

Half-term Two November – December

Year 11 Health and social

Lesson	Instructions	Resources	Curriculum
1	Blood pressure	Slides (lesson 1) Video	Component 3 learning aim B
2	BMI	Slides (lesson 2) Video	Component 3 learning aim B
3	Health indicators	Slides (lesson 3)	Component 3 learning aim B
4	Peak flow	Slides (lesson 4)	Component 3 learning aim B
5	Your own health indicators	Slides (lesson 5)	Component 3 learning aim B
6	Exam practice	Slides (lesson 6)	Component 3 learning aim B
7	Exam practice	Exam question	Component 3 learning aim B

Please email any queries and completed work to **Mrs Shorting/Mrs Carr-Thoms**

Claire.Shorting@monkseaton.org.uk Nina.Carr-Thoms@monkseaton.org.uk

Lesson 1

Blood pressure

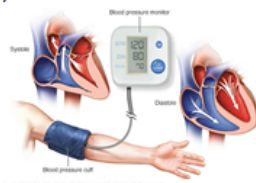
- Is the pressure exerted by your blood against the walls of your arteries.
- It is measured in millimetres of mercury (mmHg) it is shown as two numbers one over the other.



	Systolic (top number)	Diastolic (bottom number)
High blood pressure	140-190	90-100
Pre-high blood pressure	120-140	80-90
Ideal blood pressure	90-120	60-80
Low blood pressure	70-90	40-60

Systolic and diastolic

- The top number is your systolic pressure = this is the pressure as the heart is pumping blood out around the body. (healthy systolic pressure should be between 90-120)

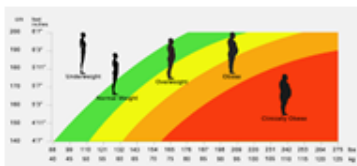


- The bottom number is your diastolic pressure = this is when the heart is relaxing between beats. (healthy diastolic pressure should be between 60-80)

Lesson 2

Body mass index (BMI)

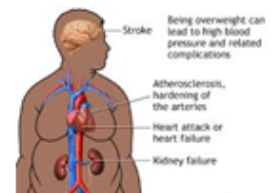
Component 1 learning aim B



Why measure body fat?

We all carry some fat but if someone has too much they are at risk of:

- Cardiovascular disease
- High blood pressure
- Diabetes
- Arthritis
- Stroke



- Its also important to note that having low amounts of body fat can indicate problems such as eating disorders and undiagnosed illnesses.

intro

BMI is a measure of the amount of fat on your body in relation to your height to tell you if your weight is healthy.

Discussion:

Children in reception have their height and weight measured. Do you think this is a good thing? Why?

Calculating BMI

- It is worked out using a formula, which divides an adults weight in kilograms by their height in metres squared.
- There are also BMI calculators on line that you can put your measurements in and it does the calculation for you.

Categories

Underweight	BMI less than 18.5
Normal Weight	BMI 18.5 to 24.9
Overweight	BMI 25 to 29.9
Obese	BMI 30 or greater
Morbidly Obese	BMI 40 or greater

Calculate your own BMI

- Using the scales and the tape measure calculate your own BMI.
- What do the results tell you?



Lesson 3

Health monitoring and illness prevention

- Health practitioners use physiological indicators to assess health and wellbeing.
- Health monitoring is checking everything is as it should be and if it's not then the problems can be dealt with quickly

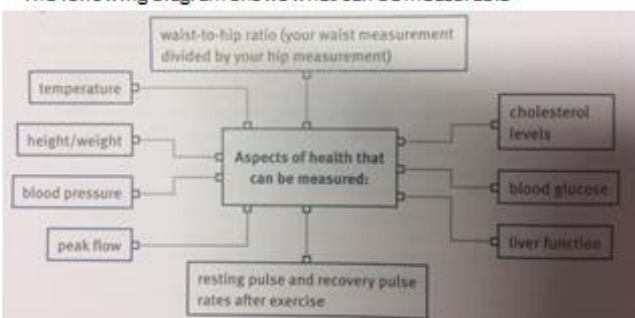


Match up the piece of equipment to the health indicator

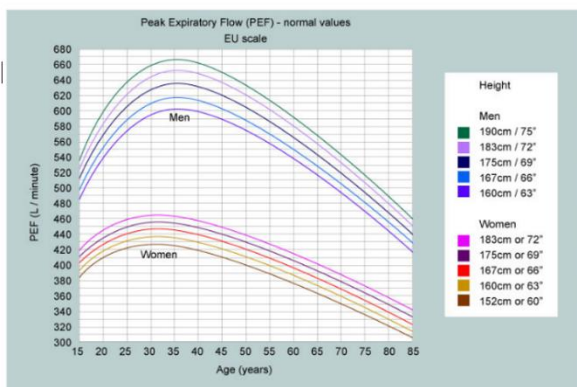
Equipment	Health indicator
Thermometer	Waist to hip ratio
Tape measure and calculator	Blood glucose
Blood pressure monitor	Cholesterol levels
Stop watch	Temperature
Peak flow meter	Liver function
BMI (scales and tape measure)	Resting pulse and recovery pulse
Blood test to determine LDL _(low density lipoprotein) and HDL _(high density lipoprotein)	Peak flow
Electronic blood glucose meter	Blood pressure
Blood tests - liver function	Height/weight

Measurements of health

- The following diagram shows what can be measurable



Lesson 4



Task- Research what is peak flow? What are the long term effects of having a low peak flow?

Lesson 5

Using the chart try to work out some of

Your own health indicators.

Using the slides from previous lessons

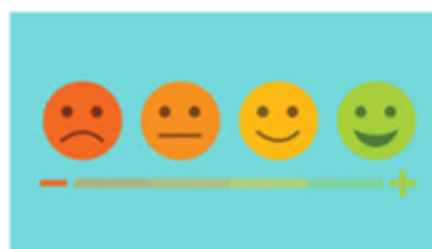
Work out if your results are in line with

The national data?

My Health Indicators

Name:.....

Age	
Height	
Weight	
BMI	
Resting pulse rate	
Blood pressure	
Peak flow	



Lesson 6

Location

Arthur Sanders is 72 years old. He lives in a two-bedroom bungalow in a small village at the top of a steep hill.

Medical history

He recently had a hip replacement operation. As a result, his mobility has started to improve.

Family, friends and social interactions

The district nurse visits three times a week to change the dressings on his hip. A gardener comes once a fortnight to keep the garden neat. A friend visits weekly, who looks after his finances, organises his medical appointments and helps out with any household tasks. However, none of these visitors are near his own age and he misses the company of his own age group.

Day-to-day life

Arthur uses a walking stick to get around his house and is managing to be independent. He can do his day-to-day chores, like getting dressed, keeping clean and doing his own washing. However, he struggles with preparing food as he cannot stand up for long, so he eats a lot of fast food. He finds it difficult to ask anyone to help him because he is very proud of being independent.

Activity 1 (a)

Explain two factors that could be having a **positive** effects on Arthur's health & wellbeing.

Activity 1 (b)

Explain four factors that could be having a **negative** effect on Arthur's health and wellbeing.

Lesson 7

Read the information below and then complete the activities that follow.

Location

Jacob is 19 years old. He lives in a poorly maintained studio flat and uses the same bathroom as the occupants of the other three flats on his floor of the building. The flat is in a supported housing scheme in a large city on a busy road. Many people come and go from the building at all hours of the day and night.

Medical history

Jacob smokes the drug cannabis regularly and consumes high levels of alcohol. Both his father and grandfather have had a heart attack.

Family, friends and social interactions

The relationship between Jacob and his family broke down three years ago and he no longer has contact with them. However, his father puts money into his bank account every month. Jacob has made friends with Lucy and Ben who live in the same building and he is looking for opportunities to make more friends.

Day-to-day life

Jacob has recently completed a Level 2 electrical course. He has now started work as an apprentice electrician and is therefore on a low wage. At the weekends, he struggles to find things to do, so he usually goes out and drinks beer. Jacob does not know how to cook and relies on instant noodles.

The GP surgery has asked you to review the information about Jacob.

- 1 (a) Explain **two** lifestyle factors that could have a **negative** effect on Jacob's health and wellbeing.

Use the information provided.

(4)

- (b) Explain **two** environmental factors that could have a **negative** effect on Jacob's health and wellbeing.

Use the information provided.

(4)

- (c) Explain **two** economic factors that could have a **positive** effect on Jacob's health and wellbeing.

Use the information provided.

(4)