

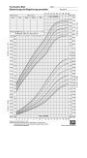


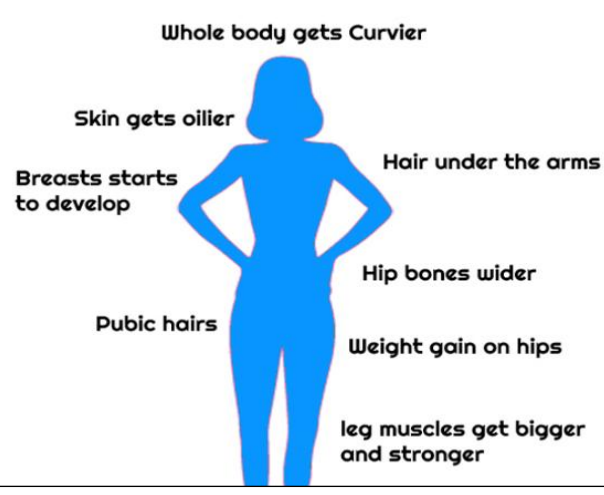



<b>A1 – How do people grow and develop throughout their lives?</b>		<b>Lifestages</b> 1. Infancy (0 – 2 years)    2. Early childhood (3 – 8 years)   3. Adolescence (9 – 18 years) 4.. Early adulthood (19 – 45 years)   5. Middle adulthood (46 – 65 years) 6. Later adulthood (65+ years).					
<b>The whole person - Physical, Intellectual, Emotional, Social Development (PIES)</b> <b>Remember health and well- being is about meeting the needs of the whole person.</b> <b>(Holistic approach).</b>		<b>Milestones - A significant event or stage in life, progress, development.</b>					
<b>Physical Health – Healthy body systems, regular exercise, a healthy diet, regular sleep patterns, good personal hygiene, access to shelter and warmth</b>							
<div><p>Infancy (Physical)</p></div> <div><p>Childhood (Physical) Gross and fine motor skills.</p></div> <div><p>Weight, growth</p></div> <div><p>reflexes</p></div>		<div></div>		<div></div>		<b>Adulthood 19 - 65</b>  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.	
<div>0-2, 3-8 dependent on carers</div> <div><b>Older Adulthood 65+</b>  Ageing process is very slow, some people only notice changes in their 60’s.  Thinner and less sensitive skin. Wrinkles (skin will lose elasticity)  Nails may become more brittle or harder  Bones more brittle.  Stiffer joints and weaker muscles. (Gross motor skills)  Reduced height and some bending.  Dexterity (fine motor skills)  Less balance  Senses, hearing, sight, taste and breathing less effective. Stamina  High blood pressure.  Less insulin produced.</div> <div></div>		<div><b>Adolescence 9-18 – Male (onset puberty) growth spurts and emotional changes.</b>  Sexual maturity preparing for reproduction, when hormones are released from the pituitary gland, chemical messages to the testes. Larynx grows (Voice deepens)</div> <div><b>Intellectual Development</b>  <u>Infancy 0-2)</u> Language development – babbling, sounds, words, 3mths remember routines, 9mths develop memory, 12mths copy adults.  <u>Childhood 3-8</u> Language development, imaginative, recognition, understanding. Think through simple problems 5 yrs memory well developed  <u>Adolescence (9-18)</u> 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.  <u>Adulthood 45- 64</u> capable of abstract thinking, Job, independence, learning new skills.  <u>Older Adulthood 65+</u> 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.</div> <div>Comes from keeping the brain healthy and active through opportunities to learning, skills,</div>		<div><b>Adolescence – Female 9-18 (onset puberty) growth spurts and emotional change</b>  Sexual maturity preparing for reproduction, when hormones are released from the pituitary gland, chemical messages to the ovaries. Menstruation begins.</div> <div><b>Social and Emotional Development</b>  <u>Infancy (0-2):</u> 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  <u>Childhood (3-8)</u>  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</div> <div>Feeling safe, secure, able to express self, be respected, having a positive self-concept, friendships and strong family relationships.</div>		<div><u>Adolescence (9-18)</u> (self-image and self-esteem)  It becomes important to fit in with a peer group (a group of people who are the same age and very important to an individual). They also start to experiment with sexual relationships.  Emotions can fluctuate, act in way they would normally and risk take  They depend on peer advice, and feel they need to be accepted by their peers which mean they can change their clothes, interests and behaviour.</div> <div><u>Adulthood (45-64)</u> (Self-esteem and self-image)  Young adults are more independent and can go out and spend their money as they like. Make own decisions.  Most adults have to balance their social life with work and family responsibilities.</div> <div><u>Older Adult 65+</u>  Self-image, self-esteem, ageing process, Retire.  Socialise of own choice.  Bereavement of family friends.  Isolation</div>	
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							