

Core Knowledge

Growth and development across life stages

Powerful Knowledge

Key Words	
Puberty	A change in the body where the brain releases hormones and sexual characteristics develop.
Menopause	Physiological changes including the gradual end of menstruation and shrinkage of sexual organs.
Gross motor skills	Gross motor skills are used to control larger muscle groups in the body.
Fine motor skills	Fine motor skills are used to control hands and fingers.
Milestones	A significant stage or event in the development of something.
Abstract thinking	Thinking about something that might not even be there or even exist.
Bonding	Forming an attachment with a parent or carer.
Attachment	Attachment is the close emotional connection between people.
Self-esteem	How much a person likes/values/accepts/ themselves.
Contentment	Contentment is about feeling satisfied and happy with what you have and what you have achieved.
Self-image	Self-image is how an individual will think and feel about themselves and how they imagine other people see them.

Basics	
Identify	Establish or indicate who or what (someone or something) is.
Describe	Give a detailed account in words of.
Explain	Make clear to someone by describing it in more detail or revealing relevant facts.
Assess	Give careful consideration to all the factors or events that apply and then identify which are most important, giving reasons. You must also give the advantages and disadvantages and say which one is best
Evaluate	Give careful consideration to the advantages and disadvantages and then explain why they are advantages and disadvantages. Decide which factor is the most important and explain your reasons.
Analyse	Identify the key factors and how they are linked and the explain the importance and relevance of each one.

Sentence Starters		
In addition to...	Alternatively...	For instance...
Another point...	For example...	Whereas...
This can be illustrated by....	However...	Generally...

- 1. Physical factors**
- Genetic inheritance
 - Diet and lifestyle choices
 - Experience of illness and disease
 - Appearance

- 2. Economic factors**
- Income/ wealth
 - Material possessions

- 3. Social, Cultural and emotional factors**
- Educational experiences
 - Culture, e.g. community involvement, religion, gender
 - Influence of role models
 - Influence of social isolation
 - Personal relationship with friends and family



Lifestages

- Infancy (0 - 2 years)
- Early childhood (3 - 8 years)
- Adolescence (9 - 18 years)
- Early adulthood (19 - 45 years)
- Middle adulthood (46 - 65 years)
- Later adulthood (65+ years)



Holistic Development

- Physical development** - Physical growth and physiological change
- Intellectual development** - Developing thinking and language skill and common activities that promote learning and development
- Emotional development** - Developing feelings about self and other
- Social development** - Forming relationships

Expected/ Unexpected Life Events	
Marriage	Unemployment
Employment	Promotion
Leaving/ starting school	Exclusion/ dropping out of education
Moving house	Imprisonment
Retirement	Ill health
Living with partner	Death
Parenthood	Accident/ injury

The Spec!!!

PASS	Describe growth and development across three life stages for a selected individual. Explain how different factors have affected growth and development of a selected individual
MERIT	Compare the different factors that have affected growth and development across three life stages for a selected individual.
DISTINCTION	Assess the changing impact of different factors in the growth and development across three life stages of a selected individual.

P HYSICAL
I NTELLECTUAL
E MOTIONAL
S OCIAL

