



CAMBRIDGE NATIONALS LEVEL 1 AND 2 IN HEALTH AND SOCIAL CARE

*Ofsted said: "There is an aspirational and broad curriculum.
There is a wide range of GCSE and vocational courses to
study at key stage 4." May 2026*

CAMBRIDGE NATIONALS LEVEL 1/LEVEL 2 SPECIFICATION AT A GLANCE

EXAM BOARD: OCR

Cambridge National Health and Social Care is split into three units. Two are compulsory and one is optional (chosen by the school).

The two mandatory units are:

1. Principles of care in health and social care settings
2. Supporting individuals through life events

The optional unit is:

Creative and therapeutic activities

Overview of mandatory units

Principles of care in health and social care settings

Examination unit

In this unit students will learn about the key topics that are important when caring for and protecting people in health and social care.

Topic Area 1 - The rights of service users in health and social care settings

Topic Area 2 - Person-centred values

Topic Area 3 - Effective communication in health and social care settings

Topic Area 4 - Protecting service users and service providers in health and social care settings

Supporting individuals through life events

Non-examined assessment. Assessed by Goldington Academy, moderated by OCR.

In this unit students will learn about growth and development through the life stages. They will also learn how to understand the needs of individuals who have been affected by life events and how to recommend support to meet their needs.

Topic Area 1 - Life stages

Topic Area 2 - Impacts of life events

Topic Area 3 - Sources of support

Overview of Optional Unit

Creative and therapeutic activities

Non-examined assessment. Assessed by Goldington Academy, moderated by OCR.

In this unit, students will research creative and therapeutic activities and learn about their benefits to service users. They will plan and deliver a therapeutic activity of their choice.

Topic Area 1 – Therapies and their benefits

Topic Area 2 – Creative activities and their benefits

Topic Area 3 - Plan a creative activity for individuals or groups in a health and social care setting

Topic Area 4 - Deliver a creative activity and evaluate your own performance

COURSE ASSESSMENT

Candidates will pursue a course leading to the award of a Level 1 or Level 2 Certificate with distinction, merit or pass; Level 2 Distinction * being the highest and Level 1 pass being the lowest award.

Mandatory Units Assessment

Principles of care in health and social care settings

40% of final grade

1 hour 15 minute terminal examination

70 marks

OCR-set and marked

Comprises of short answer questions, extended response and some multiple-choice questions.

Supporting individuals through life events

30% of final grade

OCR-set assignment (coursework)

60 marks

Centre-assessed and OCR moderated

Optional Unit Assessment

Creative and therapeutic activities

30% of final grade

OCR-set assignment (coursework)

60 marks

Centre-assessed and OCR moderated

What will my child gain from Health and Social Care?

The Cambridge National in Health and Social Care will encourage students to:

- understand and apply the fundamental principles and concepts of the rights of individuals, person centred values, effective communication and how to protect individuals in health and social care settings
- develop learning and practical skills that can be applied to real-life contexts and work situations
- think creatively, innovatively, analytically, logically and critically
- develop independence and confidence in using skills that would be relevant to the health and social care sector and more widely

Where will Health and Social Care take my child?

Learners who generally achieve at Level 2 across their key stage 4 learning might consider progression to:

- A Levels as preparation for entry into higher education in a range of subjects
- study of a vocational qualification at Level 3, such as a BTEC National in Health and Social Care, which prepares them to enter employment or apprenticeships, or to move on to higher education by studying a degree in aspects of health or social care.

Further reading materials:

Health and Social Care Specification J835

www.ocr.org.uk/Images/610950-specification-cambridge-nationals--health-and-social-care-j835.pdf

For further information, please contact:

Head of Health & Social Care:

Mrs D Ferguson
BEd (Hons) Secondary PE & Science
fergusond@goldington.beds.sch.uk
fer

Goldington Academy
Haylands Way
Bedford
MK41 9BX

Principal: Mr F Galbraith

Tel: (01234) 261516

Email: office@goldington.beds.sch.uk

Website: www.goldington.beds.sch.uk



www.facebook.com/Goldington