




Yr 10 Tech Award Health & Social Care – Component 3 LAB	Road Map				
In this unit you will identify human lifespan and development The aims are as follows: LG1: Knowledge LG2: Application LG3: Skills	Assessment Grades				
	External Examination: C2 & C3				
	External Synoptic Health and wellbeing Recommendations and actions to improve health and wellbeing Barriers and obstacles to following recommendations				
Themes	Learning Goals/Outcomes/Content				
Recommendations to Improve Health and Wellbeing	Established recommendations for helping to improve health and wellbeing: <ul style="list-style-type: none"> ○ Improve resting heart rate and recovery rate after exercise ○ Improving blood pressure ○ Maintaining a healthy weight ○ Eating a balanced diet ○ Getting enough physical activity ○ Quitting smoking ○ Sensible alcohol consumption ○ Stopping substance misuse 				
Support for Recommendations	Support available when following recommendations to improve health and wellbeing: <ul style="list-style-type: none"> ○ Formal support from professionals, trained volunteers, support groups and charities ○ Informal support from friends, family, neighbours, community and work colleagues 				
Barriers	Potential barriers as appropriate to the individual and the recommendations: <ul style="list-style-type: none"> ○ Physical barriers ○ Barriers to people with sensory disability ○ Barriers to people with different social and cultural backgrounds ○ Barriers to people that speak English as an additional language or those who have language or speech impairments ○ Geographical barriers ○ Resource barriers for service provider ○ Financial barriers 				
Obstacles	Potential obstacles as appropriate to the individual and the recommendation: <ul style="list-style-type: none"> ○ Emotional/psychological ○ Time constraints ○ Availability of resources ○ Unachievable targets ○ Lack of support 				
Links: Prior Learning: Builds on knowledge and skills from Biology lessons Builds on knowledge and skills from PSHE Personal life development					

Builds on knowledge and skills from component 1 A2 – factors affecting growth and development and component 2 A3 – barriers to accessing services, B3 – obstacles individuals requiring care may face

Future knowledge:

Development of knowledge for A Level/BTEC Health & Social, Biology and PSHE