

Health and Social Care

Bridging tasks (Y11 to Y12)

The specification you will be following is the BTEC Level 3 Extended Certificate in Health and Social Care.

Familiarise yourself with it here: https://qualifications.pearson.com/content/dam/pdf/BTEC-Nationals/Health-and-Social-Care/2016/specification-and-sample-assessments/9781446938003_BTEC_Nat_ExCert_HSC_AG_Spec_Iss3C.pdf

If you have any questions about the course or the tasks detailed here, please email Miss Cantwell – s.cantwell@chaseterraceacademy.co.uk

The first four tasks will help you to prepare for **Unit 1 Human Lifespan development**. Please keep all of the tasks together in one document and bring these to your first lesson.

Task 1 – key terminology

Find accurate definitions for the terms below, this will help to familiarise you with some of the key terminology used in this unit.

Keyword	Definition
Growth	
Development	
Physical development	
Intellectual development	
Emotional development	
Social development	
Centile Lines (percentiles)	
Development norms	

Milestone	
Gross motor skills	
Fine motor skills	
Adolescence	
Menopause	
Life expectancy	
Cognitive impairment	
Abstract logical thinking	
Egocentric thinking	
Concrete logical thinking	
Equilibrium (Piaget)	
Self-image	
Self-esteem	
Attachment	

Task 2 – Physical development across the life stages

Research key aspects of physical development across each life stage.

Life Stage	Age	Key Features
Birth and infancy	0-2 years	Infants grow rapidly, at around 1 years old infants can walk, by 2 they can run.
Early childhood	3-8 years	
Adolescence	9-18 years	
Early adulthood	19-44 years	
Middle adulthood	45-64 years	

Later adulthood	65 years +	
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Task 3 – Piaget’s theory of cognitive development

Watch the clip here on Piaget’s theory of cognitive development to see the four stages that he thinks children pass through intellectually. <https://www.youtube.com/watch?v=lhcgYgx7aAA>

Use the information in this clip and your own research to complete the table below, including the names of the four stages, the ages and the key characteristics of each stage.

Stage	Age	Key Features
		Infants grow rapidly, at around 1 years old infants can walk, by 2 they can run.

Task 4 – The physical effects of ageing

Research the following effects of ageing that individuals may experience usually from the age of 65+. Note down any possible causes and the impact this can have on an individual.

Effect	Causes	Impact/symptoms
Cardiovascular disorders (e.g. heart disease)		
Osteoarthritis		
Degeneration of sight		
Alzheimer's disease		

The next tasks will help you to prepare for **Unit 2 Working in Health and Social Care**. Please keep all of the tasks together in one document and bring these to your first lesson.

Task 5 – Health and Social Care professionals

Choose **two** of the health and social care professionals listed below and create a fact file about them.

- * nurses
- * midwives
- * healthcare assistants
- * social workers
- * occupational therapists
- * youth workers
- * care managers/assistants
- * support workers.

Your fact file should include the following information:

1. The qualifications needed for the role
2. The average salary
3. The key responsibilities of that professional
4. The settings where the professional may work
5. Other professionals/organisations they may work with

Task 6 – Key terminology of settings

Find definitions and examples of the following health and social care services.

Services	Definition	Examples
The public sector		
The private sector		

The voluntary sector		
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Task 7 – The role of organisations

Research the following organisations which are responsible for regulating and inspecting health and social care services. Note down their key responsibilities.

Organisation	Services/settings that they regulate/inspect	Key responsibilities/duties
Care Quality Commission (CQC)		
Ofsted		
Nursing and midwifery council (NMC)		

General medical council (GMC)		
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Task 8 – Optional documentaries/clips

These will help you to understand some of the issues/topics we will cover in health and social care.

- * **Babies : their wonderful world** – BBC. Explores how the first 2 years of life shapes the adults we become. *Infancy development/lifestages*
- * **The secret life of 4 and 5 year olds** – Channel 4. Great for looking at *childhood development/lifestages* (especially socialisation skills)
- * **Born to be different** – Channel 4. The pressures and joys of bringing up a disabled child
<https://www.channel4.com/programmes/born-to-be-different/> *Disability/infancy and childhood/life events.*
- * **Speech journey** – You Tube. <https://www.youtube.com/watch?v=it7y1IM2jOM> How children learn to talk from birth to 5 years old. *Intellectual development*
- * **Mum, Alzheimer’s and Me** – You Tube. Real life story investigating the care of Alzheimers sufferers in the UK.
<https://www.youtube.com/watch?v=5GRqdduFdRY>
- * **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*
- * **Rio Ferdinand: "Thinking Out Loud: Love, Grief and Being Mum and Dad"** Talks at Google.
<https://www.youtube.com/watch?v=qgoRcxm5BUk> *Coping with life events*
- * **Rio and Kate: becoming a step family.** Rio Ferdinand’s fiancée Kate Wright integrates into the family as a step mum <https://www.bbc.co.uk/programmes/m000f9sg> *Coping with life events/family units*
- * **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
<https://www.bbc.co.uk/programmes/p06qx4gt> *Life events (unexpected)*
- * **24 hours in A & E** – Channel 4. Emergency cases entering A & E. *Life events*
- * **DIY S.O.S.** <https://www.bbc.co.uk/programmes/b006pnjk> Friends, family and local trades help to transform the homes of families with special needs across Britain. *Barriers to accessing services/physical barriers*
- * **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*
- * **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*
- * **Katie Piper My beautiful face** – recovery after acid attack. *Self-esteem/self-confidence/ lifestyle*