

| Health and Social Care | Curriculum Team Vision |
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| <p>The aim of the Ormiston Maritime Academy Social Science department is to broaden students' understanding of the world around them and develop their cultural capital. To engage students in meaningful and informed oracy and debate over controversial and often misunderstood elements of not only our own society, but those around the world. Social Sciences gives students an additional chance to make sense of human behaviour and to focus on the profound social changes and challenges that we all face in the 21st century. Discussion, debate and retrieval practice lay at the heart of the classroom. Students are challenged to communicate clearly, through oracy and literacy.</p> | |
| <p>Where studying learning for life can take you? Click on the link below:</p> <p>Post GCSE Options: Study level three Health and Social care. University courses in medicine and healthcare can lead to a range of careers such as, Social Work, Community Care, Nursing and many other roles in the NHS.</p> | |

Subject: Health and Social Care year 10 Curriculum Map 2025-2026

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| <p>Half term 3</p> | <p><u>Unit R035: Health promotion campaigns</u></p> <p><i>The UK has faced many public health challenges in modern times. Public health campaigns are used in a variety of ways to engage the public and to encourage physical, intellectual, emotional and social health and wellbeing, as it is vital to society that people remain healthy. In this unit you will have the opportunity to explore the various public health challenges the country faces, the approaches used to encourage health and wellbeing and the importance of this to society. You will understand the factors affecting a healthy lifestyle so that campaigns can be designed to target different groups of people. You will also learn how to plan and deliver your own small-scale health promotion campaign and how to evaluate your planning and delivery.</i></p> <p>Topic Area 1: Current public health issues and the impact on society</p> <p>Reasons why a healthy society is important</p> <ul style="list-style-type: none"> ♣ Control of communicable diseases ♣ Decrease cost of care ♣ Decrease sickness and dependency ♣ Increased life expectancy <p>1.2 Public health challenges for society</p> <p>Current challenges to public health</p> <ul style="list-style-type: none"> ♣ Obesity ♣ Flu and viruses ♣ Alcohol consumption | | |
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| | <ul style="list-style-type: none"> ♣ Heart disease/stroke ♣ Sexual health ♣ Cancer ♣ Physical activity ♣ Mental health ♣ Smoking cessation ♣ Child dental health □ Organisations promoting public health challenges ♣ Charities ♣ National Health Service (NHS) ♣ Government Health Agencies ♣ World Health Organisation (WHO) <p>1.3 Current health promotion campaigns and their benefits</p> <p>Current health promotion campaigns</p> <ul style="list-style-type: none"> □ Benefits of a health promotion campaign to ♣ Individuals ♣ Society □ Who the health promotion campaign is targeting ♣ Target audience | | |
| <p>Half term four</p> | <p>Topic Area 2: Factors influencing health</p> <p>Lifestyle choices</p> <ul style="list-style-type: none"> □ Health ♣ Physical health ♣ Mental health □ Education and socio-economic □ Access to health services ♣ Location ♣ Opening times ♣ Local resources ♣ Availability <p>2.2 Leading a healthy lifestyle</p> <p>What individuals can do to be healthy</p> <ul style="list-style-type: none"> ♣ Making healthy choices <ul style="list-style-type: none"> ○ No smoking ○ Use sun protection ○ Safe sex ♣ Healthy eating and drinking <ul style="list-style-type: none"> ○ Balanced diet ○ Moderation ♣ Hygiene <ul style="list-style-type: none"> ○ Personal hygiene ○ Environment ♣ Mental health <ul style="list-style-type: none"> ○ Mental stimulation ○ Coping strategies ○ Good sleep ♣ Physical activity <ul style="list-style-type: none"> ○ Regular exercise □ Benefits of leading a healthy lifestyle related to | | |

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| | <ul style="list-style-type: none"> ♣ Physical ♣ Intellectual ♣ Emotional ♣ Social <p>2.3 Barriers to leading a healthy lifestyle</p> <p>What prevents individuals from being healthy</p> <ul style="list-style-type: none"> ♣ Advertising/Media <ul style="list-style-type: none"> ○ Promoting unhealthy products on TV and social media ♣ Peer pressure ♣ Lack of support <ul style="list-style-type: none"> ○ Friends and family ○ Role models ○ Health professionals ♣ Cost <ul style="list-style-type: none"> ○ Expense of gym membership ○ Healthy foods ○ Treatment/holistic therapies | | |
| | <p>Topic Area 3: Plan and create a health promotion campaign</p> <p>Aims of the campaign:</p> <ul style="list-style-type: none"> ♣ What you want to change/improve/educate about ♣ Aims related to PIES ♣ Timescales ♣ Resources needed ♣ Safety considerations ♣ Communication to be used during delivery ♣ Appropriateness to individuals <input type="checkbox"/> Methods to be used to engage target audience <input type="checkbox"/> Feedback methods <p>Topic Area 4: Deliver and evaluate a health promotion campaign</p> <p><i>How to deliver a health promotion campaign?:</i></p> <p>Introduce the campaign</p> <ul style="list-style-type: none"> ♣ Welcome ♣ Settle the individuals/audience <input type="checkbox"/> Deliver the content as appropriate to the campaign <input type="checkbox"/> Collect feedback <p><i>How to evaluate own performance?:</i></p> <p>How to evaluate your own performance</p> <ul style="list-style-type: none"> ♣ Use feedback ♣ Self-reflect ♣ Review strengths and weaknesses of <ul style="list-style-type: none"> ○ Your planning ○ Your communication skills ○ How you engaged individuals ♣ Suggest improvements <ul style="list-style-type: none"> ○ What you would do differently and why? | | |

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| | <p>Complete task 1a –</p> <p>You will be set a task on a public health challenge and campaign</p> | | |
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