Swanshurst School – Department of Health and Social Care

Year 11 – Super Curriculum – Health and Social Care (Component 3: Health and Wellbeing)

Term 1	Term 2	Term 3
Watch: *Old People's Home for 4 Year Olds* (Channel 4) Reflect on how intergenerational interaction affects emotional and social wellbeing.	Watch: TED Talk – "What makes a good life? Lessons from the longest study on happiness" by Robert Waldinger Reflect on the impact of relationships and lifestyle choices.	Watch: 'Mind Over Marathon' (BBC) Analyse the mental health journeys and the importance of goal setting.
Read: "Being Mortal" by Atul Gawande Explore themes around ageing, dignity, and health decision-making.	Try the NHS BMI Calculator: https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/ Write a summary of how lifestyle choices affect your results.	Explore: Mental Health Foundation Resources https://www.mentalhealth.org.uk/explore-mental-health/publications
Explore: BBC Bitesize – Human Development Across Life Stages https://www.bbc.co.uk/bitesize/guides/z9s9dxs/revision/1	Research: The 5-a-day Campaign Why is it important? How does nutrition relate to wellbeing?	Read: 'The Boy Who Was Raised as a Dog' by Dr. Bruce Perry Investigate the impact of life events and social environments.
Activity: Interview a family member or friend about maintaining a healthy lifestyle. Consider physical, social, emotional and environmental factors.	Activity: Create a weekly health improvement plan with targets, activities, and progress tracking.	Visit: A local wellbeing centre or community health event and note the support available.

Reading Task	Creative Task
Research Task	Listening
Problem Task	Writing Task
Trip or Visit	Watching Task

	Term 1
	Term 2
	Term 3