NORTH BROMSGROVE HIGH SCHOOL & SIXTH FORM
Abeunt in Studius Mores
Studies Determine Character

Key Stage 5 Curriculum Overview

Health and Social Care

Staff List 2026-27

Name	Job Role	Contact Email
Ms Chalmers	Teacher of Health and Criminology	Hch@northbromsgrove.worcs.sch.uk

Curriculum Intent

Our KS5 Health and Social Care students follow a range of units relating to different aspects of health, social care and early years provision. The research, evaluation and problem-solving skills developed will be valuable preparation for higher education courses and many future careers. This course combines academic study with practical skill. This qualification is for learners 16 years old or over who want to study health science, social care or childcare. This qualification isn't just about caring for babies or the elderly and the ill; it will provide learners with the skills, knowledge and understanding to progress into Higher Education on a health and social care-related programme such as Health and Social Care, Nursing, Social Work or Early Childhood Studies. The qualification is designed to be taken as part of a study programme alongside other vocational qualifications or A levels

Exam Board and Link to Specification

Exam Board: We follow the **Cambridge Advanced National (AAQ) in Health and Social Care (H125) Extended Certificate specification** – this is equivalent to one A Level

Here is the link: Cambridge OCR Level 3 Alternative Academic Qualification Cambridge Advanced Nationals in Health and Social Care specification

Curriculum Implementation

	Autumn Term	Spring Term	Summer Term
Year 12	**F090 Building Positive Relationships EXAM**	**F092 Person-centred approach to care (NEA)**	**F093 Supporting people with mental health conditions (NEA)** **Upgrades & resits if required**
Year 13	**F091 Anatomy and physiology EXAM**	**F096 Sexual health (NEA)** **F095 Public health (NEA)**	 **Upgrades & resits if required**

Assessment Overview –

The extended certificate follows 6 units, 4 mandatory and 2 optional. It is 60% examination and 40% internal assessment

These are the mandatory units – you must take all these units:

F090: Principles of health and social care

This unit is assessed by an exam.

In this unit you will learn about the key topics that are important to develop underpinning knowledge and understanding relevant to health and social care. Topics include:
o Topic Area 1 Equality, diversity, and rights in health and social care settings
o Topic Area 2 Managing hazards, health and safety in health and social care settings
o Topic Area 3 Legislation in health and social care settings
o Topic Area 4 Best practice in health and social care settings

Mandatory NEA Unit
F092: Person-centred approach to care
This unit is assessed by an assignment. In this unit you will learn the principles and values that underpin a person-centred approach to care and the practical tools that can be used to develop care plans for individuals. You will

explore how to communicate in health and social care, how to build relationships and the barriers that need to be overcome to achieve person-centred care. You will learn to write outline care plans to suit individuals, using person-centred approaches and develop your reflective practice skills.
Topics include:
o Topic Area 1 Taking a person-centred approach
o Topic Area 2 Meeting needs and providing support in a person-centred way
o Topic Area 3 Communication skills needed to offer person-centred care

Mandatory NEA Unit
F093: Supporting people with mental health conditions
This unit is assessed by an assignment.
In this unit you will learn about how individuals with mental health conditions can be cared for and supported in a way which is suitable for their needs. You will do this through exploring the meaning of mental health and mental health needs, and considering the main types of mental health conditions and how these may affect the life of individuals. You will explore the different ways that individuals may be supported to promote their mental wellbeing, manage their condition, and different forms of treatment and support that may be available.
Topics include:
o Topic Area 1 Definitions and views of mental health
o Topic Area 2 Mental health conditions
o Topic Area 3 Provision of mental health services
o Topic Area 4 Treatment and support for mental health conditions

Mandatory Exam Unit
F091: Anatomy and physiology for health and social care
This unit is assessed by an exam. In this unit you will learn about the arrangement of body systems and the structure and function of the component parts. You will learn about key processes within each body system, that enable them to function properly. You will then explore conditions affecting these systems, specifically learning about the biological basis, monitoring, treatment and impact on lifestyle and independence. Topics include:
o Topic Area 1 Cardiovascular system
o Topic Area 2 Respiratory system
o Topic Area 3 Digestive system
o Topic Area 4 Musculoskeletal system
o Topic Area 5 Control and regulatory systems
o Topic Area 6 Reproductive system

Two optional NEA Units
F096: Supporting people in relation to sexual health, pregnancy and postnatal health This unit is assessed by an assignment.
In this unit you will learn about and research the most important aspects of sexual health including relationships, the law, consent, sexual health, sexually transmitted infections, contraception, pre-conceptual care, birth, and the immediate care of the baby, and how to obtain support for these. You will also learn to produce advice and guidance that is personalised for specific individuals with issues related to sexual health and pregnancy, birth and postnatal health. You will develop skills needed to deliver advice and guidance in a sensitive and professional way and review the process of doing this.
Topics include:
o Topic Area 1 Advice and guidance on sexual health issues
o Topic Area 2 Advice and guidance on pregnancy, birth and post-natal issues
o Topic Area 3 Plan, deliver and review an advice and guidance session

F095: Investigating public health
This unit is assessed by an assignment. In this unit you will learn about current public health challenges and reasons why a healthy society is vital. You will then research a public health challenge and propose an approach to improve

health and protect the public. You will consider your approach, how it will be resourced, implemented and monitored to improve the targeted area of public health.
Topics include:
o Topic Area 1 Understanding public health
o Topic Area 2 Responding to public health challenges
o Topic Area 3 Proposing how to address a public health challenge

How we build on prior learning

- Links to retrieval and how the curriculum is sequenced to support prior learning and make learning memorable
- Interleaving assessment activity
- Retrieval practice of content and course material
- Development of exam technique through feedback and feedforward strategies

Cross-curricular links with other subjects

- Psychology
- Biology
- Criminology
- English Language
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How can parents/carers support learning at home?

- Help students keep to a good routine with their work – this is vital for internally assessed units
- Encourage students to read around the current topic to consolidate learning
- Ensure that students stick to deadlines and don't fall behind
- Liaise with teachers over any concerns
- Encourage learning in short bursts followed by a short break before another short burst.

Studying Health and Social Care is helpful if you are thinking about careers in:

- Physiotherapy
- Radiotherapy
- Teaching
- Nursing
- Sports and Exercise
- Art or Play Therapy
- Healthcare
- Prison service
- Education
- Social care services
- Social Work