

INCLUDED ON THE
2022-2023 PERFORMANCE TABLES

Cambridge NATIONALS LEVEL 1/2



HEALTH AND SOCIAL CARE

Summary Brochure



OCR is a not-for-profit organisation. For us, success is measured through the impact and reach of our activities and the scale of our contribution in helping students realise their aspirations.

Our purpose is to work in partnership with others to provide general and vocational qualifications that support education in ways that enable students to reach their full potential, to equip them with the knowledge and skills they need for their future, and to recognise and celebrate their achievements.

We develop our qualifications in close consultation with teachers, industry leaders and government to ensure they are relevant for today's students and meet requirements set by the Office of Qualifications and Examinations Regulation (Ofqual).



Cambridge Nationals

Cambridge Nationals are vocational qualifications at Level 1/2 for students aged 14–16.

They are designed to fit into the curriculum and to offer the same size, rigour and performance points as GCSEs. They can form a key part of any student's Progress 8 and Attainment 8 approved subjects under the Technical Award category.

Offered at Level 1/2 so you don't need to close off your students' options too early, Cambridge Nationals give you a real alternative. Our administration is straightforward allowing you to get on with delivery and assessment and not drown in forms and processes.

The qualifications are recognised by Ofqual, DfE and by 16-19 providers as progression to A Level, further education or onto an apprenticeship or work.



OCR Level 1/2 Cambridge National Certificate in Health & Social Care

This qualification introduces students to the biggest employment sector in the UK, which includes elements of the NHS, local authority adult and child care services as well as a range of independent providers which provide care in a variety of settings. It introduces students to this vocational sector and the role it plays in the health, well-being and care of individuals across all age ranges. Students will also develop transferable skills, in particular communication, aspects of team working and other essential life skills. As you might expect, both the bulk of learning and assessment is through practical means.

At Certificate size, this qualification has two mandatory units and a choice of optional units. The externally assessed unit contributes 25% of the marks at this size.

The optional units allow you to tailor the course to your students' needs and future career aspirations; engaging and inspiring students of all abilities to achieve. Each optional unit is assessed through a context-based assessment with OCR-set tasks to support your students in producing assessment evidence.



The Qualification

The qualifications are available in two sizes, the most popular of which is 120 Guided Learning Hours, and is equivalent to a GCSE in both size and rigour. It will fit into a study programme at Key Stage 4.

Units	Assessment Method	GLH	Award 60 GLH	Certificate 120 GLH
Mandatory				
R021: Essential values of care for use with individuals in care settings	Written paper 1 hour	30	M	M
R022: Communicating and working with individuals in health, social care and early years settings	Centre assessed task, OCR moderated	30	M	M
Optional				
R023: Understanding body systems and disorders	Centre assessed task, OCR moderated	30	N/A	O
R025: Understanding life stages	Centre assessed task, OCR moderated	30	N/A	O
R026: Planning for employment in health, social care and children and young peoples workforce	Centre assessed task, OCR moderated	30	N/A	O
R027: Creative activities to support individuals in health, social care and early years settings	Centre assessed task, OCR moderated	30	N/A	O
R028: Understanding the development and protection of young children in an early years setting	Centre assessed task, OCR moderated	30	N/A	O
R029: Understanding the nutrients needed for good health	Centre assessed task, OCR moderated	30	N/A	O
R031: Using basic first aid procedures	Centre assessed task, OCR moderated	30	N/A	O
Key: M = mandatory unit O = optional unit				

Performance Points

2022 performance tables (under Technical Award category)	✓
2023 performance tables (under Technical Award category)	✓

Progression

Cambridge Nationals provide a strong base for progression to Further Education, whether it is on to our Level 3 Cambridge Technicals or A Levels, or to an apprenticeship or work.

OCR Level 1/2 Cambridge National Certificate in Health & Social Care

Mandatory units

Unit R021: Essential values of care for use with individuals in care settings

The focus of recruitment to the health and social care sector is values. Applicants must demonstrate they can apply values in their professional practice. This unit introduces students to these core values and the rights of individuals accessing health and social care services. It also introduces some of the legislation that students should be aware of and ways in which individuals that use services are protected.

This unit is externally assessed through an OCR set and marked 1 hour examination. A sample test can be downloaded from the website, where you can also find past papers and examiner's reports.

Unit R022: Communicating and working with individuals in health, social care and early years settings

Communication is an essential skill for all individuals working in health, social care or child care/early years settings. Developing their communication skills will enable students to understand how to work effectively with individuals in these settings. Students will be introduced to a range of different communication methods and factors that affect communication. They will also explore the impact of personal qualities that contribute to the delivery of effective care, such as patience, empathy and respect.

This unit is assessed through an assignment in which students must not only explain communication techniques to others, but demonstrate these in action.



Optional units

Unit R023: Understand body systems and disorders

This unit will build on the student's knowledge of human biology and develop their understanding of three major systems. They will understand how body systems work, the disorders which affect them and the measurements which are taken and how this data can be interpreted.

This unit is assessed through an assignment where students explain how these systems function and also take measurements and interpret the data.

Unit R025: Understanding life stages

Students will need to understand the stages of development experienced by individuals in the transition from young person to adult and into old age. They will learn about some medical conditions and the effect these have on health and well-being. As part of the assessment they will create support plans for individuals.

Unit R026: Planning for employment in health, social care and children and young people's workforce

In this students will explore different roles and employment opportunities within these sectors. They will learn about key values, skills and attributes required by employers. This will help them to plan a career path and investigate what steps they would need to take to gain employment in these sectors.

The OCR-set assignment asks students to demonstrate their knowledge of these and create their own personal career plan.

Unit R027: Creative activities to support individuals in health, social care and early years settings

Appropriate activity is critical to development, engagement, rehabilitation and overall well-being. In different settings individuals engage with activities for different reasons. In this unit students will understand how participating in different creative activities can benefit individuals.

As part of the OCR-set assignment students will learn how to plan and carry out and evaluate appropriate activities.

Unit R028: Understand the development and protection of children in an early years setting

In this unit students will find out about the developmental stages and milestones that children aged 0–5 are expected to achieve.

They will also understand how to create a safe environment for children in this age group in the context of an early years setting, including doing risk assessments as part of their OCR-set assignment.

R029: Understand the nutrients needed for good health

You are what you eat and good health is impacted by diet and nutrition. In this unit students will find out about the dietary needs of individuals in different life stages and how to meet the needs of different conditions, including the function that nutrients play. They will also learn about other factors that influence diet such as income, lifestyle or religion and understand the importance of hygiene in food preparation. As part of their assessment, students will create a dietary plan for individuals with specific dietary needs and prepare an appropriate meal.

R031: Using basic first aid procedures

While this unit will not provide certification as a qualified first aider, it will enable students to know the basic actions that should be taken to ensure their safety at the scene of accidents and understand the actions which may be taken for a range of injuries. Students will learn how to assess accidents in order to provide essential information for emergency services and will learn how to carry out basic first aid procedures on adults.

This unit is practically assessed through the demonstration of these skills.



Your Journey With Us...

Our aim is to support you on your journey with us – from initial enquiry right through to results day. To get off on the right foot, you may want to take advantage of the support we provide for Cambridge Nationals.

Subject Advisor Support

Our qualifications have subject advisors who are there to support you for the duration of the qualification. If you are starting the qualification for the first time or are new to OCR then you can arrange to speak to a subject advisor on the telephone or via Skype to help get you started. Face to face network events, alongside other centres, can also be arranged. If at any time you need further support our subject advisors are always on hand to answer your email queries about delivery and assessment, qualification structure, resources and support – or any subject specific queries you might have. To ensure that your support is of the highest quality, our subject advisors are all experts in their area with a range of relevant experience including teaching, assessing and moderating.



Professional Development

We provide regular online and face-to-face training, allowing you to ask a subject expert any question relating to the Cambridge Nationals subject. These events take place regularly throughout the year, and are absolutely free. To find out what's available visit:

ocr.org.uk/professionaldevelopment



Cambridge Nationals TV

We have a series of videos designed to help you get the best out of the Cambridge Nationals qualifications. These often take the form of an interview with the chief moderator and cover topics such as delivery of content, how witness statements and OCR-set assignments work. These videos are available on the qualification pages of our website: ocr.org.uk/cambridgenationals



Online Community

If you want to interact with other teachers there is a 'Cambridge Nationals' groups that have been set up by teachers for teachers on Facebook.

These communities offer an opportunity to ask for advice, swap resources and suggest ideas for teaching and lesson planning.



Teaching, Learning and Assessment Support

In addition to our support, we also provide a range of materials to assist you in your teaching and assessment. These include:

Past Papers

Previous examination papers for each subject are placed on the website for you and your students to practise with.

Sample Learner Work

We have created sample student work that shows, for some units, an example of a Mark Band 1 piece of work and what it would have needed to move to Mark Band 2, and an example of a Mark Band 3 piece of work and why it was better than a Mark Band 2 piece of work.

Combined Feedback

We have taken a past paper, the marking criteria for it and the examiner's comments and put them all into one great document. It gives a really simple and clear view of the examined part of the Cambridge Nationals.

Examiners Reports

To support your understanding of the assessment criteria, these reports offer constructive feedback on students performance in an exam series.

ExamBuilder

Our free question-building platform allows you to filter by question types, topics or both. You also have the ability to select parts of questions, or full questions so you have a test that is bespoke to your students.

Delivery Guide

A range of lesson ideas with associated activities you can use with students to deliver the content of the unit.

Lesson Elements

Task sheets and accompanying instructions for some of the activities within the Delivery Guide.

Skills Guide


A range of generic skills guides covering topics such as communication, Research Skills and Exam Techniques.







For more information visit

 ocr.org.uk/cambridgenationals

 [/ocrexams](https://www.facebook.com/ocrexams)

 [/ocr_vocational](https://twitter.com/ocr_vocational)

 [/company/ocr](https://www.linkedin.com/company/ocr)

 [/ocrexams](https://www.youtube.com/ocrexams)

Call our Customer Support Centre on
01223 553998

Alternatively, you can email us on
vocational.qualifications@ocr.org.uk



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