan Development

- Research the six life stages: infancy, childhood, adolescence, early adulthood, middle adulthood, and later adulthood.
- For each stage, describe key physical, intellectual, emotional, and social developments.
- Present your findings in a table or bullet points.

Task 3: Care Values in Practice

- Research the core care values in health and social care (e.g. respect, dignity, safeguarding, confidentiality).
- Choose two care settings and give examples of how professionals apply these values in their roles.
- Write a 200-word explanation or create a mind map.

Task 4: Watch & Reflect

Watch a documentary or programme that explores real-life health or social care scenarios. Suggested options:

- “Ambulance” (BBC)
- “Hospital” (BBC)
- “Old People’s Home for 4 Year Olds” (Channel 4)

Write a 150-word reflection on what you saw:

- What did you learn about care?
- What qualities did the care workers show?
- How was dignity or empathy demonstrated?



Get organised for September

Recommended Materials:

- Ring binder + dividers
- A4 lined paper
- Highlighters and sticky notes

Optional Reading:

- BTEC Health and Social Care Student Book 1 (AAQ Spec)
- "The Care Certificate Workbook" (Skills for Care)
- NHS website (www.nhs.uk)

Deadline: First Health and Social Care Lesson in September

Bring all your completed tasks with you. You may be asked to present or discuss them.

Enjoy your summer and start thinking about what makes great care work!

If you have any questions, email: hanson.l@stowevalley.com