

# Why study GCSE Health and Social Care?

“The Health and Social Care GCSE is suitable for those students who are considering a career in areas such as...?”



You have 5 minutes to list as many career options / jobs that you can think of, that may link to HSC.

## The Health Services



Nurse, paramedic, midwife, health visitor, speech therapist, physiotherapist

## The Social Services



Social worker, residential care worker, care assistant or counsellor

## Early Years Services



Nursery nurse, child minder or teacher

## Other related careers



Youth leader or fitness instructor

Or any role which requires interpersonal skills



## Learning Objective

# What are 'Life Stages'?

### Success Criteria

Define 'Growth' and 'Development'

Explain what milestones are

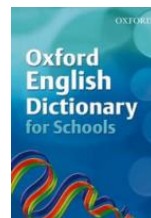
Create a time line to demonstrate the 5 life stages

# At what ages do you think the following life stages happen?

Life stage	Age range	Answer
Infant	_____ - _____	0-3
Childhood	_____ - _____	4-10
Adolescence	_____ - _____	11-18
Adulthood	_____ - _____	19-65
Older Adults	_____ - _____	65+



Key words



Infant  
Childhood  
Adolescence  
Adulthood

Life stage  
Growth  
Development  
Milestones

**Learning Objective**

**What are 'Life Stages'?**

**Success Criteria**

Define 'Growth' and 'Development'

Explain what milestones are

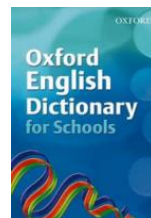
Create a time line to demonstrate the 5 life stages

# Learning Goals

- Define 'Growth' and 'Development'
- Explain what milestones are in a Health and Social Care context
- Create a time line to demonstrate the 5 life stages



**Key words**



Infant  
Childhood  
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**Learning Objective**

**What are 'Life Stages'?**

**Success Criteria**

Define 'Growth' and 'Development'

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Create a time line to demonstrate the 5 life stages

# Growth

An increase in size, weight or height

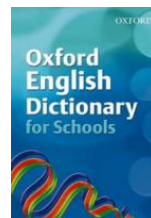


# Development

Learning more skills, emotions and abilities



**Key words**



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## Learning Objective

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# Milestones

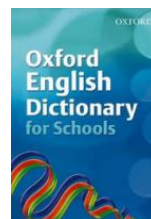
The points at which certain things are expected to happen, for example, walking or starting puberty



Can you think of any other milestones?



Key words



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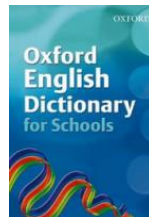
Create a time line to demonstrate the 5 life stages

# TASK: The road from birth to old age

1. Create a time line signposting the life stages
2. Identify milestones which occur along the way
3. Colour code the time line to indicate what is 'growth' and what is 'development'



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# Summary

Complete the paragraph using the words below.

social emergence size intellectual abilities patterns height

Growth is an increase in physical \_\_\_\_\_ (mass and \_\_\_\_\_).

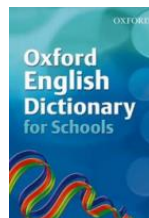
Development is concerned with the \_\_\_\_\_ and increase in sophistication of skills, \_\_\_\_\_ and emotions. There are expected \_\_\_\_\_ of physical growth and change. The letters PIES stand for physical, \_\_\_\_\_, emotional and \_\_\_\_\_ developments.



## SUMMARY

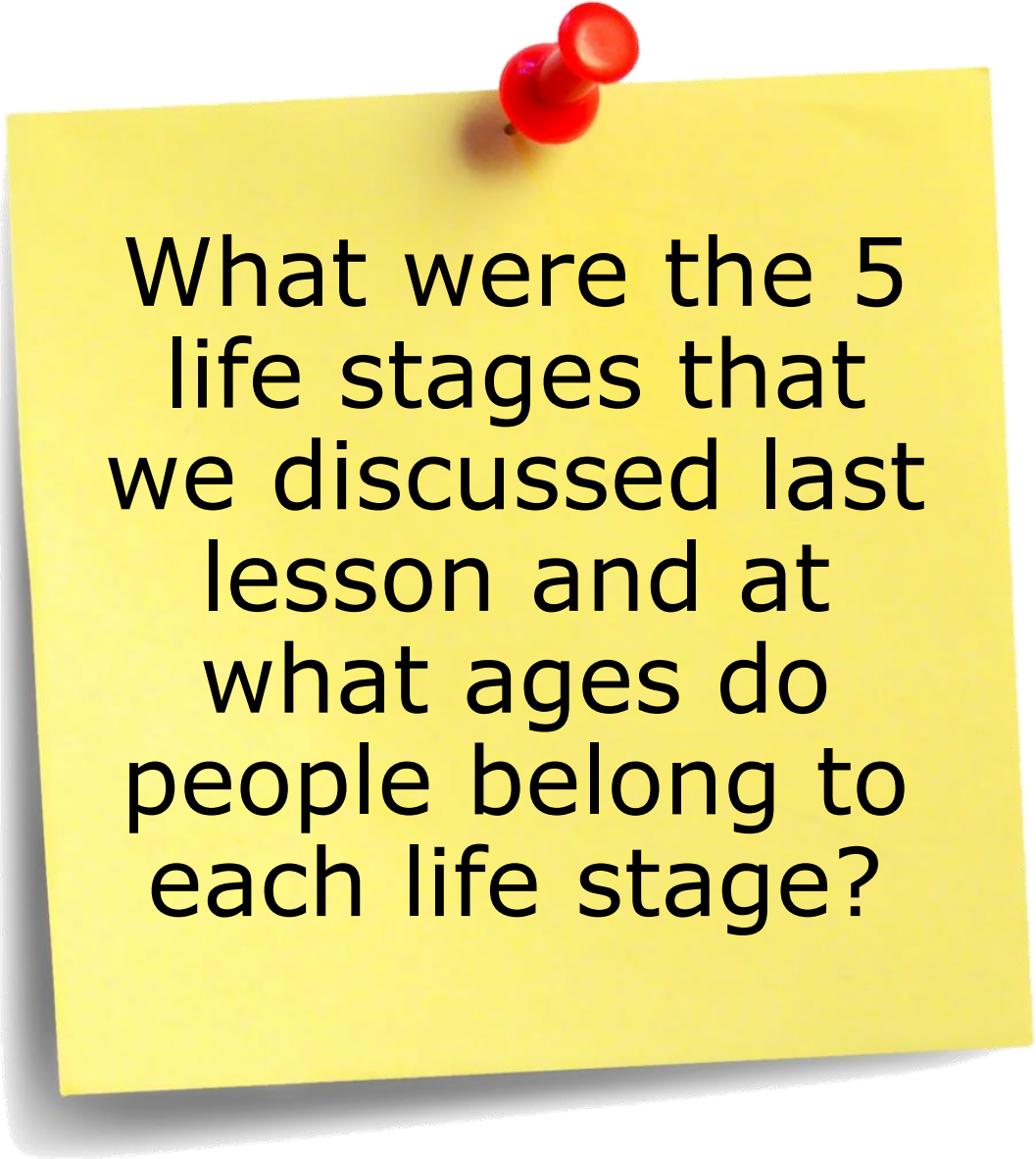


Key words



Infant  
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What were the 5  
life stages that  
we discussed last  
lesson and at  
what ages do  
people belong to  
each life stage?



# Learning Objective

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Let's  
Recap

Life stage	Answer
Infant	0-3
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### Now try this

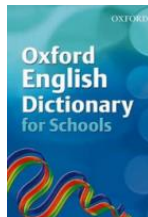
This photo shows Jake with his grandparents.

Complete these sentences to show the current life stage of each person. **(3 marks)**

- (a) Angie is in the ..... life stage.
- (b) Jake is in the ..... life stage.
- (c) Geoff is in the ..... life stage.



Key words



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## Learning Objective

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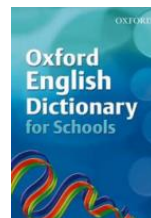
Let's  
RECAP

List 5 examples of growth and 5 examples of development (look at your definitions from last lesson if you are not sure)

Growth	Development
1. 2. 3. 4. 5. 	1. 2. 3. 4. 5. 

# What is the difference?

Key words



Infant  
Childhood  
Adolescence  
Adulthood

Life stage  
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Milestones

## Learning Objective

What is 'PIES' and how is it used in a H&SC context?

## Success Criteria

Define the 4 areas of PIES

Give examples of different behaviours, actions and processes for each of the 4 areas of PIES

Describe how PIES is useful to us in a health and social care context

# Learning Goals

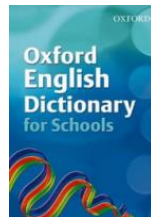
Define the 4 areas of PIES

Give examples of different behaviours, actions and processes for each of the 4 areas of PIES

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## Key words



Infant  
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Physical  
Intellectual  
Emotional  
Social

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# Aspects of development

GROWTH and DEVELOPMENT are changes that individuals experience through the life stages. There are FOUR key aspects of growth and development.



**1** Physical development – growth and other physical changes that happen to our body throughout life



**2** Intellectual/cognitive development – the development of language, memory and thinking skills



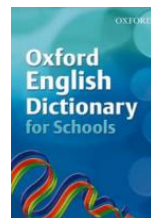
**3** Emotional development – the ability to cope with feelings about ourselves and towards others



**4** Social development – the ability to form friendships and relationships and to learn to be independent



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**P**hysical  
(the body)



**S**ocial

(the ability to interact with others and have different relationships, such as friendships and co-workers)



**I**ntellectual

(the ability to think and solve problems)



**E**motional

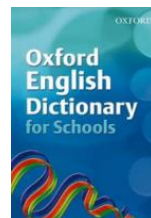
(the ability to recognise feelings and show them in an acceptable way)



## TASK

Complete the PIES sheet, giving a definition and examples for each of the 4 sections

Key words



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Physical  
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Social



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# How is PIES useful to us in health and social care?

PIES helps us to identify the specific problems that **service users** may be experiencing.

## Worked example

Nadeem was bullied in his last year at school. He is due to start college soon, but is worried because he now finds it difficult to socialise with other young people.

Identify **two** aspects of Nadeem's development that have been most affected by bullying. (2 marks)

1

2

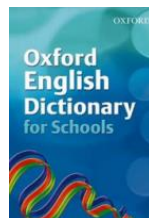
## PIES

The word **PIES** will help you to remember the four aspects of development:

**P**hysical  
**I**ntellectual  
**E**motional  
**S**ocial



## Key words



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**Jack, 3, was born with Down's Syndrome. Amanda, his mother, has given up work so that she can spend more time with Jack. She is not able to socialise as much with her friends because of her reduced income. Her diet is poor and she has recently put on a lot of weight.**

**P**hysical

**I**ntellectual

**E**mootional

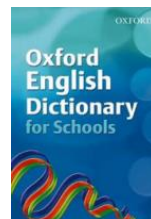
**S**ocial

- Identify two factors of Amanda's development that are being affected by her situation.
- Explain how they are being affected.

## SUMMARY



### Key words



Infant  
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Physical  
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Emotional  
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# PIES

## Developmental Factors

**P**hysical



**I**ntellectual



**S**ocial



**E**motional





## Learning Objective

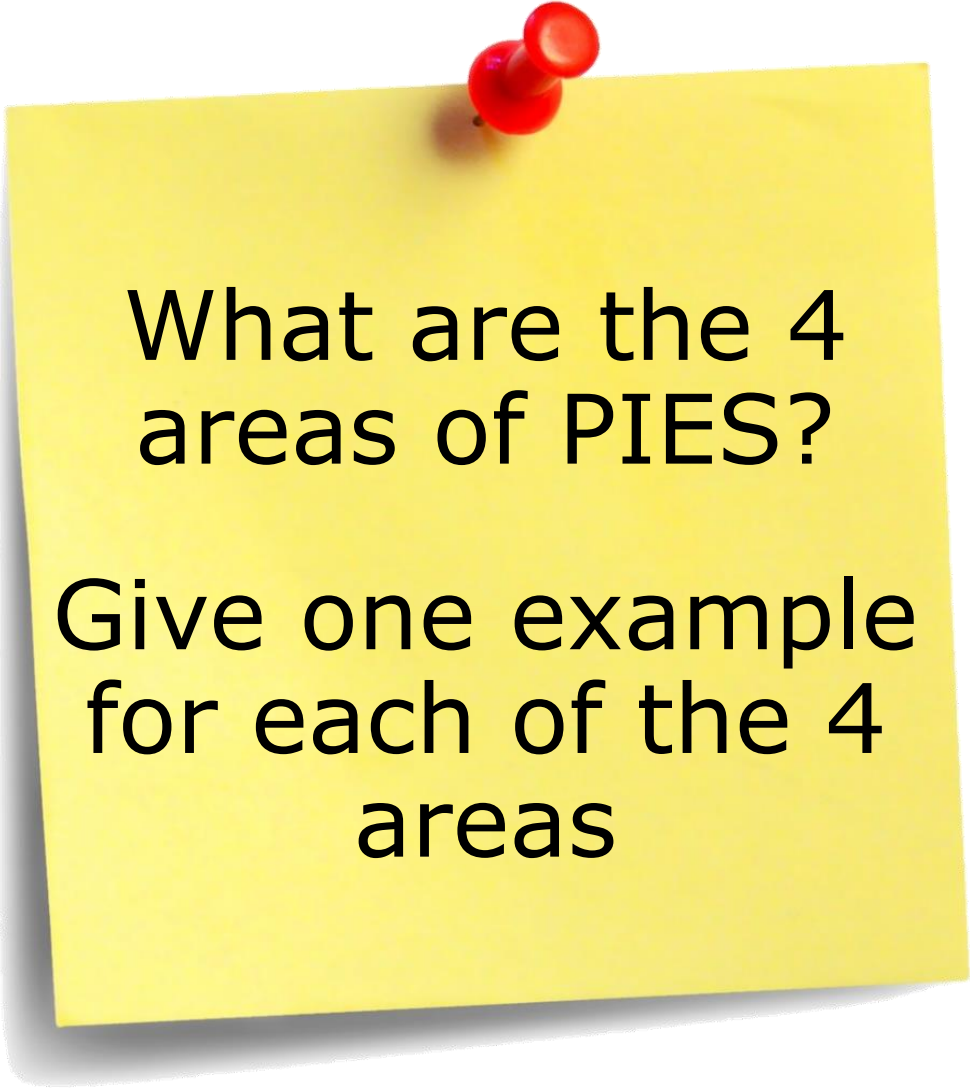
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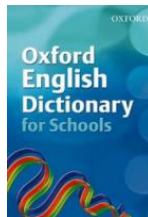
Describe how PIES is useful to us in a health and social care context



What are the 4 areas of PIES?  
Give one example for each of the 4 areas

Let's  
Recap

Key words



Infant  
Motor skills  
Grasping  
Reflex

Life stage  
Growth  
Development  
Milestones

Moro reflex  
galant  
rooting  
gripping

## Learning Objective

How do newborns change during the infant stage?

## Success Criteria

Define 'infant'

Give examples of different reflex responses that are expected in the infant stage

Organise the changes that happen in the infant stage into PIES

# Learning Goals

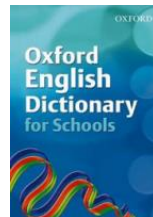
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Recap

## Infancy and early childhood

This is a period of immense growth across all areas of development, from a very dependent newborn baby to a child who, by the age of three, has mastered many skills, including talking, walking, using the toilet, using a spoon and scribbling. **Gross motor skills** will develop, for example, an infant learns how to control their head, sit up and crawl. This life stage also sees the development of **fine motor skills**, for example, an infant learns how to pick up objects or hold a rattle or dummy. A child between the ages of three and five will begin to develop fine-motor skills and by the age of five, most children will be able to use pencils, crayons and scissors. Their gross motor skills should include the ability to skip or hop.

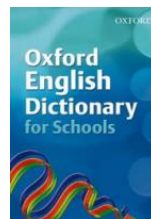


Figure 1.7 A baby showing gross motor skills



Figure 1.8 A baby showing fine motor skills

Key words



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Gross motor skills - use large muscles of the whole body.  
Fine motor skills - gross manipulative skills (single limb movements).  
- fine manipulative skills (finger/hand movements).



## Infancy!

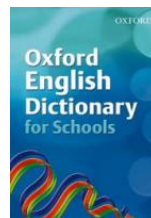
This is the first life stage which takes place between 0-3 years of age

Physical	Intellectual	Emotional	Social
<ul style="list-style-type: none"> <li>- Very rapid growth</li> <li>- Gross: Walking, jumping, skipping etc.</li> <li>- Fine: Drawing etc.</li> </ul>	<ul style="list-style-type: none"> <li>- Brain grows quickly</li> <li>- Recognizing sounds</li> <li>- Make variation of sounds</li> <li>- Increased vocabulary.</li> </ul>	<ul style="list-style-type: none"> <li>- Gradual development of emotions e.g. happiness/enjoyment in bath</li> <li>- Middle/late part: shows preferences for food/games</li> </ul>	<ul style="list-style-type: none"> <li>- Enjoys routines (bath-times)</li> <li>- Sensorimotor</li> <li>- Later part: waves; cries when left on own; copies actions from others</li> </ul>

## SUMMARY



Key words



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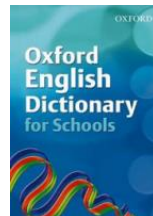
Organise the changes that happen in the infant stage into PIES

Infancy is the first human life stage that begins at birth and continues until about 3 years of age. A newborn baby will experience a huge amount of physical growth as well as physical, intellectual, emotional and social development during infancy.

- Newborn babies should be able to:
- Cry
  - Gurgle
  - Have a sucking and rooting reflex (to feed)
  - Move their arms and legs about (although not with much control)



Key words



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Organise the changes that happen in the infant stage into PIES



## Task 1: The reflexes of new babies

Reflexes are automatic physical movements that a baby makes without intending to.



Rooting

What provokes the response?  
Stroking of the infant's cheek



Gripping

What provokes the response?  
Something that is placed in the infant's hand



Toe curling

What provokes the response?  
Stroking of the inner or outer sole of the infant's foot



Moro or startle

What provokes the response?  
Sudden noise or movement



Galant

What provokes the response?  
Stroking of the infant's lower back, next to the spinal cord

## What should the infant do in these situations? (match to the correct stimulus)

What the infant does The infant grasps the item and can hold on very well—almost enough to support his or her own weight.

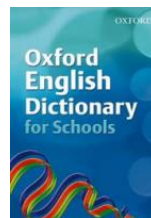
What the infant does If the inner sole is stroked, the infant curls his or her toes. If the outer sole is stroked, the toes spread out.

What the infant does The infant curves toward the side that was stroked—and looks like a fencer when doing so.

What the infant does Head turns in the direction of the touch, and the infant opens his or her mouth for feeding.

What the infant does The infant throws his or her head back and arms and legs out (and then cries).

## Key words



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How do newborns change during the infant stage?

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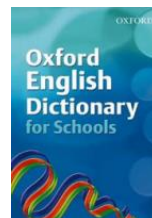
Give examples of different reflex responses that are expected in the infant stage

Organise the changes that happen in the infant stage into PIES

- What kinds of reflexes do newborn babies have?
- Explain what the 'Moro' reflex is.
- What does stimulus mean?



Key words



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## Learning Objective

How do new-borns change during the infant stage?

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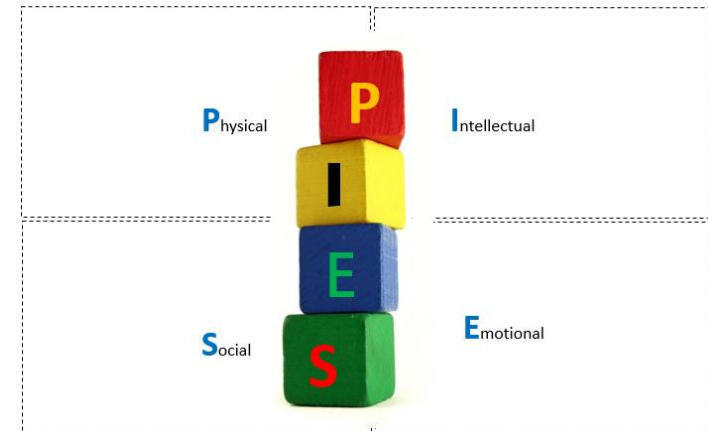
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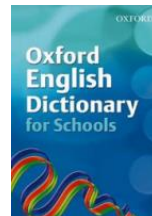
# PIES and infants

- Muscles develop
- Learn words
- Start to experience trust
- Become taller
- Recognise faces and voices
- Start putting sentences together
- Start to communicate with others
- Learn that objects exist
- Attachment relationships form
- Memory develops
- Smile when happy
- Put on weight
- Cry when upset or uncomfortable
- Start searching for objects out of sight
- Solo and cooperative play
- Copy sounds made by others
- Teeth appear
- Relationships with parents/carers and siblings

**INFANTS**  
Growth and developmental factors



## Key words



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# Peer Assessment

### Physical:

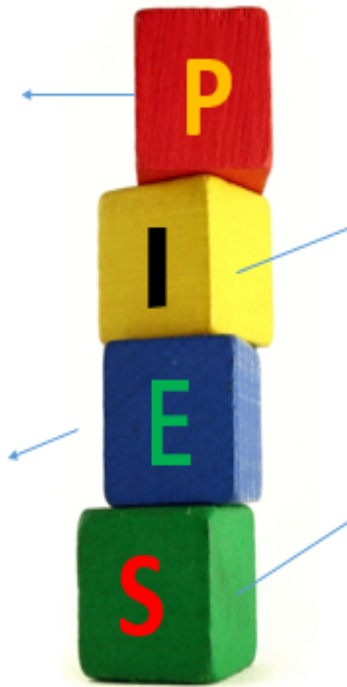
The way the body changes throughout infancy. Happens very quickly in infancy.

EG: Growth; height, putting weight on, teeth appear, hair growth, muscles develop, grasping objects.

### Emotional:

A person's feelings throughout infancy.

EG: Should develop feelings of trust and security. Attachment relationships form, cry when upset or uncomfortable, learn to smile when happy.



**Intellectual:** (cognitive development)  
Thinking, memory and language skills throughout infancy

EG: Learn sounds, learn words, start putting sentences together, learn that objects exist, memory develops, start searching for objects out of sight, copy sounds made by others.

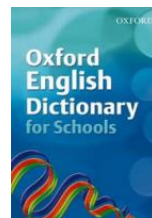
### Social:

The relationships we create with others throughout infancy.

EG: Socialisation begins, relationships with parents / carers and siblings, solo and cooperative play, start to recognise faces and voices, communication skills emerge.



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# INFANTS

Growth and developmental factors

**P**hysical

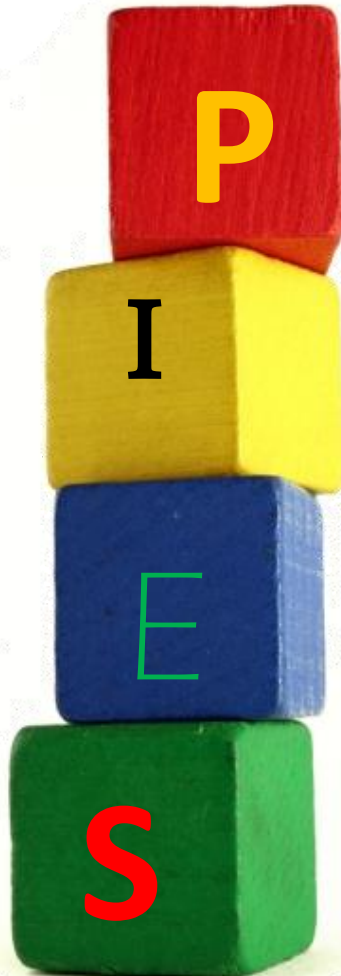
**I**ntellectual

**I**

**E**

**S**ocial

**E**motional



**Learning Objective**

What changes occur during the childhood stage?

**Success Criteria**

Define 'childhood'

Describe growth in childhood

Categorise developments according to 'PIES'

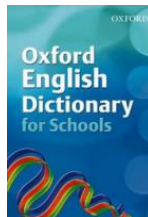


List 4 things that happen in the infant stage.

Why are reflexes important?

Let's  
Recap

Key words



Childhood  
Motor skills  
Gross motor skills  
Fine motor skills

Life stage  
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# Learning Goals

## Learning Objective

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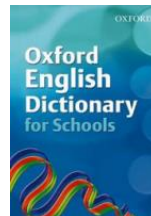
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## Learning Objective

What changes occur during the childhood stage?

## Success Criteria

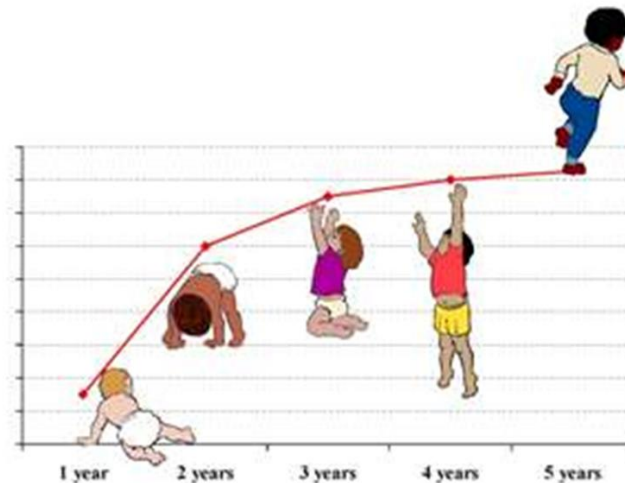
Define 'childhood'

Describe growth in childhood

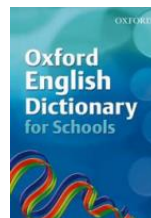
Categorise developments according to 'PIES'

# Physical growth and development

- By the time a child is 4 years old, their growth rate is steady.
- By the time a child is 5 years old, their head is adult size.
- By 6 years old, their increase in body mass is due to muscle development.
- Their heart and respiratory rates are close to those of an adult.



Key words



Childhood  
Motor skills  
Gross motor skills  
Fine motor skills

Life stage  
Growth  
Development  
Milestones

## Learning Objective

What changes occur during the childhood stage?

## Success Criteria

Define 'childhood'

Describe growth in childhood

Categorise developments according to 'PIES'

# Physical growth and development

What activities can you remember doing in nursery / primary school?

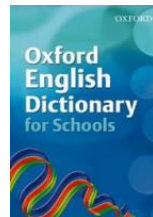


Are these activities developing fine or gross motor skills?

Are these activities developing fine or gross motor skills?



Key words



Childhood  
Motor skills  
Gross motor skills  
Fine motor skills

Life stage  
Growth  
Development  
Milestones

**Learning Objective**

What changes occur during the childhood stage?

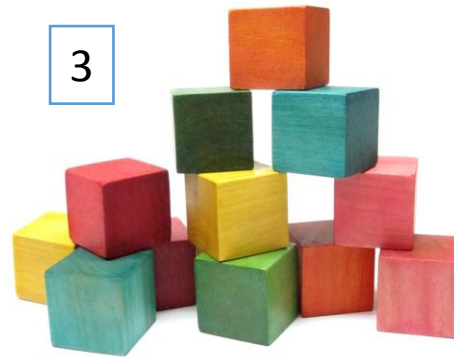
**Success Criteria**

Define 'childhood'

Describe growth in childhood

Categorise developments according to 'PIES'

# Gross or fine motor skills?



Childhood  
Motor skills  
Gross motor skills  
Fine motor skills

Life stage  
Growth  
Development  
Milestones

## Learning Objective

What changes occur during the childhood stage?

## Success Criteria

Define 'childhood'

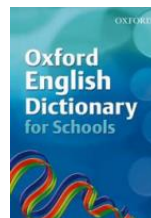
Describe growth in childhood

Categorise developments according to 'PIES'

The screenshot shows a Google search page. The search bar contains the text "embarrassing bodies kids", which is highlighted with an orange box and a yellow arrow pointing to it from the right. Below the search bar, the "Web" tab is selected. The search results show "About 1,800,000 results (0.47 seconds)". The first result is "Embarrassing Bodies: Kids | Kids Health Advice | Channel4 ... embarrassingbodieskids.channel4.com/". Below this, there are three search results: "Embarrassing Bodies Kids", "Kids Health Checker", and "Video". The "Kids Development Milestones" result is highlighted with an orange box and a yellow arrow pointing to it from the right.



Key words



Childhood  
Motor skills  
Gross motor skills  
Fine motor skills

Life stage  
Growth  
Development  
Milestones



## Learning Objective

What changes occur during the childhood stage?

## Success Criteria

Define 'childhood'

Describe growth in childhood

Categorise developments according to 'PIES'

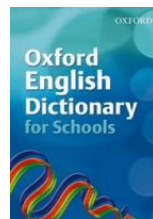
The screenshot shows a web browser window with the URL [embarrassingbodieskids.channel4.com/kids-development-milestones/](http://embarrassingbodieskids.channel4.com/kids-development-milestones/). The page title is "embarrassing kids bodies" and the main heading is "Kids Development Milestones". A yellow arrow points to a "start" button. The page content includes a sidebar with navigation options, a central image of a doctor, and text explaining that children pass through a series of milestones from birth to the onset of puberty. A timeline at the bottom shows children at various stages of development from infancy to adolescence. The Windows taskbar at the bottom shows the date as 11/09/2015 and the time as 17:37.

## TASK

Use the website to complete your sheet to show the development that happens in childhood. Make sure your information is in AGE order, and that you only record things that happen between ages 4 and 10



## Key words



Childhood  
Motor skills  
Gross motor skills  
Fine motor skills

Life stage  
Growth  
Development  
Milestones

# Growth and developmental factors



# Childhood

## Age 4

What growth or development happens? PIES?

## Age 5

What growth or development happens? PIES?

## Age 6

What growth or development happens? PIES?

## Age 10

What growth or development happens? PIES?

## Age 9

What growth or development happens? PIES?

## Age 8

What growth or development happens? PIES?

## Age 7

What growth or development happens? PIES?



## Learning Objective

What changes occur during the childhood stage?

## Success Criteria

Define 'childhood'

Describe growth in childhood

Categorise developments according to 'PIES'

# Physical development stages

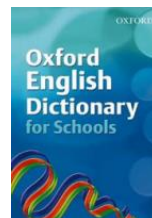
- Using the sheet, create a time line which shows the gross and fine motor skills for childhood (4 – 10 years)
- State if the example is gross or fine motor.
- Use the internet to help you



## SUMMARY



### Key words



Childhood  
Motor skills  
Gross motor skills  
Fine motor skills

Life stage  
Growth  
Development  
Milestones

## Learning Objective

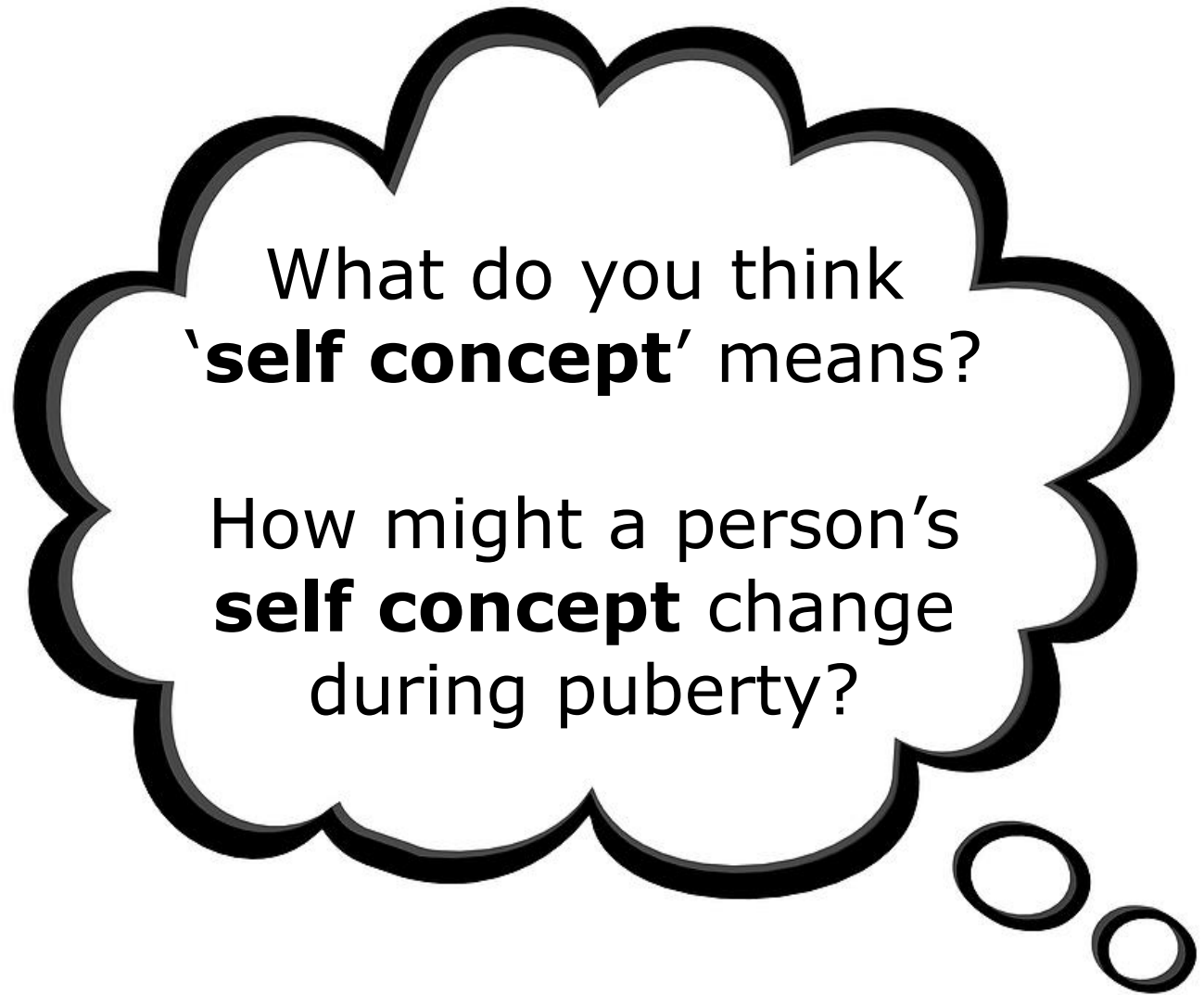
What changes occur during the adolescent stage?

### Success Criteria

Define 'Adolescence'

Describe growth and development in adolescence

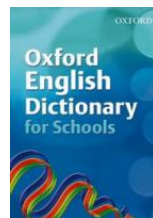
Categorise developments according to 'PIES'



## SUMMARY



### Key words



Transitional  
Sexuality  
Adolescence  
Puberty

Hormones  
Hereditary  
Environmental  
Maturity

Peer groups  
Pressure  
Risk taking  
Conflict

Identity  
Influence  
Self concept

# Exam Practice childhood- Green

2. During a lifetime, individuals experience patterns of development known as milestones.

Put the following intellectual and social development milestones into the expected order in the tables.

(a) Intellectual development [3]

- matches three colours
- understands letters in writing
- repeats actions, e.g. dropping a rattle

Order	Intellectual development
1	
2	
3	

(b) Social development [3]

- choose their own friends
- watches parent/main carer's face
- is shy of strangers and needs a familiar adult nearby

Order	Social development
1	
2	
3	



# Exam Practice childhood - Red

6. Kade is a 5 year-old boy who enjoys playing with his toys. All of the toys help with his development.

For each of his toys shown:

- Identify the **main** area of development it will help.
- Explain **different** ways each toy helps Kade's development.

(a) Kade likes playing on his trampoline.



© craftvision/Stockphoto

(i) Main area of development [1]

(ii) How the trampoline helps this area of development [2]

(b) Kade likes doing jigsaw puzzles.



(i) Main area of development [1]

(ii) How doing jigsaw puzzles helps this area of development [2]

(c) Kade likes threading beads.



© esemelve/Stockphoto

(i) Main area of development [1]

(ii) How threading beads helps this area of development [2]

**TASK:** Have a look at the images below. Describe what you can see and at what age or life stage you would expect this to happen. Make sure you also refer to what kind of development it is (PIES) and use as many key words as possible.

Example



Moro reflex. Happens in the infant stage when the baby is newborn. The doctor makes a loud noise and the baby should throw head and arms back and then cry. This reflex shows that they can hear

1.



2.



3.



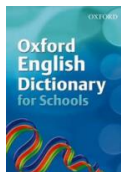
4.



5.



Key words



Infant  
Motor skills Growth  
Grasping  
Reflex

Life stage  
Galant reflex  
Development  
Milestones

Moro reflex  
sight  
rooting  
gripping

childhood  
gross motor skills  
fine motor skills  
PIES



Choose an exam style question:

Green – not very challenging

Amber – medium

Red – highest level of challenge

Complete the question to the best of your ability (in silence!)

# Learning Goals

## Learning Objective

What changes occur during the adolescent stage?

## Success Criteria

Define 'Adolescence'

Describe growth and development in adolescence

Categorise developments according to 'PIES'



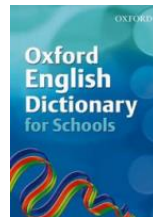
Define 'Adolescence'

Describe growth and development in adolescence

Categorise developments according to 'PIES'



Key words



Transitional  
Sexuality  
Adolescence  
Puberty

Hormones  
Hereditary  
Environmental  
Maturity

Peer groups  
Pressure  
Risk taking  
Conflict

Identity  
Influence

## Learning Objective

What changes occur during the adolescent stage?

## Success Criteria

Define 'Adolescence'

Describe growth and development in adolescence

Categorise developments according to 'PIES'

Rearrange the blue letters to spell 3 key words linked to today's lesson. Once you have figured it out, copy out the full sentences

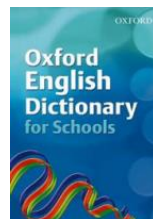
**enolescecad** is the period of life between child and adulthood.

**buprtye** is the time when sex organs begin to work.

The changes that happen during puberty are caused by **hromneso**.



Key words



Transitional  
Sexuality  
Adolescence  
Puberty

Hormones  
Hereditary  
Environmental  
Maturity

Peer groups  
Pressure  
Risk taking  
Conflict

Identity  
Influence

## Learning Objective

What changes occur during the adolescent stage?

## Success Criteria

Define 'Adolescence'

Describe growth and development in adolescence

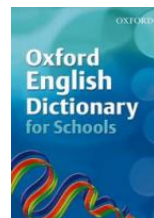
Categorise developments according to 'PIES'

# Adolescence

- **Transitional** stage between childhood and adulthood.
- The main characteristic of adolescence is **puberty**.
- This is the term that is used to describe the time in life where the body **matures sexually**.
- It is a gradual process and begins when the **sex hormones** oestrogen and testosterone are released into the body.
- There is no definite age when puberty starts.
- **Hereditary** and environmental factors (diet and exercise) influences the onset of when puberty begins.
- Girls generally begin puberty between 8 and 14 years old. The average is 11 years old and puberty is generally completed by 4 years.
- Boys generally begin puberty later than girls between the ages of 9 and 14 years old. The average is 12 years old and puberty is generally completed by 6 years.



## Key words



Transitional  
Sexuality  
Adolescence  
Puberty

Hormones  
Hereditary  
Environmental  
Maturity

Peer groups  
Pressure  
Risk taking  
Conflict

Identity  
Influence

# Adolescence

## Learning Objective

What changes occur during the adolescent stage?

## Success Criteria

Define 'Adolescence'

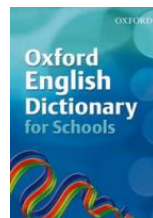
Describe growth and development in adolescence

Categorise developments according to 'PIES'

- Those who have a good relationship with their parents are less likely to take part in risk taking activities.
- There is often conflict between adolescents and their main carer about the amount of control they have over the young adolescent.
- Adolescents start to take more notice of their peer group as they share interests and hobbies.
- Some peer groups may have a positive influence such as academic motivation.
- Other peer groups can have a negative influence.
- Adolescents are often upset because they are trying to find themselves and develop an identity.



## Key words



Transitional  
Sexuality  
Adolescence  
Puberty

Hormones  
Hereditary  
Environmental  
Maturity

Peer groups  
Pressure  
Risk taking  
Conflict

Identity  
Influence

## Learning Objective

What changes occur during the adolescent stage?

## Success Criteria

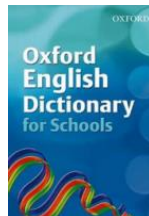
Define 'Adolescence'

Describe growth and development in adolescence

Categorise developments according to 'PIES'



## Key words



Transitional  
Sexuality  
Adolescence  
Puberty

Hormones  
Hereditary  
Environmental  
Maturity

Peer groups  
Pressure  
Risk taking  
Conflict

Identity  
Influence  
Self concept

## Learning Objective

What changes occur during the adolescent stage?

## Success Criteria

Define 'Adolescence'

Describe growth and development in adolescence

Categorise developments according to 'PIES'

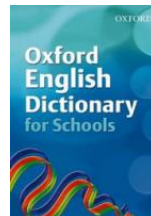
# Complete the sheet to show the changes that happen in the adolescent stage

Area of development	Development or change
PHYSICAL	
INTELLECTUAL	
EMOTIONAL	
SOCIAL	

Extension: Use coloured pencils to create a key and indicate which of the things in your table happen to girls, which happen to boys and which happen to both girls and boys



Key words



Transitional  
Sexuality  
Adolescence  
Puberty

Hormones  
Hereditary  
Environmental  
Maturity

Peer groups  
Pressure  
Risk taking  
Conflict

Identity  
Influence  
Self concept

## Learning Objective

What changes occur during the adolescent stage?

## Success Criteria

Define 'Adolescence'

Describe growth and development in adolescence

Categorise developments according to 'PIES'



## Did you get...

Area of development	Development or change
<b>P</b> HYSCIAL	Rapid growth spurt, Grow pubic and underarm hair,
<b>I</b> NTELLECTUAL	They can gather thoughts from several resources and understand the overall picture, Can think and reason more widely, Can solve problems in their head using their imagination, Able to coordinate their thoughts and behaviour, More globally aware, Begin to prefer arts or science, Can think abstractly.
<b>E</b> MOTIONAL	Moodiness Self-consciousness Aggression Sexuality
<b>S</b> OICIAL	Experimental risk taking Develop romantic or sexual relationships



# Exam Practice – Adolescence (green)

10. David, 15 years old, and Alan, 14 years old, live with their parents in a small flat in an industrial area.  
Their parents work long hours in poorly paid jobs.  
Their parents give them money to buy their own food. They often buy pizza and chips.  
The boys are untidily dressed and have poor personal hygiene.

(a) Explain how working long hours could affect their parent's **physical** and **social** development. [4]

.....

.....

.....

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.....

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.....

.....

.....





# ADOLESCENCE - PIES

Area of development	Development or change
P HYSICAL	
I NTELLECTUAL	
E MOTIONAL	
S OCIAL	

# Our aims for today...

## Learning Objective

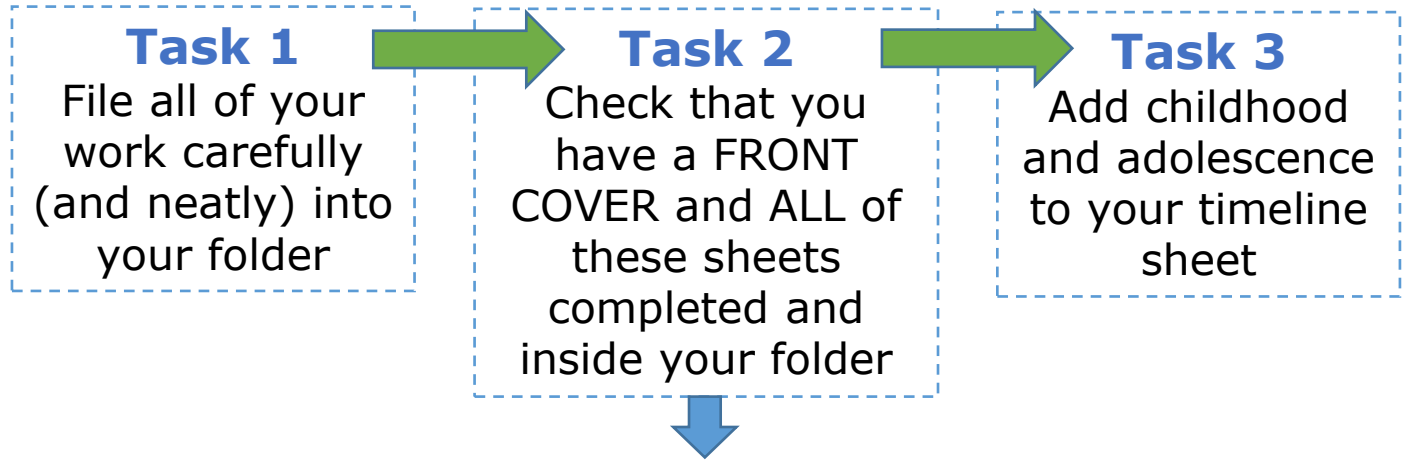
What changes occur within the first 3 life stages?

## Success Criteria

Identify the first 3 life stages

Describe growth and development in the first 3 life stages

Categorise developments according to 'PIES'



**Front cover**

Name  
Class  
Health and Social Care  
Miss Eggett

**PIES**  
Developmental Factors

Physical	Intellectual
Social	Emotional

**INFANTS**  
Growth and developmental factors

Physical	Intellectual
Social	Emotional

Growth and developmental factors

**Childhood**

Age 4	What growth or development happens?	PIES?
Age 5	What growth or development happens?	PIES?
Age 6	What growth or development happens?	PIES?
Age 7	What growth or development happens?	PIES?

**TASK:** Have a look at the images below. Describe what you can see and at what age or life stage you would expect this to happen. Make sure you also refer to what kind of development it is (PIES) and use as many key words as possible.

Example	1.	2.	3.
<p>Example of the response for the above image when the child is 10 years old. The child is sitting on the grass and the child is smiling and looking at the camera. The child is wearing a red shirt and blue shorts. The child is holding a ball.</p>	<p>1. A child is sitting on the grass. The child is smiling and looking at the camera. The child is wearing a red shirt and blue shorts. The child is holding a ball.</p>	<p>2. A child is sitting on the grass. The child is smiling and looking at the camera. The child is wearing a red shirt and blue shorts. The child is holding a ball.</p>	<p>3. A child is sitting on the grass. The child is smiling and looking at the camera. The child is wearing a red shirt and blue shorts. The child is holding a ball.</p>
<p>Key words: sitting, grass, smiling, looking, camera, wearing, shirt, shorts, holding, ball.</p>	<p>10 years old</p>	<p>Physical: sitting, smiling, looking, camera, wearing, shirt, shorts, holding, ball.</p>	<p>Intellectual: sitting, smiling, looking, camera, wearing, shirt, shorts, holding, ball.</p>

**ADOLESCENCE - PIES**

Area of development	Development or change
PHYSICAL	
INTELLECTUAL	
EMOTIONAL	
SOCIAL	

**Exam Practice childhood - Red**

4. Read a poem which describes a child's life. Write down the age of the child and the kind of development it is (PIES) and use as many key words as possible.

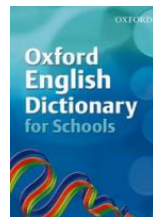
5. Write the response to the poem in the table below.

6. Write the response to the poem in the table below.

7. Write the response to the poem in the table below.

8. Write the response to the poem in the table below.

## Key words



Transitional  
Sexuality  
Adolescence  
Puberty

Hormones  
Hereditary  
Environmental  
Maturity

Peer groups  
Pressure  
Risk taking  
Conflict

Identity  
Influence



**Learning Objective**

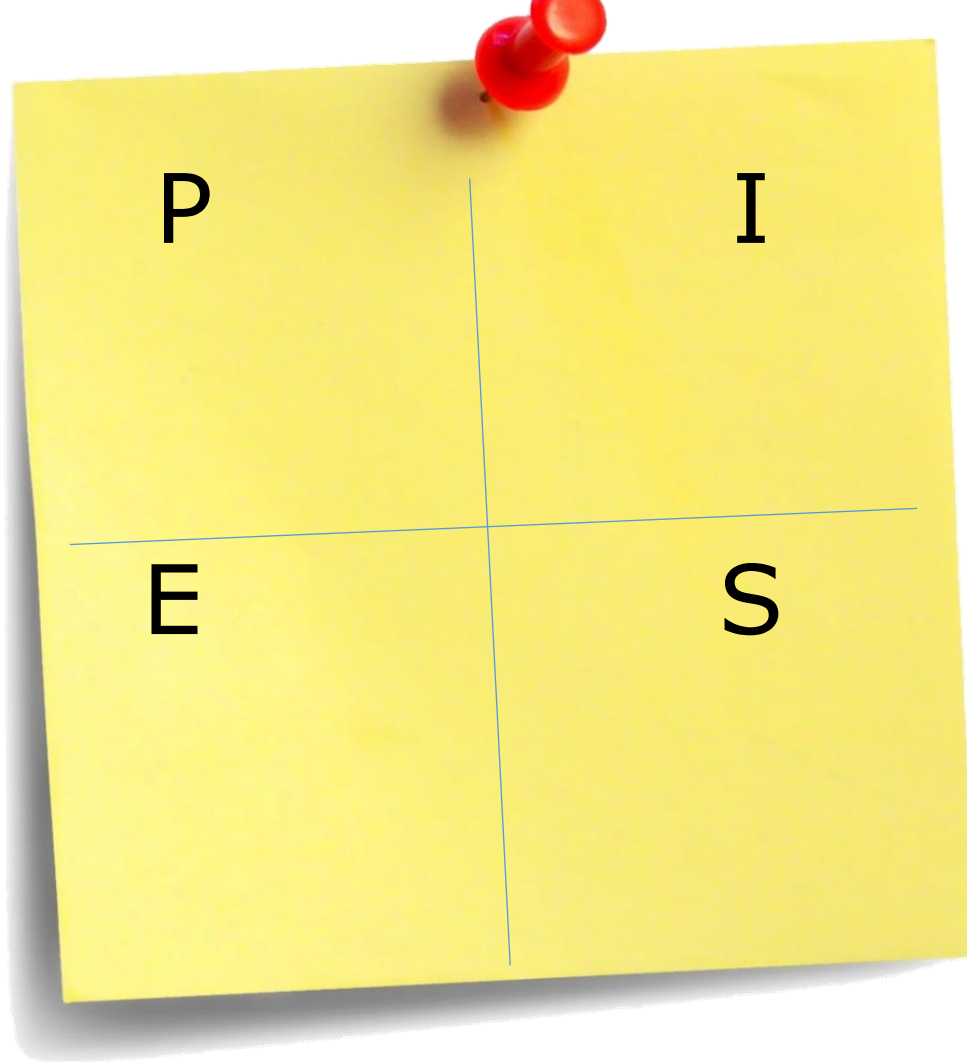
What changes occur during the adolescent stage?

**Success Criteria**

Define 'Adolescence'

Describe growth and development in adolescence

Categorise developments according to 'PIES'



**TASK**

Divide your post-it note into 4 sections and list at least 3 developments that take place during adolescence in each one

Let's  
Recap

# Learning Goals

## Learning Objective

What changes occur during the adulthood stage?

## Success Criteria

Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'



Define 'Adulthood'

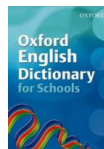
Describe growth and development in adulthood

Categorise developments according to 'PIES'



Key

words



Adulthood  
Maturity  
Conform

Sexual maturity  
Physical maturity  
Independent

Self Sufficient  
Responsible  
Empathy



**Learning Objective**

What changes occur during the adulthood stage?

**Success Criteria**

Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'

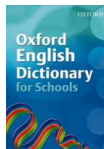
Rearrange the blue letters to spell 2 key words linked to today's lesson. Once you have figured it out, copy out the full sentences

**Nidenpedecen** is being able to think and do things for yourself

**Yathepm** is being able to imagine how someone else feels (putting yourself in their shoes)



**Key words**



Adulthood  
Maturity  
Conform

Sexual maturity  
Physical maturity  
Independent

Self Sufficient  
Responsible  
Empathy

## Learning Objective

What changes occur during the adulthood stage?

## Success Criteria

Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'

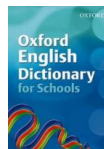
# Adulthood

- **Adulthood** is between the ages of 19-65 years old. This is broken down further into Young Adulthood (19-40yrs) , Middle Age (40-65 yrs) and Later Adulthood (65yrs +)
- **Maturity** is a continuous process of trying to do better
- Adults understand what society needs from them and conform knowing they can fit in what they want to do when they can by managing their time and effort accordingly.
- Individuals have **sexual** and **physical maturity**- they do not grow further during this life stage
- Individuals are also: **independent** (being able to make their own decisions and follow their own actions without help from others
- **Self sufficient** (have resources and are able to get everything thing they need to survive themselves
- Responsible (having responsibility for their own actions)



Key

words



Adulthood  
Maturity  
Conform

Sexual maturity  
Physical maturity  
Independent

Self Sufficient  
Responsible  
Empathy

## Learning Objective

What changes occur during the adulthood stage?

## Success Criteria

Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'

## Organise the following statements into the 4 areas of PIES

(The sheet is on 'everyone' if you prefer to do this electronically)

1. Sexual maturity
2. Listens to others points of view
3. Physical maturity
4. Anger management
5. Can establish a stable romantic relationship and have a family
6. Listens to other points of view (without just seeing things as 'black and white')
7. Reaching peak fitness and health
8. Confident without being arrogant
9. Knows that communication is important
10. Experiencing the decline of physical fitness
11. Controls feelings
12. Has patience
13. Able to accept criticism as a form of self improvement
14. Recognises true love (rather than infatuation)
15. Learns from their mistakes instead of moaning about the result
16. Knows the difference between making a reasoned decision and an impulsive decision
17. Thinks about others feelings
18. Understands that preparation means almost any task can be attempted
19. Knows the difference between needs and wants
20. Copes with fears



Adulthood  
Maturity  
Conform

Sexual maturity  
Physical maturity  
Independent

Self Sufficient  
Responsible  
Empathy

## Learning Objective

What changes occur during the adulthood stage?

## Success Criteria

Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'

# Check your answers: **PIES**

1. Sexual maturity
2. Listens to others points of view
3. Physical maturity
4. Anger management
5. Can establish a stable romantic relationship and have a family
6. Listens to other points of view (without just seeing things as 'black and white')
7. Reaching peak fitness and health
8. Confident without being arrogant
9. Knows that communication is important
10. Experiencing the decline of physical fitness
11. Controls feelings
12. Has patience
13. Able to accept criticism as a form of self improvement
14. Recognises true love (rather than infatuation)
15. Learns from their mistakes instead of moaning about the result
16. Knows the difference between making a reasoned decision and an impulsive decision
17. Thinks about others feelings
18. Understands that preparation means almost any task can be attempted
19. Knows the difference between needs and wants
20. Copes with fears



Adulthood  
Maturity  
Conform

Sexual maturity  
Physical maturity  
Independent

Self Sufficient  
Responsible  
Empathy

## Learning Objective

What changes occur during the adulthood stage?

## Success Criteria

Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'

Watch this short video about adulthood

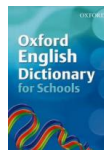
You may choose to take some notes about some of the good and bad things that happen to people during this life stage.



Remember: we are going to look at later adulthood in the next lesson, so please don't use information from that part of the video



Key words



Adulthood  
Maturity  
Conform

Sexual maturity  
Physical maturity  
Independent

Self Sufficient  
Responsible  
Empathy

## Learning Objective

What changes occur during the adulthood stage?

### Success Criteria

Define 'Adulthood'

Describe growth and development in adulthood

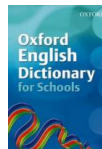
Categorise developments according to 'PIES'



Positive aspects of the adult life stage	Negative aspects of the adult life stage
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Key

words



Adulthood  
Maturity  
Conform

Sexual maturity  
Physical maturity  
Independent

Self Sufficient  
Responsible  
Empathy

## Learning Objective

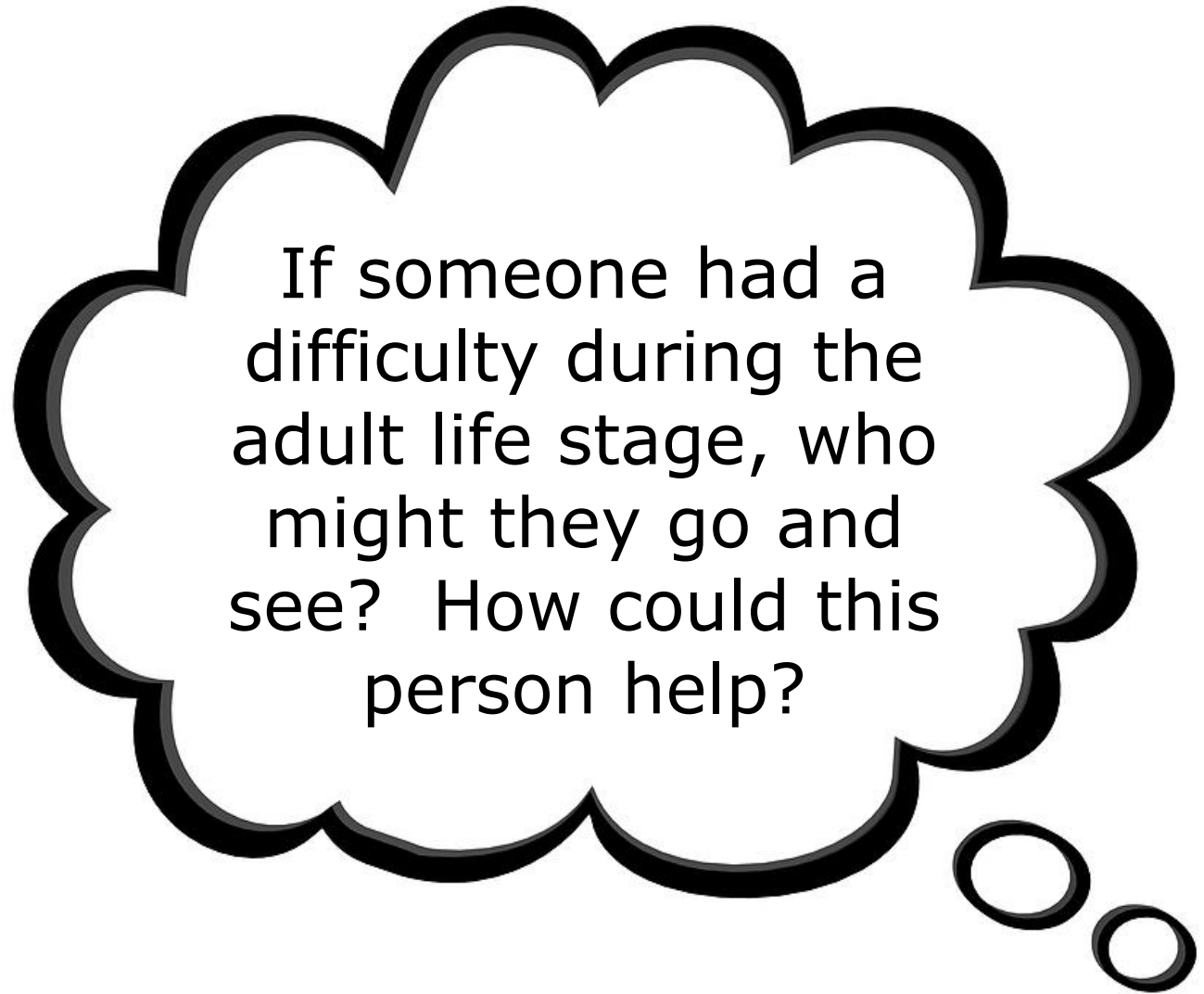
What changes occur during the adulthood stage?

### Success Criteria

Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'

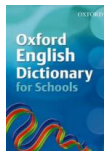


## SUMMARY



Key

words



Adulthood  
Maturity  
Conform

Sexual maturity  
Physical maturity  
Independent

Self Sufficient  
Responsible  
Empathy

**Learning Objective**

**What changes occur during the later adulthood stage?**

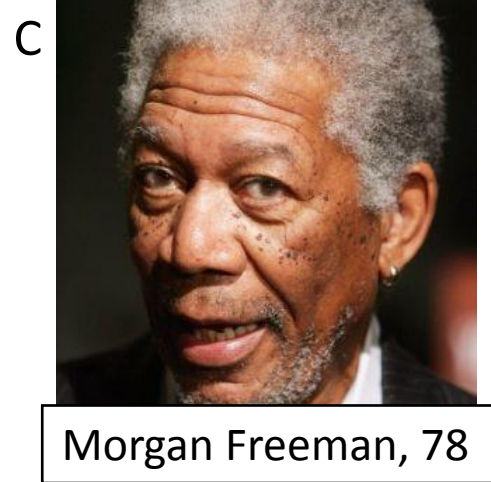
**Success Criteria**

Define 'later adulthood'

Describe some of the challenges of later adulthood

Categorise challenges and changes according to 'PIES'

# Bell activity : Who are these people and how old do you think they are?



Retirement  
Isolation  
Self concept

Physical decline  
Leisure  
Reaction times

Dementia  
Aging  
Independence



# Learning Goals

## Learning Objective

What changes occur during the later adulthood stage?

## Success Criteria

Define 'later adulthood'

Describe some of the challenges of later adulthood

Categorise challenges and changes according to 'PIES'



Define 'later adulthood'

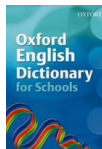
Describe some of the challenges of later adulthood

Categorise challenges and changes according to 'PIES'



Key

words



Retirement  
Isolation  
Self concept

Physical decline  
Leisure  
Reaction times

Dementia  
Aging  
Independence

## Learning Objective

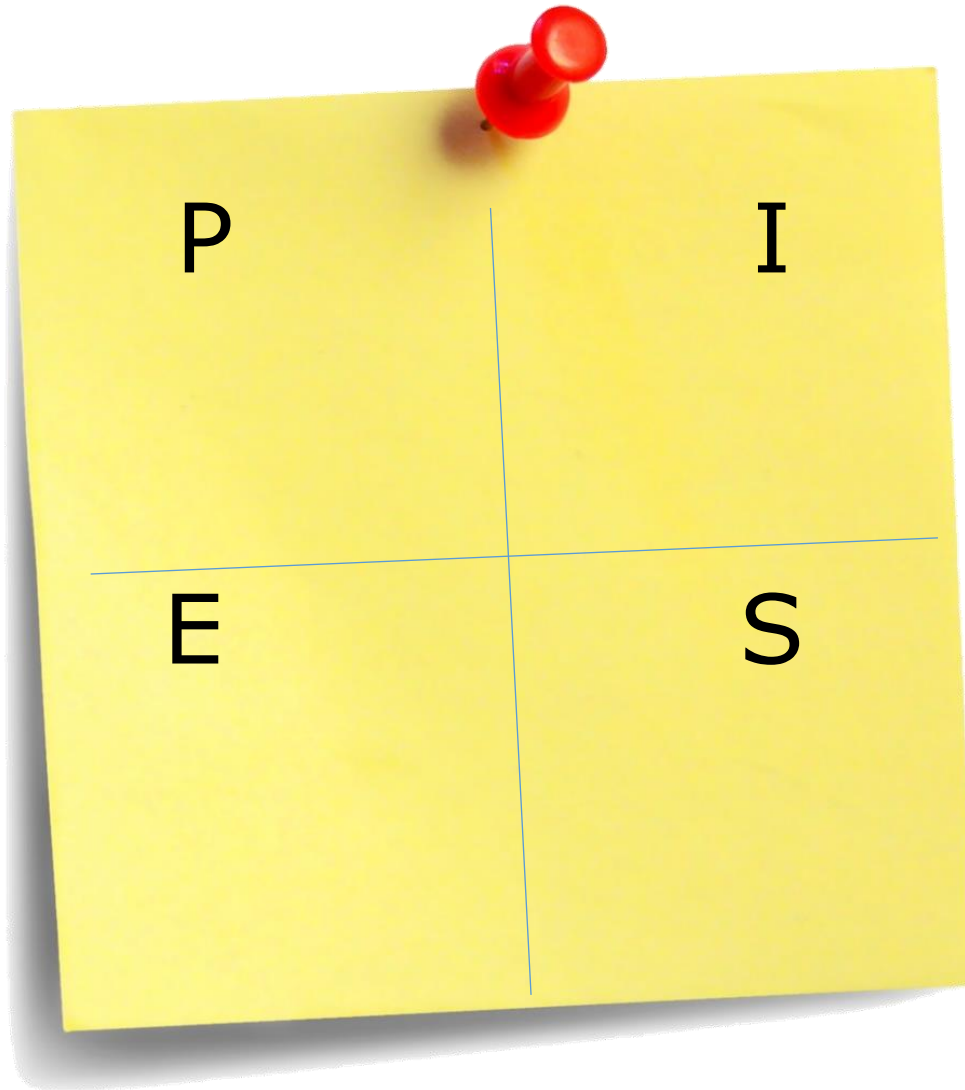
What changes occur during the later adulthood stage?

## Success Criteria

Define 'later adulthood'

Describe some of the challenges of later adulthood

Categorise challenges and changes according to 'PIES'



## TASK

Divide your post-it note into 4 sections and list at least 3 challenges that someone might face in later adulthood for each area.



Retirement  
Isolation  
Self concept

Physical decline  
Leisure  
Reaction times

Dementia  
Aging  
Independence

## Learning Objective

What changes occur during the later adulthood stage?

## Success Criteria

Define 'later adulthood'

Describe some of the challenges of later adulthood

Categorise challenges and changes according to 'PIES'

## Watch this video by Age Concern

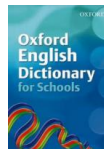


**What do the people say is hard about getting older? Write down some of challenges they face.**

<https://www.youtube.com/watch?v=fZzskDKisCs>



**Key words**



Retirement  
Isolation  
Self concept

Physical decline  
Leisure  
Reaction times

Dementia  
Aging  
Independence

# Later Adulthood

## Learning Objective

What changes occur during the later adulthood stage?

## Success Criteria

Define 'later adulthood'

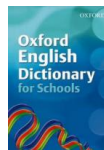
Describe some of the challenges of later adulthood

Categorise challenges and changes according to 'PIES'

- Older individuals are more prone to illness and disease than other adults
- They are also less able to regenerate tissue
- Individuals in later adulthood decline physically and become less active
- Individuals age at different rates depending on heredity, health and environment.
- There is more time for people in later adulthood to spend with friends and family members
- Grandchildren bring joy
- Less stress in retirement
- Reflect on life: Feeling satisfied/bitter with their life
- May lose life partner/ siblings
- **Social isolation:** Could feel lonely if there isn't family nearby
- Financial concerns



Key words



Retirement  
Isolation  
Self concept

Physical decline  
Leisure  
Reaction times

Dementia  
Aging  
Independence

## Learning Objective

What changes occur during the later adulthood stage?

## Success Criteria

Define 'later adulthood'

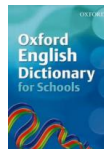
Describe some of the challenges of later adulthood

Categorise challenges and changes according to 'PIES'



Key

words



Retirement  
Isolation  
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Aging  
Independence

## Learning Objective

### What changes occur during the later adulthood stage?


#### Success Criteria

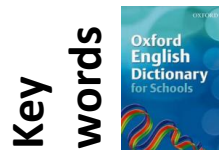
Define 'later adulthood'

Describe some of the challenges of later adulthood

Categorise challenges and changes according to 'PIES'



<p><b>P</b></p> <ul style="list-style-type: none"><li>• Less flexible</li><li>• Reduced mobility</li><li>• More illness</li><li>• Hair loss/greying</li><li>• Reduced hearing</li><li>• Reduced eyesight</li><li>• Less skin elasticity (wrinkles)</li><li>• Sun spots</li></ul>	<p><b>I</b></p> <ul style="list-style-type: none"><li>• Most will remain just as intelligent as when they were younger</li><li>• Some will have reduced memory and might forget things</li><li>• People with dementia may have problems with memory, problem solving or language</li></ul>
	
<p><b>Older Adulthood</b></p>	
<p><b>E</b></p> <ul style="list-style-type: none"><li>• Self concept continues to form</li><li>• May be stereotypes by others which could affect confidence and self esteem</li><li>• Retirement can affect identity (I'm not a teacher any more – who am I?)</li><li>• Death of a partner or friends may leave an older person feeling isolated</li><li>• Less stress from working</li></ul>	<p><b>S</b></p> <ul style="list-style-type: none"><li>• More free time to spend with friends and family</li><li>• Grandchildren may encourage socialisation</li><li>• May experience the death of friends or partner. This could lead to loneliness</li><li>• May find it more difficult to get out and socialise for health reasons</li></ul>



Retirement  
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## Learning Objective

What changes occur during the later adulthood stage?

### Success Criteria

Define 'later adulthood'

Describe some of the challenges of later adulthood

Categorise challenges and changes according to 'PIES'

Maggie is 83 years old. She is a retired ambulance and bus driver who now lives on her own. She has recently started to find walking and bending down difficult. This frustrates her as she is a very active person who enjoys driving to friend's houses for lunch. Maggie has one daughter who lives a few miles away and many friends in the local area. Pat, her next-door-neighbour, was concerned enough about Maggie to offer daily support and help around the house for a couple of weeks. She has also started to do Maggie's shopping for her. Maggie has been very grateful for this help but now Pat is finding it difficult to provide the regular support that Maggie needs.

**P**hysical

**E**mootional

**I**ntellectual

**S**ocial

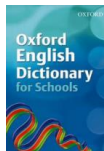
- Identify two factors of Maggie's development that are being affected by her situation.
- Explain how they are being affected.

## SUMMARY



Key

words



Retirement  
Isolation  
Self concept

Physical decline  
Leisure  
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Aging  
Independence

P

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E

S

## Older Adulthood



## Learning Objective

What changes occur during the later adulthood stage?

### Success Criteria

Define 'later adulthood'

Describe some of the challenges of later adulthood

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Maggie is 83 years old. She is a retired ambulance and bus driver who now lives on her own. She has recently started to find walking and bending down difficult. This frustrates her as she is a very active person who enjoys driving to friend's houses for lunch. Maggie has one daughter who lives a few miles away and many friends in the local area. Pat, her next-door-neighbour, was concerned enough about Maggie to offer daily support and help around the house for a couple of weeks. She has also started to do Maggie's shopping for her. Maggie has been very grateful for this help but now Pat is finding it difficult to provide the regular support that Maggie needs.

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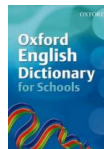
**I**ntellectual

**S**ocial

- Identify two factors of Maggie's development that are being affected by her situation.
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# Learning Goals

## Learning Objective

Recap our learning of life stages so far

## Success Criteria

State the ages at which an individual is at each life stage

Describe some of the characteristics of each life stage

Categorise challenges and changes according to 'PIES'



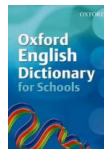
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**Key words**



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## Learning Objective

Recap our learning of life stages so far

### Success Criteria

State the ages at which an individual is at each life stage

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## Check your Understanding

- a) Name 3 physical characteristics for a female adolescent (3 marks)
- b) Name 3 physical characteristics for a person aged 70 years old (3 marks)
- c) Give 3 fine motor skills (3 marks)
- d) Give 3 physical changes during the menopause (3 marks)
- e) Give 3 ways in which a doctor/GP can support a woman going through the menopause (3 marks)
- f) Give 3 physical characteristics for a child aged 6 years old (3 marks)
- g) Name the five life stages in order (5 marks)

[Total out of 23]



## Learning Objective

Recap our learning of life stages so far

### Success Criteria

State the ages at which an individual is at each life stage

Describe some of the characteristics of each life stage

Categorise challenges and changes according to 'PIES'

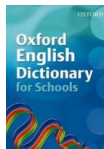
## Match the key word to the correct definition:

<b>Life span</b>	An increase in physical size
<b>Milestones</b>	An increase in skills, emotions and abilities
<b>Self Image</b>	A defined period of growth and development e.g. adolescence, childhood...
<b>Growth</b>	The time between a person's birth and death
<b>Developmental norms</b>	The ways in which people grow and develop tend to follow a pattern e.g. baby can sit unaided at 6 months, menopause for women (45-55 years)
<b>Development</b>	The expected growth and development in the life stages e.g. sitting unaided at 6 months, menopause for women (45-55 years)
<b>Self esteem</b>	How you value yourself
<b>Life stage</b>	How you see yourself
<b>Norms for ones age</b>	Both self esteem and self image combined
<b>Self concept</b>	The average for his/her age



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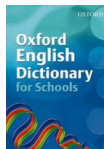
## Check your answers

<b>Growth</b>	An increase in physical size
<b>Development</b>	An increase in skills, emotions and abilities
<b>Life Stage</b>	A defined period of growth and development e.g. adolescence, childhood...
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<b>Milestones</b>	The expected growth and development in the life stages e.g. sitting unaided at 6 months, menopause for women (45-55 years)
<b>Self esteem</b>	How you value yourself
<b>Self image</b>	How you see yourself
<b>Self concept</b>	Both self esteem and self image combined
<b>Norm for one's age</b>	The average for his/her age



Key

words



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## Learning Objective

Recap our learning of life stages so far

## Success Criteria

State the ages at which an individual is at each life stage

Describe some of the characteristics of each life stage

Categorise challenges and changes according to 'PIES'

# Later Adulthood

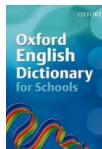
Complete your timeline to demonstrate the different life stages and what we would expect to happen during each stage.

Create a key to show different forms of growth and development in relation to PIES



Key

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