

<p><b>A1 – How do people grow and develop throughout their lives?</b></p> <p><b>The whole person - Physical, Intellectual, Emotional, Social Development (PIES)</b> Remember health and well-being is about meeting the needs of the whole person. (Holistic approach).</p>		<p><b>Lifestages</b> 1. Infancy (0 – 2 years) 2. Early childhood (3 – 8 years) 3. Adolescence (9 – 18 years) 4. Early adulthood (19 – 45 years) 5. Middle adulthood (46 – 65 years) 6. Later adulthood (65+ years).</p> <p><b>Milestones - A significant event or stage in life, progress, development.</b></p>	<p><b>Physical Health – Healthy body systems, regular exercise, a healthy diet, regular sleep patterns, good personal hygiene, access to shelter and warmth</b></p>		
 <p>Infancy (Physical)</p>  <p>Childhood (Physical) Gross and fine motor skills.</p>  <p>0-2, 3-8 dependent on carers</p> <p><b>Older Adulthood 65+</b></p> <p>Ageing process is very slow, some people only notice changes in their 60's.</p> <p>Thinner and less sensitive skin. Wrinkles (skin will lose elasticity)</p> <p>Nails may become more brittle or harder</p> <p>Bones more brittle.</p> <p>Stiffer joints and weaker muscles. (Gross motor skills)</p> <p>Reduced height and some bending.</p> <p>Dexterity (fine motor skills)</p> <p>Less balance</p> <p>Senses, hearing, sight, taste and breathing less effective.</p> <p>Stamina</p> <p>High blood pressure.</p> <p>Less insulin produced.</p> 	<p>Weight Growth</p> <p>Weight, growth</p> <p>reflexes</p> <p>0-2, 3-8 dependent on carers</p> <p><b>Older Adulthood 65+</b></p> <p>Ageing process is very slow, some people only notice changes in their 60's.</p> <p>Thinner and less sensitive skin. Wrinkles (skin will lose elasticity)</p> <p>Nails may become more brittle or harder</p> <p>Bones more brittle.</p> <p>Stiffer joints and weaker muscles. (Gross motor skills)</p> <p>Reduced height and some bending.</p> <p>Dexterity (fine motor skills)</p> <p>Less balance</p> <p>Senses, hearing, sight, taste and breathing less effective.</p> <p>Stamina</p> <p>High blood pressure.</p> <p>Less insulin produced.</p> 	 <p>Adolescence 9-18 – Male (onset puberty) growth spurts and emotional changes.</p> <p>Sexual maturity preparing for reproduction, when hormones are released from the pituitary gland, chemical messages to the testes. Larynx grows (Voice deepens)</p> <p><b>Intellectual Development</b></p> <p><b>Infancy 0-2)</b> Language development – babbling, sounds, words, 3mths remember routines, 9mths develop memory, 12mths copy adults.</p> <p><b>Childhood 3-8</b> Language development, imaginative, recognition, understanding. Think through simple problems 5 yrs memory well developed</p> <p><b>Adolescence (9-18)</b> Brain continues to develop, there are still many differences in how a middle aged adolescent thinks compared to an adult, as find it difficult to understand consequences of actions.</p> <p><b>Adulthood 45- 64</b> capable of abstract thinking, Job, independence, learning new skills.</p> <p><b>Older Adulthood 65+</b> Often take new hobbies, retire, retain level of intelligence but speed of thinking will decline, affecting ability to think through problems and make logical decisions. Decline in memory.</p> <p>Comes from keeping the brain healthy and active through opportunities to learning, skills,</p>	 <p>Adolescence – Female 9-18 (onset puberty) growth spurts and emotional change</p> <p>Sexual maturity preparing for reproduction, when hormones are released from the pituitary gland, chemical messages to the ovaries. Menstruation begins.</p> <p><b>Social and Emotional Development</b></p> <p><b>Infancy (0-2):</b> Need to feel safe, secure and content. Likes to please adults and to perform for an audience May become anxious or distressed if separated from known adults May use comfort object Mostly cooperative and can be distracted from unwanted behaviour Plays alongside other children</p> <p><b>Childhood (3-8)</b></p> <p>Makes friends but may need help in resolving disputes Developing understanding of rules, but still finds turn-taking difficult Enjoys helping others and taking responsibility Learns lots about the world and how it works, and about people and relationships Makes friends (often short-term) and plays group games Needs structure and a routine to feel safe When behaviour is 'over the top', they need limits to be set</p>	<p><b>Adulthood 19 - 65</b></p> <p>Fully mature, reached full height, but tend to gain weight. Women usually experience menopause (19-45 most fertile, the natural and permanent stopping of menstruation between; 45-55. Ovaries stop releasing an egg. Peak of physical fitness Men may lose hair. Hair often starts to grey. Eyesight may deteriorate. The skin loses elasticity and wrinkles appear. Female fertility decreases and ends with the menopause. Sperm reproduction decreases.</p> <p><b>Older Adulthood 65+</b></p> <p>Self-image, self-esteem, ageing process, Retire. Socialise of own choice. Bereavement of family friends. Isolation</p>	
<p>P1: Extended Write: Describe the physical, intellectual, emotional and social development for 3 life stages for a chosen individual and explain how one area of development can impact another area of development</p>					