

OCR Cambridge National - Health & Social Care Challenge Grid

How many challenges can you complete?

Tick them off and make sure you can evidence that you have completed them.

Photos, notes or pictures allowed.

1	2	3	4	5	6
Send a message to a friend that you have not spoken to recently. Find out how they are and have a catch up.	Clean the bathroom. (including the toilet!) Why is hygiene important in these areas?	Sign up to learn sign language. https://www.british-sign.co.uk/learn-online-british-sign-language-course/ This will help with RO22. Possible small charge if over 18	Find 20 different jobs where you have to wear PPE. What do they have to wear? How does it protect the worker?	With a small, family group play charades. Try and communicate without using words. Was this more difficult than using verbal communication? Why?	Do all your own washing and ironing for a week. Learn how to use the washing machine and iron safely. How much time does it take up? Do you usually do this chore?
7	8	9	10	11	12
Teach yourself a new practical skill. Sewing, soldering, baking, knitting, quilting, nail art, wiring, painting, web design	Read an autobiography. What has happened in their life across the age stages? How has this affected their life? Write a summary/book review.	Write a poem or a song about the world we live in. Link it to current issues that are affecting us.	Design a poster on how to wash your hands for a child. Must include pictures or a flow chart with instructions to help.	Do a risk assessment of your house/home. Remember to include indoor and outdoor hazards.	What are your skills and qualities? What are your strengths/weaknesses? Practice talking about them to a family member.
13	14	15	16	17	18
Design your ideal bedroom. What does it look like? What furniture is in there? Colour scheme?	What's an orthoptist? Research this career. Role? Salary? Qualifications needed? Tasks on the job?	Watch 'The Theory of Everything'. Write me a film review. How has the condition effected the whole of his life (PILES)?	Should a child be smacked? For and against? What is your opinion and why? What do your friends and family think?	999, 111, 101, 112? Emergency numbers you must know. What is the difference between them?	Keep a food diary for a day. Are you eating a balanced diet? How do you know? Calorie intake? Portion size? Can you improve your diet?
19	20	21	22	23	24
Find a baby photograph of you. Describe how you are similar/different to your parents and family	Research a tradition/custom or festival from outside the UK. Where did it come from? Why is it still occurring?	Bake a cake or buns. Find a recipe that is new to you. Why is it important to follow the recipe? Get feedback about the flavour.	What is the Data Protection Act 2018? How does it protect people? Why is it important to know?	Watch 6 episodes of Mr Tumble. Learn 20 Makaton signs. How does this help children with learning difficulties?	Can you keep to a fitness routine every day for a week? Do something for 30 minutes every day. Running, skipping, Joe Wicks!
25	26	27	28	29	30
Find me a discrimination court case in 2019. What was the case about? What was the outcome? Did this make the situation better?	You are going to work for a day in an early years setting. Design a game/story to play/read with children. Make it appealing for children (aged 3-5)	Choices Keep a list of all the choices you have to make in a day. Start as soon as you get up and finish when you go to bed	Go for a walk. Look at homes and businesses that have CCTV. Why do they have it? How does it help?	Learn and practice how to place a person into the recovery position. Design a poster to show the steps to take.	Read a newspaper or an article from the BBC News website. Tell me 5 things that you have learned from it.