



DIXONS
SIXTH FORM
ACADEMY

SUMMER WORK

**BTEC HEALTH &
SOCIAL CARE
EXTENDED
CERTIFICATE**

STUDENT NAME:

20
26

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About the Summer Work

This booklet contains a number of tasks that students are expected to complete to a good standard in order to be able to be enrolled in this subject.

Information about how you would like the summer work to be completed on A4 paper and brought to first lesson,

The work handed in should be:

- written in black or blue ink on A4 lined paper
- written in full sentences with no copying and pasting from external sources
- have all compulsory tasks completed
- have student's full names on each sheet
- multiple sheet should be connected together

Welcome to Health & Social Care Extended Certificate (AAQ)

What does it mean to study Health & Social Care?

A true love of Health and Social Care involves learning about the domain Health and Social Care. We teach beyond the specification requirements, but do ensure students are well prepared to be successful in their qualifications.

What does an excellent student of Health & Social Care look like?

1. Strong Understanding of Core Concepts

Can confidently explain key theories (e.g. Maslow, Bowlby, Piaget).

Applies knowledge to real-world case studies effectively.

Makes clear links between legislation, policy, and practice (e.g. Equality Act, safeguarding protocols).

2. Excellent Work Ethic and Organisation

Meets deadlines consistently and submits well-structured, thorough work.

Maintains organised folders/portfolios with clear evidence of learning and progress.

Seeks and acts on feedback to improve performance.

3. Reflective and Empathetic

Reflects thoughtfully on their own values, behaviours, and attitudes in relation to care.

Shows genuine empathy and understanding of the needs of different individuals.

Uses inclusive and person-centred language in discussion and coursework.

4. Communication and Teamwork

Participates meaningfully in class discussions and group work.

Can adapt communication to suit different audiences (e.g. children, elderly, professionals).

Demonstrates leadership when appropriate and supports others respectfully.

5. Professionalism and Integrity

Demonstrates mature, respectful behaviour in class and during placements.

Upholds confidentiality and ethical principles during discussions and case study analysis.

Understands and values diversity, equality, and anti-discriminatory practice.

6. Proactive Engagement

Engages in enrichment activities (e.g. work placements, volunteering, college events).

Keeps up with current issues in health and social care (e.g. NHS news, care sector changes).

Aspires to progress into a relevant career (e.g. nursing, social work, midwifery) and takes steps towards that goal.

How does your subject relate to the us in the

year 2027? What core skills or attributes will
your subject develop?

Cognitive and problem-solving skills: use critical thinking, approach non-routine problems applying expert and creative solutions, use systems and technology.

- Intrapersonal skills: communicating, working collaboratively, negotiating and influencing, self-presentation.
- Interpersonal skills: self-management, adaptability and resilience, self-monitoring and development.

What sort of work will students be expected to do outside of lesson time?

Our belief is that homework should include deliberate practice of what has been modelled and taught in lessons, as well as spaced revision to ensure students are developing high level skills with precise knowledge and informed understanding of Health and social care. In addition, students are empowered to extend content that teachers have introduced, in order to achieve subject mastery.

- -Coursework
- -Researching topics in Health & social care
- -Responding back to feedback to assessments
- Revision pack
- Knowledge booklet

How will the course be assessed?

The unit is split into 4 units:

Year 1:

Unit 1: Human Life Span External: Exam
Unit 3: Principles of H&Sc Practice Internal: Coursework

Year 2:

Unit 2: Human Biology External: Exam
Unit 5: Promoting Health Education Internal: Coursework

Exam Requirements

Exam Board: Pearson Edexcel	Human Lifespan Development	Human Biology and Health
Percentage of final grade	25%	25%
Marks available	80	80
Exam Date	May 2027	Jan 2028

Assessment:

The unit 1 exam will be assessed through one examination of 80 marks lasting 1 hour and 30 minutes. Students will be assessed through multiple-choice, short- and long-answer questions. The questions will assess knowledge and understanding of human growth and development through the life stages; application of knowledge of the factors affecting human growth and development across each life stage and making connections between lifestyle factors and health inequalities; and evaluation and analysis of health and social care workers and how they promote, prevent and treat health conditions at different life stages.

The unit 2 examination will be assessed through one examination of 80 marks lasting 1 hour and 30 minutes. Students will be assessed through multiple-choice, short- and long-answer questions. The questions will assess knowledge and understanding of Human Biology and related disorders of human body systems. Students explore the organisation, structure and normal physiological functioning of the human body, and the effect on health of common disorders of the body systems.

Careers & Higher Education

What degrees are linked to Health & Social Care

- Adult Nursing BSc (Hons)
 - Children's Nursing BSc (Hons)
 - Healthcare Practice BSc (Hons)
 - Learning Disabilities Nursing BSc (Hons)
 - Mental Health Nursing BSc (Hons)
 - Midwifery with Registered Midwife BMid (Hons)
 - Midwifery with Registered Midwife BMid (Hons) for Registered Nurses (Adult)
 - Nursing Associate FdSc
 - Nutrition (Exercise and Health) BSc (Hons)
 - Nutrition (Human Nutrition) BSc (Hons)
 - Social Work BA (Hons)
 - Working with Children & Young People: Social Pedagogy BA (Hons)
 - Occupational therapist
-

What careers can lead from studying this subject or gaining this qualification?

- Occupational therapist.
- Care worker
- Rehab worker
- Counsellor
- Social worker
- Health visitor
- Paramedics
- Nursing

For which jobs is this qualification helpful?

- Primary care services
- Domiciliary care
- Residential care homes
- Day services
- Assisting supported living

How does Health & Social Care link with the local labour markets in Bradford?	 https://www.bradfordhospitals.nhs.uk/our-people/join-our-team/	 https://bradfordcouncil.co.uk/
Where could you look for further career options?	 Home Health Careers	
Specification	 L3 AAQ BTEC Nat HSC Ext Cert Spec	

Summer work tasks



Summer Research Task 1

Unit 1: Human Lifespan Development – Health & Social Care (AAQ)

Over the summer, you are expected to complete the following research task to help you prepare for your course in Health and Social Care.



Task: Life Story – Tracking Human Development

Choose **one male and one female person** to research and explain their **lifespan journey through each life stage**. This could be:

- A well-known public figure

e.g.

An athlete, for example

MOHAMED SALAH



Actor/singer, for example Rihanna





- A **family member** or someone you know (with their permission)
- Yourself

Your Task Is To:

Create a **detailed case study** that will track the chosen male and females' development through the **seven life stages**:

1. **Infancy (0–2 years)**
2. **Early Childhood (3–8 years)**
3. **Adolescence (9–18 years)**
4. **Early Adulthood (19–45 years)**
5. **Middle Adulthood (46–69 years)**
6. **Late Adulthood (70 - 84 years)**
7. **Later Adulthood (85+ years)**

For **each stage**, describe the following types of development:

- **Physical development** (e.g. growth, mobility, puberty, health changes)
- **Intellectual development** (e.g. learning, memory, thinking skills)
- **Emotional development** (e.g. attachment, relationships, self-concept)

- **Social development** (e.g. friendships, family, work life)

How to Present Your Work:

You can choose one of the following formats:

- A written **report or booklet** (minimum one paragraph per stage)
- A **timeline** with detailed notes for each life stage
- A **PowerPoint/Google Slide** presentation
- A **scrapbook-style project** with images and notes

Be creative – but make sure your content is accurate and informative!

Things to Think About:

- How did life events (e.g. illness, education, relationships, career, bereavement) affect their development?
- Can you make links between different types of development? (e.g. how emotional changes affect social development)
- If you're using a celebrity, research interviews or biographies to find real insights.

Summer Research Task 2

Topic: Lifestyle Factors and Their Impact on Health

Aim

To develop your understanding of how lifestyle choices affect health and wellbeing, preparing you for Sixth Form study.

Task Overview

You will complete a **short booklet or digital document** covering four key lifestyle factors:

1. Exercise
2. Alcohol
3. Tobacco

4. Pregnancy

 Task Instructions**Section 1: Exercise**

- Define what is meant by *physical activity*.
 - Explain:
 - The benefits of regular exercise (physical and mental)
 - The risks of not exercising enough
 - Include at least **one government guideline** (e.g. recommended activity levels).
-

Section 2: Alcohol

- Explain:
 - Short-term effects of alcohol on the body and behaviour
 - Long-term health risks (e.g. liver disease, addiction)
 - Describe what is meant by “units” of alcohol.
 - Briefly explain why young people may be at higher risk.
-

Section 3: Tobacco

- Describe what tobacco is and how people use it (e.g. smoking, vaping).
- Explain:
 - Health risks (e.g. cancer, heart disease)
 - Effects of second-hand smoke
- Include one reason why people start smoking and one reason why quitting is difficult.



Section 4: Pregnancy

- Explain:
 - Why maintaining a healthy lifestyle is important during pregnancy
- Describe the risks of:
 - Smoking during pregnancy
 - Drinking alcohol during pregnancy
- Include 2–3 ways to promote a healthy pregnancy (e.g. diet, medical care).



Summer Research Task 3

Topic: Roles of Health and Social Care Professionals



Aim

To understand the roles and responsibilities of key professionals you will study in AAQ HSC.



Task Overview

Create a **fact file or mini-guide** on the following professionals:

- Adult Nurse
- Midwife
- General Practitioner (GP)
- Physiotherapist
- Radiographer

- Dentist
 - Social Worker
-



Task Instructions

For **each professional**, include:

1. Role Overview

- What does this professional do?
 - What type of people do they work with?
-

2. Key Responsibilities

Include at least **3 responsibilities**, for example:

- Treatment provided
 - Supporting patients
 - Working with other professionals
-

3. Skills and Qualities

Identify at least **3 important skills**, such as:

- Communication



- Empathy
- Problem-solving

4. Work Setting

Where do they typically work?

- Hospitals, clinics, community settings, etc.

5. One Interesting Fact

This could include:

- A typical day
- Career pathway
- Specialisms within the role



Summer Research Task 4

Health & Social Care – Unit 2: Human Biology

To help you prepare for Unit 2, this summer task will build your understanding of the **major body systems** and how they keep us healthy.



Task: Body Systems Research Project

Your job is to research **five key human body systems** and explain their **structure, function**, and



Systems to Research:

1. Respiratory system
2. Circulatory system
3. Digestive system
4. Nervous system
5. Musculoskeletal system



For Each System, Include the Following:

Section	What to Include
Name of the system	e.g. Respiratory system
Main organs/components	e.g. lungs, trachea, diaphragm
Function	What does this system do in the body?
Diagram	Labelled drawing or printed image
One common disorder/condition	e.g. asthma, stroke, arthritis
How the disorder affects daily life	Realistic example of impact
Support available	How health & social care professionals help (e.g. medication, therapy, lifestyle advice)



How to Present Your Work:

You can present your research as:

- A **poster or booklet**
- A **PowerPoint or Google Slides** presentation
- A handwritten **project or folder** with drawings and information

Try to be creative – include colour, labels, and clear explanations in your own words.



Write a paragraph answering this question:

“Why is it important for health and social care professionals to understand how the human body works?”

Reading list

Recommended Websites

1. **NHS Careers** – www.healthcareers.nhs.uk
 - a. Explore real job profiles, training routes, and the NHS values.
2. **BBC Bitesize – Health and Social Care (GCSE)**
 - a. Good for foundational knowledge and interactive quizzes.
3. **SCIE (Social Care Institute for Excellence)** – www.scie.org.uk
 - a. Case studies, best practice, legislation, safeguarding and more.
4. **Mind.org.uk** – Mental health charity with accessible explanations of conditions and support pathways.
5. **Public Health England** – www.gov.uk/government/organisations/public-health-england
 - a. Health campaigns, data, and trends.

◇ Wider Reading / Suggested Books

1. **“The Boy Who Was Raised as a Dog” – Dr Bruce Perry**
 - a. Case studies of trauma and development (great for Unit 1 discussions).
2. **“Being Mortal” – Atul Gawande**
 - a. An honest exploration of ageing, death, and end-of-life care.
3. **“This is Going to Hurt” – Adam Kay**
 - a. Humorous and emotional insight into life working in the NHS.
4. **“The Spirit Level” – Richard Wilkinson & Kate Pickett**
 - a. Looks at how social inequality affects health outcomes (challenging but valuable).
5. **“The Man Who Mistook His Wife for a Hat” – Oliver Sacks**

- a. Case studies exploring neurological conditions (supports Human Biology themes).

◇ Suggested Documentaries / Viewing

- **BBC Panorama** – Investigative reports on care services, mental health, and health inequalities.
- **Ambulance (BBC)** – Real NHS staff responding to emergency calls.
- **One Born Every Minute** – Insight into maternity care.
- **Old People's Home for 4-Year-Olds** – Looks at intergenerational care and development







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