

Health and Social Care

The Health and Social Care Department of St Thomas More Catholic School empowers students to learn about the core values and principles, underpinning the health and care services, and how through partnership working staff meet the needs of individuals requiring support.

These include the individual's rights and needs, cultural diversity, the impact of diet, coping with change, and the needs of people at different life stages and with different conditions.

The courses on offer across the key stages enable progression; to enhance understanding and develop vocational skills through industry placements and application of theory and practice leading to a strong foundation on which to build, whether through direct employment in care or through further education.

Key Stage 4

The Health and Social Care Department curriculum has been built around the following key concepts that students need to grasp:

Core care values and principles underpin all care provided	All practitioners have to follow codes of practice and have a duty of care to their patient.	All care is directed by legislation, policies and procedures.	Care provided should be planned to meet individual needs
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Overall, by the end of Key Stage 4, students should be able to gain a broad knowledge and understanding of working in the health and social care sector. Students will apply their knowledge through problem solving and exploration to focus on understanding health and social care principles and values. Students will also develop a variety of skills that will inform future training and work in the health and social care sector including observation, planning, interpersonal skills, evaluation and reflection.

The table below shows you the crucial learning pupils will develop throughout Key Stage 4:

	Module 1	Module 2	Module 3
Year 10 Level 1/2 Technical Award in HSC	Health and social care provision and services Job roles in health and social care and the care values that underpin professional practice	Human development across the lifespan The care needs of the individual	Job roles in health and social care and the care values that underpin professional practice How health and social care services are accessed Partnership working in health and social care <i>Students will also complete a work placement in July 2026 to enable them to apply theory in practice and make links to real working environments.</i>

Year 11 Level 1/2 Technical Award in HSC	Legislation, policies and procedures in health and social care	Complete non-examined externally assessed synoptic project.	Revision
	The care planning cycle		External examination assessment
	Prepare for and start the non-examined externally assessed synoptic project	Revise for external assessment	

Key Stage 5

Students studying Health and Social Care at Key Stage 5 will further enhance their understanding of the key concepts above but will also have the opportunity to acquire the essential knowledge and tools for the world of work by developing transferable skills such as planning, research and analysis, working with others and effective communication. Success at this Key Stage is led by a critical understanding of the key concepts below:

Principles of health and social care including best practice and key legislation	The arrangement of body systems and the structure and function of component parts	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.	The role of the health and social care practitioner in caring for and supporting individuals with mental health conditions in a way that is suitable for their needs	The role of the health and social care practitioner in supporting individuals with long -term physiological conditions	Healthy nutrition and lifestyles
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The table below shows you the crucial learning pupils will study throughout Key Stage 5:

	Module 1	Module 2	Module 3
Year 12 Cambridge Advanced National in Health and Social Care (Extended Certificate)	<p>Principles of health and social care. Topics include:</p> <ul style="list-style-type: none"> · Equality, diversity and rights in health and social care settings · Managing hazards, health and safety in health and social care settings · Legislation in health and social care settings · Best practice in health and social care settings <p>Revision for external</p>	<p>Revision and exam practice for external assessment on the Principles of health and social care unit.</p> <p>External examination assessment in January 2026.</p> <p>Anatomy and Physiology for health and social care. Topics include:</p> <ul style="list-style-type: none"> · Cardiovascular system · Respiratory system · Digestive system · Musculoskeletal system 	<p>Anatomy and Physiology for health and social care continued from Module 2.</p> <p>Revision for external assessment</p> <p>External examination assessment</p>

	assessment	<ul style="list-style-type: none"> · Control and regulatory systems · Reproductive system <p>Revision for external assessment</p>	
<p>Year 13</p> <p>Cambridge Advanced National in Health and Social Care (Extended Certificate)</p>	<p>Person-centred approach to care. Topics include:</p> <ul style="list-style-type: none"> · Taking a person-centred approach · Meeting needs and providing support in a person-centred way · Communication skills needed to offer person-centred care <p>Supporting people with mental health conditions. Topics include:</p> <ul style="list-style-type: none"> · Definitions and views of mental health · Mental health conditions · Provision of mental health services · Treatment and support for mental health conditions 	<p>Supporting people with mental health conditions continued from Module 1.</p> <p>Supporting people with long term physiological conditions. Topics include:</p> <ul style="list-style-type: none"> · Long-term physiological conditions · Monitoring and treatment · Impact of long-term conditions · Support individuals to plan their care and support 	<p>Supporting healthy nutrition and lifestyles. Topics include:</p> <ul style="list-style-type: none"> · Dietary and activity needs of individuals · Factors that influence dietary choices and physical activity levels · Supporting individuals to plan meals that meet their needs