

# Health & Social Care

Articles to read	<p>The following articles will be advantageous to read in readiness for KS4 Health and Social Care</p> <p><b>Where to find good articles like this?</b></p> <ul style="list-style-type: none"> <li>• <b>BBC Bitesize Health and Social Care</b> — great beginner-friendly info</li> <li>• <b>KidsHealth.org</b> — simple articles about health and wellbeing</li> <li>• <b>National Careers Service (UK)</b> — info on health and social care careers</li> <li>• <b>NHS.uk</b> — basic explanations about care and support services</li> </ul>
Programmes to watch	<p><b>Good Programmes &amp; Resources for 14-Year-Olds to Prepare for BTEC Health and Social Care:</b></p> <p><b>1. BBC Bitesize - Health and Social Care</b></p> <ul style="list-style-type: none"> <li>• Free, easy-to-understand lessons and quizzes</li> <li>• Covers key topics like health, wellbeing, communication, and care roles</li> <li>• Helps build foundational knowledge before starting BTEC <a href="http://bbc.co.uk/bitesize/subjects/zd84jxs">bbc.co.uk/bitesize/subjects/zd84jxs</a></li> </ul> <p><b>2. FutureLearn: Introduction to Health and Social Care (Free Courses)</b></p> <ul style="list-style-type: none"> <li>• Beginner-friendly courses on health, social care, and wellbeing</li> <li>• Suitable for teens wanting a step into adult learning environments</li> <li>• Some courses focus on communication, safeguarding, and care ethics <a href="http://futurelearn.com">futurelearn.com</a> (search “health and social care introduction”)</li> </ul> <p><b>3. Khan Academy - Health and Medicine</b></p> <ul style="list-style-type: none"> <li>• Explains basic health concepts in clear, engaging videos and articles</li> <li>• Good for understanding human body, mental health, and basic care <a href="http://khanacademy.org">khanacademy.org</a></li> </ul> <p><b>4. Skills Builder Partnership</b></p> <ul style="list-style-type: none"> <li>• Offers programmes that build communication, teamwork, and empathy — key skills in health and social care</li> <li>• Interactive challenges and activities designed for teens <a href="http://skillsbuilder.org">skillsbuilder.org</a></li> </ul>
Tasks to do	<p><b>Good Activities &amp; Tasks to Prepare for BTEC Health and Social Care</b></p> <p><b>1. Research and Present a Care Role</b></p> <ul style="list-style-type: none"> <li>• Pick a job in health and social care (e.g., nurse, care assistant, social worker)</li> <li>• Find out what they do, skills needed, and why their work matters</li> <li>• Create a simple poster, slideshow, or short video presentation</li> </ul> <p><b>2. Interview a Care Worker or Volunteer</b></p> <ul style="list-style-type: none"> <li>• Talk to someone who works or volunteers in a health or social care setting</li> <li>• Prepare questions like: What does your job involve? What’s rewarding and challenging?</li> <li>• Write a summary or record the interview</li> </ul> <p><b>3. Create a Wellbeing Diary</b></p> <ul style="list-style-type: none"> <li>• Track daily activities that support physical, mental, and social wellbeing for a week</li> <li>• Reflect on what helps mood and energy, what might cause stress or tiredness</li> <li>• Write a few sentences on why each activity impacts health</li> </ul>
Revision guides	<p><b><a href="#">BTEC Tech Award in Health &amp; Social Care: Revision Guide (CGP BTEC Tech Awards) : CGP Books, CGP Books: Amazon.co.uk: Books £7</a></b></p>