В	BTEC Health and Social Care Personalised Learning	g Checklist						
Exam Board:	My target grade	ie						
My target grade is: Component: 3 Health and wellbeing								
•	My predicted gr	rade is:						
Year Group:	3.							
real Gloop.								
use this che	ecklist before your assessment to focus your revision, ar effectiveness of your revision	nd after to check the						
	The same with the same to do not love in							
A I am not time rev	t too sure about this topic, I may need to check with my tea vising this topic	icher and spend more						
R I am no	t confident I could answer a question on this topic. I need to	check with my						
reacher	r and ensure I have what I need to revise it.							
Revision	Topic / Unit Focus	RAG						
Resources								
Learning A: Fa	Understand the definition of health and well being	 						
-	Understand the physical and lifestyle factors that can have							
	positive or negative effects on health and wellbeing							
	Understand the social, emotional and cultural factors that can							
	have a positive or negative effect on health and well being							
	Understand the economic factors that can have a positive or negative effect on health and well being							
	Understand the environmental factors that can have a positive							
	or negative effect on health and well being							
	Understand the impact of life events relating to relationship changes and changes in life circumstances							
,								
Additional Su	pport/ Guidance:							
	· ·							

В	TEC He	alth and Social C	Care Personalised Learni	ng Check	list			
Exam Board:			My target grad	de is:				
Component:	3 Health a	nd wellbeing	, ,					
			My predicted (grade is:				
Year Group:								
Use this che	ecklist befo		nt to focus your revision, c less of your revision	and after t	o check the			
G I am confident about this topic and I know what I need to do to revise it								
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R I am not	confident l	could answer a quellinate	uestion on this topic. I need to	to check w	rith my			
reacher	and ensure	Thave what thee	Q 10 16 VISC 11.					
Revision	-	Topic / U	nit Focus	R	A G			
Resources Learning aim B	: Interpretin	g health indicators						
	Understand	l physiological indica	tors that can be used to					
	measure pl	nysiological health: p	ulse, blood pressure, peak					
	flow, body Understand		ata using published guidelines		***			
		10)	a in relation to risks posed to old consumption and inactive					
	lifestyle	attii. Siiiokiiig, atcom	or consumption and mactive					
Additional Sup	oport/ Guid	ance:						
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В	STEC	Health an	d Social Care	Personalised Learnir	ng Chec	klist				
Exam Board:				My target grad	e is:					
Component: 3 Health and wellbeing										
				My predicted g	rade is:					
Year Group:										
Use this checklist before your assessment to focus your revision, and after to check the effectiveness of your revision										
G I am confident about this topic and I know what I need to do to revise it										
A I am not too sure about this topic, I may need to check with my teacher and spend more time revising this topic										
R I am not teacher	t contid and er	ent I could a nsure I have v	nswer a questic what I need to r	on on this topic. I need to evise it.	o check v	with my				
Revision Resources			Topic / Unit Fo	ocus	R	Α	G			
Learning aim (C: Persoi	n –centred he	alth and wellbei	ng improvement plans						
		stand how to o	explore features	of health and wellbeing						
	Under	stand the imp	ortance of a pers	on-centred approach						
			rmation to be inc ort and long term	cluded in an improvement goals, support						
	1			luals can face when ney may be mitigated.						
Additional Sur	Additional Support/ Guidance:									
7 (3) (3) (3)	-									