

High Tunstall College of Science Curriculum Intent

Subject: BTEC TECH AWARD HEALTH AND SOCIAL

CARE Year: 11

Thread— Component 3A Part 1



	Health and Social care Component 3B	Progress		
Topic	Key ideas	R	A	G
	I can describe how health practitioners use physiological indicators to assess health and wellbeing			
	I can measure pulse rate, resting pulse and after exercise and describe recovery after exercise			
	I can describe blood pressure measurements, and how it is measured			
	I can describe the risk of high blood pressure (hypertension) and the risk factor			
	I can summarise what low blood pressure (hypotension) is			
	I can explain how peak flow is measured and interpret results			
	I can calculate BMI and interpret data			

Lesson	Learning Focus	Assessment	Key Words
1	Health Indicators	This will lead to external component exam in February	Physiological
2	Resting pulse rate and recovery after exercise	In class summative assessment, including starter and plenary activities, practice exam questions, retrieval tasks	Cardiovascular system, Arteries
3	Blood pressure		Hypertension, hypotension
4	Peak flow		Expiratory rate
5	Body Mass index		