

## 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.

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