

Course Overview

Four Units studied over 2 years

Two Mandatory Units: 1 piece of internally assessed coursework and 1 external exam (June 2021). Communication and Rights/Values of Care

Two Optional Units: First Aid and Body Systems

Through the course you will be working in different ways – personal research, independent work, group work, discussion groups and mini projects based on class input, visits and visiting speakers. And you will present your work in lots of varied ways – reports, presentations, role plays, practical assessments and more.

Introduction to Health & Social Care Task

You have 4 tasks, each will take around 2-3 hours to complete.

You can do them in any order

You can complete this booklet or produce your own work on Word, Powerpoint or Publisher

We look forward to seeing you in September!

Miss Sutton.

Task 1

RO21 Essential values of care for use with individuals in care settings

One area we will be learning about is **understanding how personal hygiene, safety and security measures protects individuals.**

- Find out about the correct technique for washing hands. There are some great YouTube videos!

a) Create an instruction leaflet that shows the step-by-step instructions of the correct method of hand washing

*you can get creative, use symbols, draw pictures, use clip art etc. Use Word, Powerpoint, Publisher to create your leaflet OR hand draw it

Here's some useful YouTube links:

<https://www.youtube.com/watch?v=lisgnbMfKvI>

https://www.youtube.com/watch?v=nEzJ_QKJT14

<https://www.youtube.com/watch?v=4CcGLoYrIPU>

My Step-by-Step Handwashing Instructions

Task 3

RO22 Communicating and working with individuals in health, social care and early years settings

Good quality care depends on workers having the right skills and qualities for effective communication.

Communication is not just about what we say verbally, but also what we say through our actions – our bodies and faces can express how we feel and what we are saying in different ways.

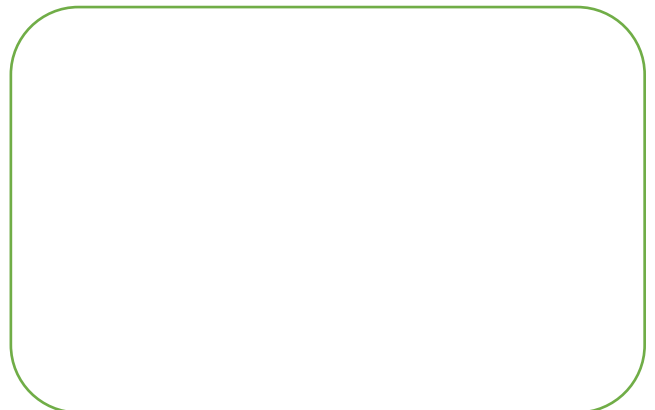
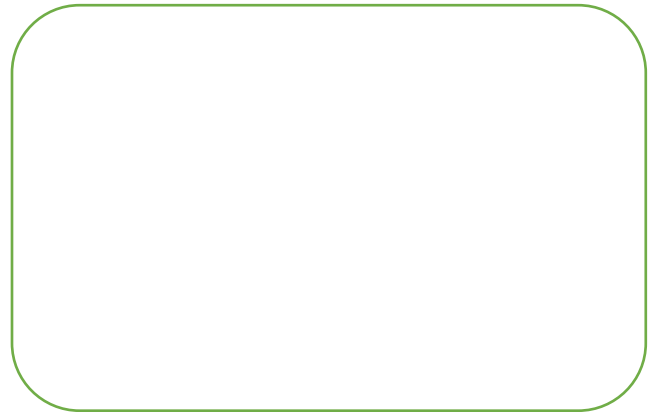
- a) Create a set of “mood” cards to convey your feelings. Feelings to include:

Happy, Excited, Sad, Confused, Thinking, Frightened, In pain, Anxious

* You can do this in Powerpoint, Word, Publisher OR draw them in the template below



Happy



Task 4

RO23 Understanding body systems and disorders

Develop a broad knowledge and understanding of how the body works and keeps us alive through the function of major organs.

- a) Carry out some research into body systems. Explore how they work. Look at **cardiovascular, respiratory** and **digestive systems**

* Great internet sites to look at are

<https://www.healthline.com/human-body-maps>

<https://www.bbc.co.uk/bitesize/examspecs/ztrcg82>

- b) Draw a fully labelled diagram for the structure of the:

- Heart
- Circulatory System
- Respiratory System

* Don't just copy and paste from the internet, create your own diagrams, use colours and clear labels.

