

Level 2 Health & Social Care - Flying Start work

Level 2 BTEC Award in Health & Social Care is a one year course. At the end of the course you have achieved this qualification which is the equivalent of one GCSE.

The course consists of:

- three **coursework units**:
 - Communication
 - Health & Social Care Values
 - Equality & Diversity

- one **exam unit**:
 - Human Lifespan Development

In the Human Lifespan Development, you will learn about how humans grow and develop from birth through to old age. During the coursework units, you will be learning key things about caring for people at these different ages.

We learn all about the different **life-stages**, as follows:

- | | |
|---------------------|---------------|
| 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 – 65 years |
| 6. Later Adulthood | 65+ years |



Task 1:

- **Find pictures that might help you remember each of the 6 stages**

You need to learn and remember these life-stages and years for your first lesson.

We look at growth and development during each of these stages (**PIES**):

Physical – how the body grows and changes.

Intellectual – how the mind learns and language is learnt.

Emootional - our moods and feelings, relationships.

Social – how we get along in society, friendships.

Task 2: Thinking about your own development

Take some time to think about things in your life that have shaped who you have become. Try to think how you were at each of your life-stages so far:

- infancy 0-2 years
- childhood 3-8 years, and
- adolescence everything from 9 years onwards

Then write about **400-500 words** to include the different things that have helped make you the person you are today. Feel free to include pictures. We'd love to see pictures of you when younger, if you want to share these.

Some points you could write about include:

- **Schools** you went to - preschool, primary and secondary
- Did you enjoy school? Why? Or why not?
- How did you get on with classmates and teachers?

- Your **family** – who do you live with? Is there someone who has really helped you?
- Is there someone who you really look up to as a good role model?

- **What are you good at?** Don't be modest!
- Maybe you were good at a particular subject at school
- Were you/are you good at a sport at school?
- Maybe your friends tell you that you are kind, or a good listener, etc....

- **Work** – do you work or volunteer anywhere?
- Hobbies, interests or any clubs you belong to (eg. dance/football etc.)
- Have you learned any new skills or learned more about yourself during lockdown? And what sorts of things have helped you manage lockdown?

You can include anything else that comes to mind too.

We want to know all about you, and look forward to working with you.

Sue & Cathy