**Subject: Health and Social Care (BTEC Tech Award 2022)**

**Year 10 Threshold Concepts – Autumn Term**

**Half Term 1**

Students begin **Component 1: Human Lifespan Development**, learning about:

* The six life stages: infancy, early childhood, adolescence, early adulthood, middle adulthood, later adulthood
* Physical, intellectual, emotional and social (PIES) development
* The difference between growth and development
* Developmental milestones

**Half Term 2**

Focus moves to:

* **Factors affecting development** (e.g. genetics, environment, relationships, income, lifestyle)
* **Expected and unexpected life events** (e.g. starting school, bereavement, illness)
* How individuals respond to change and the support they may need

**Key Content & Skills – Autumn Term**

* PIES development and how it changes over time
* Describing and applying key concepts to real individuals
* Introduction to extended writing using case studies

**Helpful Links**:

* [BBC Bitesize – Human Lifespan Development](https://www.bbc.co.uk/bitesize/guides/zqg487h/revision/1)
* [NHS Careers – Explore Roles](https://www.healthcareers.nhs.uk/explore-roles)
* [Twinkl – Health & Social Care Student Resources](https://www.twinkl.co.uk/search?q=health+and+social+care+student)
* [Pearson Course Materials & Resources Page](https://qualifications.pearson.com/en/qualifications/btec-tech-awards/health-and-social-care-2022.coursematerials.html)
* [Pearson Student Book (Paid – Amazon)](https://www.amazon.co.uk/BTEC-Tech-Award-Health-Social/dp/129242383X/)
* [Pearson Revision Guide & Workbook (Paid – Amazon)](https://www.amazon.co.uk/BTEC-Tech-Award-Health-Social/dp/1292306038)

**How to Support at Home – Autumn Term**

* Ask your child to explain the six life stages and examples of development.
* Discuss life events and changes (e.g. moving home, getting a job, losing a loved one).
* Encourage the use of flashcards and weekly vocabulary review.
* Help your child stay organised with folders or digital notebooks for revision.

**Year 10 Threshold Concepts – Spring Term**

**Half Term 3**

Students explore:

* How **life factors and events interact**
* The different impacts of life events on individuals
* Writing longer answers about development over time

**Half Term 4**

They then investigate:

* **Coping strategies and support**
* Differences between **formal** (e.g. GP, teacher) and **informal** (e.g. family, friends) support
* Case study writing and preparation for controlled assessment

**Key Content & Skills – Spring Term**

* Applying knowledge to real-life examples
* Comparing individual experiences
* Evaluating how and why development can vary
* Building written explanations with reasoning

**Helpful Links**:

* [Pearson Student Guide (Free PDF)](https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/health-and-social-care/2022/teaching-and-learning-materials/student-guide-btec-tech-award-hsc.pdf)
* [BBC Bitesize – Coping with Change](https://www.bbc.co.uk/bitesize/guides/zpmnb9q/revision/1)
* [Mind – Types of Support](https://www.mind.org.uk/information-support/types-of-mental-health-problems/types-of-mental-health-problems/)
* [NHS – What is Social Care?](https://www.nhs.uk/conditions/social-care-and-support-guide/introduction-to-care-and-support/)

**How to Support at Home – Spring Term**

* Use TV shows, films, or books to talk about how people respond to life events.
* Ask your child to explain how formal and informal support can help people cope.
* Help practise case study responses by discussing examples aloud.
* Support your child to revise in small chunks (10–15 mins a night is ideal).

**Year 10 Threshold Concepts – Summer Term**

**Half Term 5**

Students review all content from Component 1 and practise extended writing tasks. They will complete:

* Mock assessments using sample Pearson Set Assignments (PSAs)
* Case study evaluations with teacher feedback

**Half Term 6**

Students complete the **formal Component 1 controlled assessment** (worth 30% of final grade) under supervised conditions.  
They will then begin **introductory lessons for Component 2: Health and Social Care Services and Values** to prepare for Year 11.

**Key Content & Skills – Summer Term**

* Writing structured, analytical responses
* Interpreting case study evidence
* Revision and exam-style practice
* Introduction to services and care values

**Helpful Links**:

* [Pearson – Component 1 Sample Assessments (PSAs)](https://qualifications.pearson.com/en/qualifications/btec-tech-awards/health-and-social-care-2022.coursematerials.html?filterQuery=category:Pearson-Set-Assignments)
* [NHS – What Are Health & Social Care Services?](https://www.nhs.uk/live-well/healthy-body/what-is-social-care/)
* [Care Quality Commission – Rights in Care](https://www.cqc.org.uk/what-we-do/services-we-regulate)

**How to Support at Home – Summer Term**

* Support attendance during the **controlled assessment period (May–June 2026)**
* Encourage revision using the Pearson workbook and case study templates
* Review teacher feedback from practice assessments together
* Begin discussing health and care services in the local area and their value to individuals

**Looking Ahead – Year 11**

From **September 2026**, students will complete **Component 2: Health and Social Care Services and Values**, which explores:

* The different types of health and care services
* Barriers to accessing services (e.g. language, disability, finance)
* The 6 care values and how professionals demonstrate them

**Component 2 Controlled Assessment will be completed by December 2026** under supervised conditions.

**Pearson Recommended Resources**:

* [Pearson Student Book (Paid – Amazon)](https://www.amazon.co.uk/BTEC-Tech-Award-Health-Social/dp/129242383X/)
* [Pearson Revision Guide & Workbook (Paid – Amazon)](https://www.amazon.co.uk/BTEC-Tech-Award-Health-Social/dp/1292306038)
* [Pearson Course Page (Specs & Assessment Resources)](https://qualifications.pearson.com/en/qualifications/btec-tech-awards/health-and-social-care-2022.coursematerials.html)

**Year 11 Threshold Concepts and Parental Support Guide**

This guide outlines key content, skills, controlled assessment deadlines and resources to support students throughout **Year 11** in **BTEC Tech Award in Health and Social Care (2022)**.

**Autumn Term**

**Half Term 1**

Students begin **Component 2: Health and Social Care Services and Values**. They will study:

* Health and social care services (e.g. GP, hospital, residential care, domiciliary care)
* Barriers to accessing care (e.g. language, location, disability, culture, finance)
* The difference between health care and social care services

**Half Term 2**

Students continue with:

* Care values (e.g. promoting dignity, respect, confidentiality, anti-discriminatory practice)
* Application of care values through role-play and written reflection
* How professionals adapt services to meet individual needs

**Key Content & Skills**

* Identifying services and explaining their purpose
* Describing and analysing barriers to access
* Demonstrating the 6 care values
* Evaluating the importance of effective communication and empathy in care settings

**Useful Revision Links**:

* BBC Bitesize – Services and Values
* Pearson Component 2 Assessment Info
* Care Quality Commission (CQC) – Care Expectations
* Pearson Student Book (Amazon)
* Pearson Revision Guide & Workbook (Amazon)

**How to Support at Home – Autumn Term**

* Ask your child to explain what each health and social care service does and who it supports
* Discuss examples of care values they have witnessed or experienced (e.g. in school, hospital, or community)
* Help them revise definitions and examples of barriers to accessing services
* Encourage them to practise explaining how care professionals demonstrate the care values

**Spring Term**

**Half Term 3**

Students complete their **Component 2 Controlled Assessment (worth 30%)** under supervised conditions.

Then, students are introduced to **Component 3: Health and Wellbeing**. They will:

* Learn how to interpret health indicators (e.g. pulse, BMI, blood pressure)
* Understand physical, lifestyle and social factors affecting wellbeing
* Explore how to create a health and wellbeing improvement plan

**Half Term 4**

Students continue preparing for their **Component 3 externally assessed exam**, developing:

* Analytical skills using case studies
* Decision-making and justification skills
* Written exam techniques and time management

**Key Content & Skills**

* Reading graphs, data and health monitoring results
* Understanding risks and creating realistic health improvement plans
* Justifying recommendations based on case study needs

**Useful Revision Links**:

* BBC Bitesize – Health Indicators
* Pearson Sample Assessment Materials – Component 3
* [NHS BMI Calculator](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/)
* Mind UK – Lifestyle and Mental Health

**How to Support at Home – Spring Term**

* Ensure your child completes their **Component 2 controlled assessment by December 2026**
* Encourage revision for **Component 3** using case studies and timed questions
* Discuss health goals and how small lifestyle changes can improve wellbeing
* Support with reading charts and data, using online tools like the NHS BMI calculator

**Summer Term**

* Students complete their **Component 3 external exam** (40% of final grade)
* Final revision and exam skills workshops
* Exam takes place in **May/June 2027**

**Summary of Key Dates**

* **Component 1 Controlled Assessment**: May–June 2026 (Year 10)
* **Component 2 Controlled Assessment**: Sept–Dec 2026 (Year 11)
* **Component 3 External Exam**: May–June 2027 (Year 11)