

### Term 2: Year 10 Component 3

| <u>Unit 1</u>  | RED | AMBER | GREEN | Do you need further support following DIRT? | Final rating |   |   |
|--|-----|-------|-------|---|--------------|---|---|
|  |     |       |       |   | R            | A | G |
| A. Demonstrate knowledge and understanding of factors that affect health and well being  |     |       |       |   |              |   |   |
| Describe social interaction  |     |       |       |   |              |   |   |
| Define a supportive relationship   |     |       |       |   |              |   |   |
| Describe unsupportive relationships  |     |       |       |   |              |   |   |
| <b>DIRT 1: AO1: Factors affecting health and well being</b>  |     |       |       |   |              |   |   |
| Identify the impact of social interactions on well being   |     |       |       |   |              |   |   |
| Outline in more detail factors that affect health and well being   |     |       |       |   |              |   |   |
| Describe stress, e.g. work related   |     |       |       |   |              |   |   |
| <b>Dir 2. AO1 Factor affecting health and well being</b>   |     |       |       |   |              |   |   |
| Explain using specific examples the impact that stress and social interactions have on health and well being   |     |       |       |   |              |   |   |
| Explain willingness to seek help or access service, e.g influenced by culture, gender or education   |     |       |       |   |              |   |   |
| Assess economic factors that have a positive impact on health  |     |       |       |   |              |   |   |
| Analyse the negative impact on health caused by economic factors   |     |       |       |   |              |   |   |
| <b>Explain social integration and isolation</b>  |     |       |       |   |              |   |   |
| Discuss financial resources that affect health.  |     |       |       |   |              |   |   |
| Explain the key differences between groups of individuals and factors they face.   |     |       |       |   |              |   |   |
| Write an extended answer to factors that affect health and well being both positively and negatively ( environmental factors: levels of pollution and noise, housing conditions, location life events and relationship changes |     |       |       |   |              |   |   |
| Summative Assessment – short/ long answered questions for learning outcome A- All topics listed above.   |     |       |       |   |              |   |   |

| Percentage   | I can ...   | Prove it!- check your book  |
|--|---|---|
| <br>L2P | <p style="text-align: center;"><b>Discuss factors that affect health and wellbeing using key terminology</b></p> <ul style="list-style-type: none"> <li>• <i>Break down all key factors affecting health</i></li> <li>• <i>Consider the factors that affect health and wellbeing positively</i></li> <li>• <i>Consider the factors that affect health and wellbeing negatively</i></li> </ul> | <p>Describe key factors that may affect health and well being :</p> <ul style="list-style-type: none"> <li>Genetic inheritance</li> <li>Ill health</li> <li>Diet</li> <li>Exercise</li> <li>Substance use</li> <li>Personal hygiene</li> <li>Lifestyle choices</li> <li>Consider factors that affect health both positively and negatively using specific examples</li> <li>Evaluate the importance of health and exercise</li> <li>Social/ emotional/ environmental/ economic/ stress/ housing/ life effects/ financial/ accessing services</li> </ul> |

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|--|---|--|
|  |   | <p>:Key :</p> <p>LPA</p> <p>MPA</p> <p>HPA</p>   |
| <p>L2M/D</p>  | <p>Case studies are often used for Distinction Questions, these will be 8 mark questions</p> <p>You will need to answer extended questions using correct terminology supported by examples.</p> | <p>Using a case study/ reflection/observation/ reports/improvement plans evaluate how factors affect health and wellbeing both positively and negatively making suggestions for improvement.</p> |