

**BTEC      Health and Social Care      Personalised Learning Checklist**

**Exam Board:**

**My target grade is:**

**Component: 3 Health and wellbeing**

**My predicted grade is:**

**Year Group:**

Use this checklist before your assessment to focus your revision, and after to check the effectiveness of your revision

<b>G</b>	I am confident about this topic and I know what I need to do to revise it
<b>A</b>	I am not too sure about this topic, I may need to check with my teacher and spend more time revising this topic
<b>R</b>	I am not confident I could answer a question on this topic. I need to check with my teacher and ensure I have what I need to revise it.

Revision Resources	Topic / Unit Focus	R	A	G
<b>Learning A: Factors that affect health and well being</b>				
	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 Support/ Guidance:

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<b>Learning aim B: Interpreting health indicators</b>				
	Understand physiological indicators that can be used to measure physiological health: pulse, blood pressure, peak flow, body mass index			
	Understand how to interpret data using published guidelines			
	Be able to interpret lifestyle data in relation to risks posed to physical health: smoking, alcohol consumption and inactive lifestyle			

Additional Support/ Guidance:

## BTEC

## Health and Social Care

## Personalised Learning Checklist

**Exam Board:**

**My target grade is:**

10

### Component: 3 Health and wellbeing

**My predicted grade is:**

11

**Year Group:**

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Revision Resources	Topic / Unit Focus	R	A	G
<b>Learning aim C: Person –centred health and wellbeing improvement plans</b>				
	Understand how to explore features of health and wellbeing improvement plans			
	Understand the importance of a person-centred approach			
	Understand the information to be included in an improvement plan e.g. actions, short and long term goals, support			
	Understand the obstacles that individuals can face when implementing these plans and how they may be mitigated.			

Additional Support/ Guidance:

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