

Subject	Health and Social Care
Paper	Component 3 – Health and Wellbeing Exam - Jan 9th / May 6th
Work/skills/activities being covered in lesson leading to exams	<ul style="list-style-type: none"> • Week 24th Feb – All content delivered. Recapping component 1 and 2. Impacts of Lifestyle. Revision tasks, Exam questions practiced and flash cards made at the end of the lesson. • Week 2 3rd March Recapping component 1 and 2. Inherited diseases. Recapping component 1 and 2. Revision tasks, Exam questions practiced and flash cards made at the end of the lesson. • Week 3 10th March Recapping component 1 and 2. Blood pressure Revision tasks, Exam questions practiced and flash cards made at the end of the lesson. • Week 4 17th March Recapping component 1 and 2. BMI / obesity. Revision tasks, Exam questions practiced and flash cards made at the end of the lesson. • Week 5 24th March Recapping component 1 and 2. Resting heart rate & exercise. Revision tasks, Exam questions practiced and flash cards made at the end of the lesson. • Week 6 31st March Recapping component 1 and 2. Environmental and economic factors. Revision tasks, Exam questions practiced and flash cards made at the end of the lesson. <li style="padding-left: 20px;">Easter holidays – exam booklet/flash cards/notes to revise • Week 7 April 21st Recapping component 1 and 2. Informal and formal support – 6-mark questions. Revision tasks, Exam questions practiced and flash cards made at the end of the lesson. • Week 8 28th April Recapping component 1 and 2. 6-mark questions revised – Snowballing ideas. Revision tasks, Exam questions practiced and flash cards made at the end of the lesson. <li style="padding-left: 20px;">Exam following week

	<ul style="list-style-type: none"> • Week 9 – May 5th Recapping component 1 and 2. Revision tasks, Exam questions practiced and flash cards made at the end of the lesson. • Week 10 Going over the exam & support with revision for other lessons.
<p>Areas to revise as a priority leading to exams</p>	<ul style="list-style-type: none"> - Blood pressure, BMI and Heart rate readings and recommendations - PIES for life events - Inherited diseases - Life choices - Economic factors - Environmental factors - Barriers and obstacles - Person-centred approach
<p>Suggested methods of revision</p>	<ul style="list-style-type: none"> • After school Thursday with HCA • Flashcards • Use of books and notes from year 10 • Use of resources – Textbooks, exam walk through and PP • Past papers • https://www.youtube.com/watch?v=WYdNyAnEcQc&list=PLp8BSCLLWBUA-4mj_vxoHdCkAQYth_PbR