

A1 – How do people grow and develop throughout their lives?


The whole person - Physical, Intellectual, Emotional, Social Development (PIES)
Remember health and well-being is about meeting the needs of the whole person. (Holistic approach).

Lifestages


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).

Milestones - A significant event or stage in life, progress, development.

Physical Health – Healthy body systems, regular exercise, a healthy diet, regular sleep patterns, good personal hygiene, access to shelter and warmth

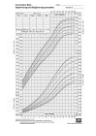


Infancy (Physical)




Weight Growth


Childhood (Physical) Gross and fine motor skills.





Weight, growth



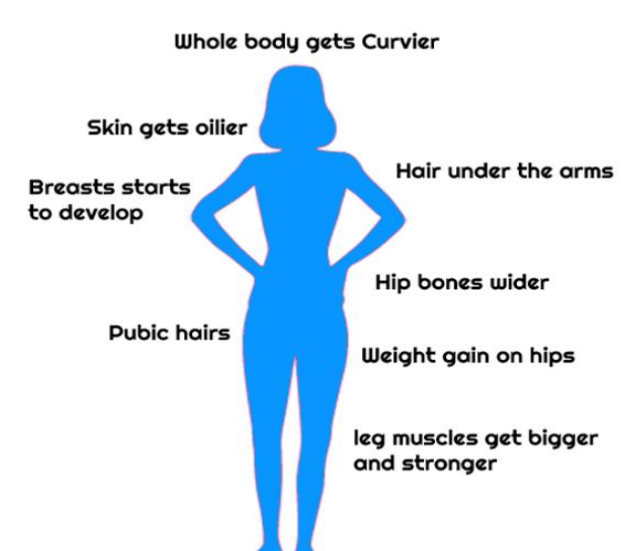
reflexes







Adolescence - Male



Adolescence - Female

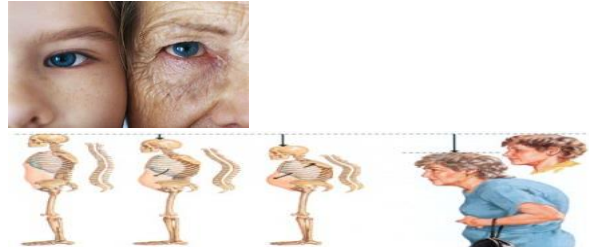
Adulthood 19 - 65

Fully mature but tend to gain weight. Women usually experience menopause (the natural and permanent stopping of menstruation between; 45-55. 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.

Older Adulthood

Ageing process is very slow, some people only notice changes in their 60's.

- Thinner and less sensitive skin.
- Wrinkles.
- Bones more brittle.
- Stiffer joints.
- Reduced height and some bending.
- Weaker muscles.
- Less balance
- Senses and breathing less effective.
- High blood pressure.
- Less insulin produced.



Intellectual Development

Infancy
Language development – babbling, sounds, words

Childhood
Language development, imaginative, recognition, understanding.

Adolescence
Brain continues to develop, there are still many differences in how a middle aged adolescent thinks compared to an adult.

Adulthood
Job, independence, learning new skills.
Comes from keeping the brain healthy and active through opportunities to learning, skills, communication and problem solving.

Social and Emotional Development

Feeling safe, secure, able to express self, be respected, having a positive self-concept, friendships and strong family relationships.

Infancy
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

Childhood
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

Adolescence
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.
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.
Some may even go as far as to behave in a wrong way, just to fit in. For example?

Adulthood
Young adults often have no responsibility and can go out and spend their money as they like. What social activities would they do?
Most adults have to balance their social life with work and family responsibilities.

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