

Health & Social Care

Hello and welcome to Health and Social Care!

Within this booklet, you will find lots of activities to help you prepare for your course; whether this is the Extended Certificate (1 A-Level) or the Extended Diploma (3 A-Levels), you will find these activities beneficial.

There are a range of tasks, which need to be completed, prior to starting study in September, as well as optional activities, including multiple online courses, documentaries, films and books. Both of our courses cover a vast selection of content, with this in mind, this booklet has been created to help you best prepare for your time studying at Frances Bardsley Sixth Form.

At Frances Bardsley we follow the Pearson Edexcel specification; so, throughout the duration of your course, you will be assessed through external assessments (examinations) and internal assessments (assignments). Although you may have a preference, it is really important that you prioritise both of these areas, as each assessment contributes towards your final grade. Prior to each assessment, you will be fully supported and there is ample opportunity to develop your skills.

The Health and Social Care Department wishes you the best of luck in preparing for your studies, and we look forward to meeting you in September. If you have any questions, please email the Head of Department, Miss Harris (charris@fbaok.co.uk) and she will be happy to assist you



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Things to Do



TASKS TO COMPLETE:

For the following tasks, you will need to produce notes on the research you have carried out and bring this with you to your first lesson. Your research will be used as a revision tool; please make sure your research is in your own words.

- **Task 1: Research human growth and development throughout the life stages**
 - For your assessment (in September) you will be required to demonstrate an understanding of human growth and development, and the factors that affect it. You will need to complete the following:
 - Identify the key features of each life stage: Infancy (0-2 years), Early Childhood (3-8 years), Adolescence (9-18 years), Early Adulthood (19-45 years), Middle Adulthood (46-64 years) and Later adulthood (65+ years).
 - Learn the following key terms and their meanings: growth, development, developmental norms, milestone, gross motor skills, fine motor skills, puberty, hormones, menopause, life expectancy.
- **Task 2: Research Piaget's stages of cognitive development and the development of schemas.**
 - For your assessment (in September) you will be required to demonstrate the ability to evaluate information. Once you have researched the topic, you will need to answer the following:
 - To what extent do you think his theory may be used in explaining children's thoughts and actions?
 - What do critics say about Piaget's theory?
- **Task 3: Create a list of command words and their meanings; rank them in order of easiest to hardest.**
 - Throughout your course, you will be assessed against criteria, using a variety of command words; familiarising yourself with these command words before starting your course will be beneficial.
 - Extension: Apply each command word in a paragraph (this is really good practice!)
- **Task 4 (Optional - Extended Diploma): Research the following organisations, policies and legislations.**
 - Research the role, aim or purpose of the following:
 - Health and Safety at Work Act (1974), Data Protection Act (1998), Care Act (2014), Equality Act (2010), Care Quality Commission (CQC), Disclose and Barring Service checks, COSHH (Amended 2002), RIDDOR (Amended 2013).

Online Courses:

General:

- **British Sign Language:** <https://www.british-sign.co.uk/learn-online-british-sign-language-course/>
- **Communication:** <https://www.open.edu/openlearn/health-sports-psychology/social-care-social-work/diversity-and-difference-communication/content-section-0?active-tab=description-tab>
- **First Aid:** <https://www.firstaidforfree.com>

Extended Certificate and Extended Diploma:

- **Exploring Issues In Women's Health:** <https://www.open.edu/openlearn/health-sports-psychology/exploring-issues-womens-health/content-section-0?active-tab=description-tab>
- **Introducing Ageing:** <https://www.open.edu/openlearn/health-sports-psychology/introducing-ageing/content-section-0?active-tab=description-tab>
- **Learning Disabilities:** <https://www.open.edu/openlearn/health-sports-psychology/exploring-learning-disabilities-supporting-belonging/content-section-overview?active-tab=description-tab>

Extended Diploma:

- **Anatomy and Physiology:** https://www.edx.org/learn/human-anatomy?utm_campaign=Mooc.org&utm_source=Mooc.org&utm_medium=Mooc.org-Sub-Categories&utm_content=Human%20Anatomy
- **Dementia Awareness:** <https://www.scie.org.uk/e-learning/dementia>
- **Health and Safety:** <https://alison.com/course/managing-health-and-safety-in-healthcare-legislation-and-risk-assessment>
- **Public Health:** <https://www.open.edu/openlearn/health-sports-psychology/health/nursing/the-beveridge-vision/content-section-0?active-tab=description-tab>
- **Public Health:** <https://www.open.edu/openlearn/health-sports-psychology/public-health/introducing-public-health/content-section-0?active-tab=description-tab>
- **Nutrition:** <https://btn.academy>

Why are online courses beneficial?

Completing online courses can develop your knowledge and understanding of specific topics and can provide you with the opportunity to put theory into practice. Completing these courses before learning content is also helpful, as it will give you a head-start to understanding the content.

Online courses are often accredited, which means that they are recognised by educational establishments, employers and organisations; you can list these on your CV, personal statement or application forms in the future. So, not only will you improve your knowledge, but you will also improve your employability too!

Things to WATCH



Films:

- **Bohemian Rhapsody** – (12A) Freddy Mercury defies stereotypes and convention to become one of history's most beloved entertainers. *Lifestyle factors/social & cultural stereotypes*
- **Hidden figures** – (PG) Anti discrimination. *Care values*
- **Me before You** – (12A) A young and quirky woman becomes a caregiver for a wealthy young banker left paralysed from an accident two years earlier. *Life events/formal & informal care/disability*
- **My sister's keeper** – (12A) "The only way to save your daughter is to sacrifice her sister". Anna has never been given a choice: she was born to be her sister Kate's bone marrow donor and she has always given Kate everything she needs. *Relationships/family*
- **Sorry we missed you** (15) Ricky and his family have been fighting an uphill struggle against debt since the financial crash. *Social & cultural factors/income & wealth/life circumstances*
- **Still Alice** – (12A) Story of a woman living with Alzheimer's disease. *Illness/Disorders*
- **The Children Act** – (12A) Adam Henry has leukaemia. His doctors want to perform a blood transfusion but his parents are Jehovah's Witnesses, and believe that having a blood transfusion is against biblical principles. *Illness/ethics/relationships*
- **The Upside** - (12A) The relationship between a wealthy man with quadriplegia and a recent unemployed ex-convict. *Disability/relationships*
- **Three identical strangers** – (12A) Identical triplets become separated at birth and adopted by three different families. Years later, their amazing reunion becomes a global sensation. *Relationships/family*
- **To the bone** – (15 Netflix) Eating disorders/anorexia *Diet and appearance*
- **Wonder** - (PG) Inspiring story of a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time. Coping with being different. *Coping with life/life events*

TV programmes:

- **24 hours in A & E** – Channel 4. Emergency cases entering A & E. *Life events*
- **Babies: their wonderful world** – BBC. Explores how the first 2 years of life shapes the adults we become. *Infancy development/life stages*
- **Born to be different** – Channel 4. The pressures and joys of bringing up a disabled child
- **Britain's hidden hungry** – BBC. Investigates the growing importance of charity foodbanks to thousands of hungry people across the UK by following the stories of three users of a foodbank. *Diet and appearance.*
- **Care** – **BBC** **drama** <https://www.youtube.com/watch?v=1EJXDk-B8h0>
Discrimination/disability

- **Crisis in Care: BBC Panorama** <https://www.bbc.co.uk/programmes/m0005jpf>
Panorama reveals the failings of our social care system, as our population gets older and more of us need help with day to day living. *Old age/care services*
- **Driven : The Billy Monger Story**. The remarkable story of 18-year-old Billy Monger as he attempts to become the first ever amputee to race competitively in a single-seater racing car
- **Health before the NHS – The road to recovery** <https://www.youtube.com/watch?v=1y7zeZPfD8k> The shocking story of the health of Britain before the NHS. *Care values/health care services*
- <https://www.bbc.co.uk/programmes/m000f9sq> *Coping with life events/family units*
- <https://www.bbc.co.uk/programmes/p06qx4qt> *Life events (unexpected)*
- <https://www.channel4.com/programmes/born-to-be-different/> *Disability/infancy and childhood/life events.*
- <https://www.youtube.com/watch?v=qgoRcxm5BUk> *Coping with life events*
- **Jesy Nelson - BBC Three** Little Mix star Jesy Nelson goes on a journey of rehabilitation as she opens up about abuse she has suffered at the hands of cyberbullies. *Social/cultural factors that affect development*
- **Katie Piper: My beautiful face** – recovery after acid attack. *Self-esteem/self-confidence/ lifestyle*
- **Louis Theroux, Extreme Love: Dementia – BBC 2** Sufferers and carers explore the struggle of living with dementia. *Disorders/formal and informal carers*
- **Mum, Dad, Alzheimer's and Me** – You Tube. Real life story investigating the care of Alzheimer's sufferers in the UK. <https://www.youtube.com/watch?v=LprTLaO1AF0>
Old age/disorders
- **Old people's home for 4 year olds** – Channel 4. How the company of 4 year olds helped to improve the mood, mobility and memory of the elderly. *Life stages.*
- **Rio and Kate: becoming a step family**. Rio Ferdinand's fiancée Kate Wright integrates into the family as a step mum
- **Rio Ferdinand: "Thinking Out Loud: Love, Grief and Being Mum and Dad"** Talks at Google.
- **Speech journey** – You Tube. <https://www.youtube.com/watch?v=jt7y1IM2jOM> How children learn to talk from birth to 5 years old. *Intellectual development*
- **The big hospital experiment** – BBC. A group of volunteers embark on a social experiment, with a shortage of staff, how can they help on the frontline of the NHS?
Care values/Health care services
- **The Nine to Five with Stacey Dooley** <https://www.bbc.co.uk/iplayer/episode/p06zhfvw/the-nine-to-five-with-stacey-dooley-series-1-2-caring-and-sharing> Stacey Dooley takes five teenagers to a care home for work experience. *Types of support/voluntary support/old age*
- **The restaurant that makes mistakes** – Channel 4. Volunteers living with some form of dementia run a pop up restaurant in Bristol. *Middle - Old age/disorders*
- **The secret life of 4 and 5 year olds** – Channel 4. Great for looking at *childhood development/life stages* (especially socialisation skills)

Things to READ



Books:

- Adam Kay, This is Going to Hurt
- Alex Michaelides, The Silent Patient
- Alexander Masters, Stuart: A Life Backwards
- Angie Thomas, The Hate U Give
- Bill Bryson, The Body: A Guide for Occupants
- Brian Conaghan, The Weight of a Thousand Feathers
- Christie Watson, The Language of Kindness: A Nurse's Story
- Clare Mackintosh, After the End
- David Pelzer, A Child Called It
- Davide Pelzer, A Man Named Dave
- Dr Judith Rapoport, The Boy Who Couldn't Stop Washing: Experience and Treatment of Obsessive Compulsive Disorder
- Emma Healey, Elizabeth is Missing
- Henry Marsh, Admissions
- Henry Marsh, Do No Harm: Stories of Life, Death and Brain Surgery
- Hope Daniels, Tainted Love
- Jen Pedro Roy, Good Enough
- Jennifer Niven, All the Bright Places
- John Green, The Fault in our Stars
- John Holt, How Children Fail
- John Holt, How Children Learn
- Jojo Moyes, Me Before You
- Malala Yousafzai, I Am Malala: The Girl Who Stood Up for Education and was Shot by the Taliban
- Malorie Blackman, Noughts and Crosses
- Melvin Burgess, Junk
- Meredith Russo, If I was your Girl
- Michael Newton, Savage Girls and Wild Boys: A History of Feral Children
- Oliver Sacks, The Man who mistook his wife for a Hat
- Paul Kalanithi, When Breath becomes Air
- R J Palacio, Wonder
- Rachel Lippincott, Five Feet Apart
- Ray Jones, The Story of Baby P: Setting the record straight
- Richard Shepherd, Unnatural Causes
- Suzi Brent, Nee Naw: Real Life Dispatches from Ambulance Control
- Tessa Livingstone, Child of our Time