



Examiners' Report June 2015

GCSE Health and Social 5HS04 01

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Introduction

This synoptic paper consists of three questions, with each question based on the same scenario. The questions are divided into two different types - short answer questions that require candidates to apply their knowledge, and extended writing questions requiring candidates to formulate their knowledge and apply it in a coherent, balanced argument that reads logically.

The three questions assess the candidates' knowledge through recall questions and their ability to apply knowledge, understanding and analysis through questions which ask them to explain, discuss or assess. It is generally the longer 8 – 10 mark questions which create the greater challenge for candidates. Often responses are generic, one sided and are not structured coherently to reflect a balanced response. Candidates will often use PIES in their response which although appropriate for some questions in others it is not. Candidates need to read and interpret the question stem more fully.

Knowledge of the unit specification continues to improve. Where questions assess specific sections of the specification such as question 2 on the care values, it is apparent the candidates know the care values however; the application of them in a care setting was limited. There are no obvious gaps in the candidates' knowledge which is pleasing as they were well prepared by the centres for this paper. The centres appear to have been using past papers to prepare candidates and this is evident in the marks that have been achieved.

Question 1 (a)

Answer ALL questions. Write your answers in the spaces provided. Ethan is 22 years of age. He works as a housing officer for the local council. As a way of relaxing, Ethan enjoys playing games on his iPhone and iPad. 1 (a) Identify two ways in which playing games on his iPhone and iPad will meet Ethan's intellectual needs. (2) 1 They will keep his mind action 2 Learning Skills eng gaming Skills



Two marks were awarded for this answer as two valid points were made - learning new skills and keeping the mind active.



This is a knowledge question requiring an understanding by the candidate of the unit content.

Answer ALL questions. Write your answers in the spaces provided. Ethan is 22 years of age. He works as a housing officer for the local council. As a way of relaxing, Ethan enjoys playing games on his iPhone and iPad. 1 (a) Identify two ways in which playing games on his iPhone and iPad will meet Ethan's intellectual needs. Playing I Pad and IPhore games WIII Powik him With Mental Stimulation. 2 Playing I Pad and I'Phore games WIII Povik him With a active brain



One mark was awarded for the candidate's answer, mental stimulation. The second sentence is a repeat of the first answer and therefore no marks were awarded.

Question 1 (b)

In the GCSE specification, part of the criterion for 4.1: The range of care needs of major client groups, requires the candidate to demonstrate their understanding of how the lifestyle choices people make, like exercise, affect them physically. The question requires the candidates to demonstrate their knowledge and understanding of the effects of exercise on the physical health of an individual.

Another way in which Ethan relaxes is by volunteering to garden for older people in the community.

(b) Identify and describe two ways in which gardening may affect Ethan's physical health.

(4)

Ethan will be gardening which means gutting out the nouse, this will decrease his chances of being averuneight as he will negularly be outside and morning.

Seonally Ethan dres gendances to be related, this wilk to not being shorted much can cause social invariant, nelatation can help ethen, physicall pand envitainly.



Two marks awarded to this candidate for the answers in their first paragraph; reduces the chance of being overweight (1) and because he is moving (1). The second paragraph does not focus on the effects to physical health of gardening.



Develop the candidates' ability to identify points and develop accurate descriptions from the points identified.

Another way in which Ethan relaxes is by volunteering to garden for older people in the community.	ger Vilger in
(b) Identify and describe two ways in which gardening may affect Ethan's physical health.	
 By Ethan abing gardening it may affect	(4)
his Physical health because he will be	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
 getting Fitter and Stronger, whilst walking around	
 along Jobs in the garden.	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
 Also it may have another affect on	.,,
 his physical health because he might	
 do overloading him self and make him	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
 Self extremly trood and drain.	·····



Four marks were awarded to this candidate. They have described two positives on physical health of gardening, fitter and stronger, and two negatives, being tired and drained.

Question 1 (c)

The candidates are required to read the case study carefully and to apply their knowledge of self-esteem and how it may be affected by an individual's lifestyle choice.

Ethan receives great pleasure and satisfaction from his volunteering activities. (c) Explain how this might affect Ethan's self-esteem. (6)



A level 3 answer with five marks awarded to the candidate for this explanation. Both positive and negative explanations of the effects of the volunteering activities on Ethan's self-esteem have been given.



Encourage candidates to make each point relevant and meaningful to the question.

Ethan receives great pleasure and satisfaction from his volunteering activities.

(c) Explain how this might affect Ethan's self-esteem.

(6)

As a result of Ethan volunteering it will increase his selfesteem because he will feel a sense of belonging and good
about himself for helping others. Than's confidence will be boosted
as a result of him feeling great pleasure and satisfaction. This
will lead to an impraised self-esteem because Ethan will
value himself more and feel self-worth for helping people voluntarily.

Due to Ethan's self-esteem increasing it will mean that
his averall self-concept will impraise because he feels good
about himself and happy to be volunteering. Ethan may also feel
empawered because he has the apportunity to help people and it
lis his chaice to help, therefore this will increase Ethan's selfesteem.



Šix marks were awarded for this answer. The candidate has explained how Ethan's self-esteem will be increased through a sense of belonging and growth in confidence. They have developed their answer further by explaining the link between self-esteem and self-concept.



This response scored full marks as it provides a developed accurate explanation of how an individual's self-esteem is affected by their lifestyle choices.

Question 1 (d)

This question required candidates to write a response in a coherent well-structured manner, which accurately reflects the question stem. The majority of candidates found this question challenging because there are two parts to it. They discussed how the promotion may affect Ethan but they did not focus on the new learning that Ethan will experience.

Ethan has recently been promoted at work. *(d) Discuss how this positive life course event may affect Ethan and lead to new learning. (10)Bring promoted at work may affect Ethan both positively and negotively. Firstly, & being promoted will usually mean that Ethan has gamed more responsibility and work. Physically, Ethan may be working more and therefore tiring himself out more. However, this could lead to Ethan to become fitter if he is busy and moving around a lot. Interectually, Ethan will be gaming knowledge through his 100 and will learn more about the local concil and housing the will gain more responsibility which may bring more challenges which he will have to work through and solve himself. This can help stimulate and chausings his brain. Emotionally, he may feel stressed from the Extra work and responsibility he has recieved HOWEVER, It may increase his self concept as he may few more accepted and worthy as he has been presented as an important person. He may goin confidence as he may feel he is noticed and praised, increasing his self concept. Additionally, he may feel less worried about the future as he is moving up in his ino, likely leading to a. sucessfur future. Furthermore, he may feel less

Anxious and warried about the money and sercurity.

Promotions usually mean a rule and this could

help him feel more relaxed and secure about

his life to come. Socially, Ethan may be meeting

new people during his promotion such as new

cuents or new co-workers. This can help him

develop communication skills However, he may be

working more than he used to and therefore

may lack time to socialise with his existing

friends and family. In terms of the fluture,

Ethan may reverse many more promotions that

allow his to continuously learn new things and

face new chaumaes



This is a high level response, scoring 9 marks. The candidate has discussed how Ethan's promotion at work has affected him and leads to new learning.



Candidates need to ensure that when they answer a question like this, which covers two parts, they make the link between them.

Ethan has recently been promoted at work.

*(d) Discuss how this positive life course event may affect Ethan and lead to new learning.

(10)

Ethan being promoted may mean that he has to learn new skills in order to continue being without role, this could open up more pathways for promotion and higher paid bobs which again he may learn new skills effer competing them.

thing a promotion may also mean that Ethan has a pay rise, this mean he may be able to offord more things, like, holidays, clothing, cars. He may also take up a new activity, for example, a sport. This would mean that he socialises with new people and keep active.

As Ethan may have to learn mens new skill for the promotion the may decide that he wants to go back to university to acheive and even higher goal. He would again be learning higher skills this may mean that he can get a higher paid Job.

Ethan may also learn thing; about humself; for & example; how he manages humself when enaulinged the may have to find new techniques which help him when he is stress or underalat of pressure and to the fromation. He may also find ways to balance his time between work life and nome life. This may be because his new promotion may include alot of high pressure work which he struggles to find the time for



Á level 2 answer, five marks were awarded to this candidate. They have accurately identified a number of points with some discussion.

Question 2 (a)

Definitions of key terms are often used in examination papers. They provide the examiner with the means to test the candidates' recall abilities.

Theo is Ethan's supervisor for the volunteer work and he is very effective in building relationships as he believes in treating everybody equally.

(a) Define the care value 'anti-discriminatory practice'.

(2)

This means the Cave worker / Service provider Can not break Someone unfaurity due to a presonceived relea (prejudice) and service user.

Service provider cannot be prejudiced to serviceusers



Two marks were awarded to the candidate for this answer. The candidate has demonstrated a good understanding of the anti-discriminatory care value.

Question 2 (b)

The focus of the question is about how the supervisor, Theo, can promote anti-discriminatory practice with his group of volunteers.

(b) Describe **two** ways Theo may promote anti-discriminatory practice with the people he supervises.

(4)

1 theo can ensure that everyone he supervised is treat equally and veceive the same opportunities despite individual differences. An example is making sure that majes and females are presented with the same working opportunities despite their sex difference.

2 He can also ensure that people of all examinates and religions are given equal chances within this volunteering are more work and that they are not discrimated against because of individual differences.



Four marks were awarded to this candidate. They have described two ways in which anti-discriminatory practice may be promoted.



This response scored full marks as it provides a description of the two ways in which Theo may promote anti-discriminatory practice.

(b) Describe two ways Theo may promote anti-discriminatory practice with the people he supervises.	
By treating ew every one the same as every body else.	
2 Treating everyone else wither with the same respect and be	***************************************
Results lus Examiner Comments	

The candidate has identified the ways in which anti-discriminatory practice may be promoted, however the descriptions are lacking and two marks were awarded.

Question 2 (c)

A six mark question asking candidates to describe the effects on the older people of the interactions between themselves and Theo and Ethan. Most responded along with the mark scheme. Where they did not it was where they wrote for example more about the effects of the interactions on Theo and Ethan. Some read 'interactions' as 'activities' and went off on the wrong tangent suggesting ways that the older people could be encouraged into new things.

When gardening, Theo and Ethan enjoy the interactions they have with the older people.

(c) Describe the effects these interactions may have on the older people.

(6)

It may improve the self exteem of the older hey can share their stories voluntees which will make them kel experienced and wise They will also have someone to fall to that cares an who will listen to them which will giv e of belonging 10p M nd was not used n madle



Six marks were awarded to this candidate for this level 3 answer. They have given a range of points which are really well described and developed.



Improve candidate performance by helping them to identify relevant points and then develop coherent, well structured sentences around the point to fit the answer.

When gardening, Theo and Ethan enjoy the interactions they have with the older people.

(c) Describe the effects these interactions may have on the older people.

(6)

When theo and Ethan are interacting with the older people it may make them Feu happy because they are getting attention from other people. The older people may be coney so would be greatful that they are getting company From other people for a change.

But the older people may not want to have interactions with the people that do their operating, so may become unhappy that they try to interact with them

These interactions could affect the older people socially as well as emotionally because they would be meeting new people and may even make Friends with them.



Three marks were awarded to this candidate, which is the bottom of level 2. They have identified points however their descriptions of the effects of the interactions on the older people are basic.



Ensure the candidates are able to make the link between a topic and the effects on an individual/life stage.

Question 2 (d)

This question asks candidates to describe two ways Theo can encourage Ethan's effective communication skills when working with the young volunteers.

Theo has organised for Ethan to work alongside other young volunteer gardeners in an attempt to develop Ethan's communication skills.

(d) Describe **two** ways in which Theo may encourage effective communication between Ethan and the young volunteer gardeners.

(4)

This is very Similar to the old

People because the young volunfeers

may not have a older Schling

So ethan working with them and

getting to know them Cauld

be really good for the young

volunteers:



The candidate was not awarded any marks for this answer. They did not describe how Theo may encourage Ethan to use effective communication when interacting with the young volunteer gardeners.



Use this answer with candidates by getting them to explain why no marks were awarded for it and what they could add to obtain full marks.

Theo has organised for Ethan to work alongside other young volunteer gardeners in an attempt to develop Ethan's communication skills.

(d) Describe **two** ways in which Theo may encourage effective communication between Ethan and the young volunteer gardeners.

(4)

theo can encourage effective communication between these people by giving them activities and tasks to clo together which will allow them to communicate and socialise with each other in order to complete these tasks and activities.

Another way he can encourage effective communication is by allowing these people time to get to knoweach other so that when they work together it is not awkward and they can communicate effectively.



Four marks were awarded to the candidate for this answer. They have described in full two ways in which Theo may encourage effective communication between Ethan and the young volunteer gardeners.



Encourage the candidates to use the stem of the question as a checklist to help them structure their answer. If necessary, practice re-reading the stem to check that they have not omitted anything.

Question 2 (e)

This question was not particularly well answered. Some candidates wrote using the basis of the mark scheme. Others wrote only about Theo and Ethan's relationship but not about the effects on his other relationships.

Theo and Ethan have a positive relationship.

*(e) Assess the effect this may have on Ethan's personal relationships.

(8)

Due to Theo and Ethan having a positive relationship it may effect fthans personal relationships positively This is because Ethan may feel more encouraged to have personal relationships due to him knowing he hay Theo there that hell be supporture of him and his decisions no maiter what. Atternatively tomay applications personer relationships negation by having a positive relationship with a friend it may relp towards othern having positive personal relationships. This is because he mu understand mays in which he can keep positive relationships muth others and this may reflect in his personal ones. He will understand and know how he has to act in order to keep those he likes in his life and how to treat them convectly. Alternatively it may affect than personal relationships negaricly. This is because he may become to involved with Theo and spend a lot of time with him which may make him not think about having personal relationships. Nothout expenence of personal relationships now it may lack skill he needs for future ones. He may not funderstand what it is like to have a personal relationship because he is so focused on Theo and his relationship not him.



Six marks awarded to this candidate as their answer is deemed to be at the top of mark band 2. They have accurately identified a number of points and some assessment is present.



The mark scheme is a valuable resource which teachers and candidates should use to aid in the development of examination answers.

Theo and Ethan have a positive relationship.

*(e) Assess the effect this may have on Ethan's personal relationships.

(8)

Since Ethan's and theo have a Positive relationship and they are both happy, Ethan will want to feel the same way on in his Personal relationships.

This is because no one wants to be unhappy in a Personal relationship, so by having a Positive friend relationship, the Personal relationships

will or might be the same.



This candidate scored marks in level 1, 2 marks. They have only identified points.

Question 3 (a)

This was a well-answered question with candidates making good links to the case study and their knowledge of stress and its possible effects on health and well-being.

- 3 Occasionally, Ethan feels stressed and anxious. His way of dealing with this is to exercise.
 - (a) Explain the possible effects of stress on Ethan's health and well-being.

(4)

Stress can impact on Than's physical deschealth because it may prevent him from eating which could lead to him becoming ill.

Stress will also impact Ethan's intellectual health because he may not sleep and this will lead to Ethan not functioning and concentrating. Emphanally, Ethan's self-concept will lower and he may start to feel depressed if he cannot average his stress. Finally, Ethan's social health will suffer because the stress Ethan is experiencing may cause him to exclude and isolate humsely from socialising and this will lead to Ethan withdrawing humsely.



Four marks were awarded to this candidate as they have given two explanations. This candidate could have scored much more than 4 if the marks were available as their explanations are very good.



For a four mark question like this it is important to remember that marks are awarded as 2x2 or 1x4. The examiner is looking for an explanation so be careful of lists.

3	Occasionally, Ethan feels stressed and anxious. His way of dealing with this is to exercise.	
	(a) Explain the possible effects of stress on Ethan's health and well-being.	(4)
	Although Ethan is Stressed doing	
******	excercise is good for his health	
	and well-being becaus it keeps	>>>44444444111111111111111111111111111
4414141	him fit. It keeps his heart rate	
	and pulse at a good condition.	
	And will Stop him from being	***************************************
	Stressed.	



No marks were awarded to this candidate for their answer because they have not answered the question.

Question 3 (b)

One of the recommended ways of combating stress is regular exercise.

(b) Identify two other recommended ways of combating stress.

1 A healthy balanced diet.

2 The right amount of steep.



Two ways of combating stress have been identified by the candidate and therefore two marks were awarded.

One of the recommended ways of combating stress is regular exercise.

(b) Identify two other recommended ways of combating stress.

(2)

1 Eating a balanced duet to make you feel more positive.

2 Socialising with people and talking about you problems to help you



Two marks were awarded to this candidate as they have demonstrated their understanding of stress and the ways in which it may be combated.

Question 3 (c)

The majority of candidates answered this question in a similar way as the mark scheme. Some tried to link it with all the PIES but not specifically to emotional development. A number of relevant points were made but they were not linked together to maximise the marks.

Ethan's stress has increased his level of anxiety, which has resulted in time off work.

(c) Discuss the effects stress and anxiety may have on Ethan's emotional development.

(4)

Ellian = win feel sad and have a Low self-esteem, self-image, self-esteem and self-confidence, he win want to Stay indoors and feel lonery and isolated.



The candidate was awarded four marks for this answer. Good overall knowledge and understanding displayed here.



Use the mark scheme to understand how 4 mark questions are awarded marks and use this as a basis for improving candidates' performance.

Ethan's stress has increased his level of anxiety, which has resulted in time off work.

(c) Discuss the effects stress and anxiety may have on Ethan's emotional development.

(4)

He may be come mirrated with himself for
feeling his way which will came him
'to blame himself as much will lower his
self concept as he was to value himself
as much. He will also smiggle doing
everyday tarils such as socializing
which will make may make him feel
lanely and excuided. He also will not be
able to engage in leisure activities such
as hin games or world word problems
Which could maybe lead to himse
problems such as depression.



Full marks were awarded to this candidate for a good discussion and application of knowledge.

Question 3 (d)

Responses to this question were varied. A number of candidates unsuccessfully tried to link it all to PIES, which became repetitive. However, many wrote about what Ethan did in order to adopt a healthier lifestyle rather than the benefits of a healthier lifestyle to him. So, for example, describing how he could have a healthier diet but little on its benefits.

Ethan has decided to try and adopt a healthier lifestyle. (d) Explain how adopting a healthier lifestyle will benefit Ethan's well-being. (6)Adopting a healthy lifestyle will benefit (than's well-being as it will require him to ear healthy and covery and regular exercize. This mull benefit his well being positively as he will feel good about humself and nuthin humself. Futhermore it may give hum a boost of confidence and make hum thank more positively. By thinking more positively his heliberry will be improved as he will block and out any negative thoughts and will find him self warrying about a lot less. This mu nelp toxice tackle his anxienty and Stress as he will be able to control it if he feels tike he can empower humself and change hu Westyle Following on from this his self concept will be improved which will benefit his wellbeing as his body mu feel good and gain from eating healthy as he want be overweight. By being healthy exercise null also improve his body leading him to have a positive self image of himself. By carrying exercise it will relieve him from stress and cause him to feel good about himself which null have a positive affect on his self concept and the way he values himself



Five marks awarded to this candidate which is the bottom of mark band 3. A range of points were made which were well developed with clear explanations.



Practise focusing on key command verbs - describe, explain, discuss and assess.

Ethan has decided to try and adopt a healthier lifestyle.

(d) Explain how adopting a healthier lifestyle will benefit Ethan's well-being.

(6)

Healthy eating will benefit Ethan's well-being.

On Theorem was home a mane possitive on the way of the will be eating and a mane possitive and will feel more marked and competitions.



Two marks awarded, mark band 1. One mark for positive outlook and one mark for feeling comfortable about himself. There is no evidence of an explanation.

Question 3 (e)

This was an eight mark question which was unsuccessfully answered by the candidates because of their poor knowledge and understanding of the effects of empowerment. Many candidates wrote about the relationship between Ethan and the counsellor and how he empowers Ethan in the sessions but not the effects on his health and well-being. Some wrote about empowerment as in a care home so giving service users choices of what they want for meals etc. Some completely misunderstood so empowerment became 'power'. Ethan can therefore have power over people, can boss them around at work, will misuse the power he has, in charge of others etc.

Ethan sees a counsellor who provides him with practical ways to deal with his stress and anxiety. Ethan feels more in control and empowered. *(e) Discuss the effects of empowerment on an individual's health and well-being. (8)By being empowered, Ethan has the apportunity to positively health and well-being If he is empowered, then Ethan will be more motivated to do things such as exercise have a healthier diet. This will benefit his physical hearth as he will become physically fit and the healthy diet can help him to maintain a healthy weight. One way in which being empowered can impact Ethans well-being making him teel better about himself. This will allow Ethan to rouse his self-esteem as he will believe in nimstelf and value himself more as he will see that he is in control of his life as he feeling empowered. This has a positive impact on emotional wellbeing. It can have a positive impact on his social being as Ethan may fell mativated to go out and socialize with more people and make new friends. This is because being empewered will make him feel

better about himself which will lead to

Ethan feeling more worthy of developing
new friendships and personal relationships.

This will also help to improve social skills
and have a positive impact on social
development which helps to benefit

Ethan's social wellbeing.

Overall, it is easy to see that pempowerment has a positive impale on an individual's health and well-being through the USE of positively effecting physical health as well as social and emotional wellbeing.



Seven marks were awarded to this candidate for their mark band 3 answer. It is a coherent well structured response with discussion.



Develop candidate performance by getting candidates into two groups to debate the question stem. Then ask them to write out their answer under timed conditions in 10 minutes.

Ethan sees a counsellor who provides him with practical ways to deal with his stress and anxiety. Ethan feels more in control and empowered.

*(e) Discuss the effects of empowerment on an individual's health and well-being.

(8)

Enpowerment an an individuals health and well-being would mean that the unaividual walls know how to control their health, so exercise and aier and went to well being.

This would be a positive thing as the individual walls know how to help themselves if the feel dangered either mentally or physically. They would knowhow to seek help or advice when they here it in arcier to help them.



Three marks were awarded for to the candidate for this answer. They have identified a number of points however the discussion of the effects of empowerment on an individual's health and wellbeing is limited.

Paper Summary

Based on their performance on this paper, candidates are offered the following advice:

- a need for good overall knowledge and understanding of the unit specification
- the ability to recall, describe and explain has improved considerably
- try and improve your extended answers on the 8 10 mark questions
- use past examination papers to help you prepare
- a greater in-depth knowledge of the specification is required on the application of the care values to the case study
- more accurate understanding of question stems is necessary
- candidates should not be encouraged to repeat the question stem at the beginning of their response
- try and tailor answers more specifically to the question in the longer answer questions
- the need to develop understanding of terms such as; discuss; evaluate and analyse.
- Encourage candidates to make each point relevant and meaningful to the question.

Grade Boundaries

Grade boundaries for this, and all other papers, can be found on the website on this link: http://www.edexcel.com/iwantto/Pages/grade-boundaries.aspx





