



Haydock High School – Excellence in Exams

Get Ready for...

Subject: Health and Social Care

Exam Dates: 9th January 2018

Unit: 1: Understanding Personal Development and Relationships

Worth: 25%

Revision Materials: Weekly revision booklets

Revision Techniques

Topics I Need To Revise:	Ways I Could Revise:
<p>Human growth and development</p> <ul style="list-style-type: none"> • the different life stages: <ul style="list-style-type: none"> ○ 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) <p>Physical development – physical growth and physiological change across the life stages:</p> <ul style="list-style-type: none"> • infancy and early childhood – development of gross motor skills and fine motor skills <ul style="list-style-type: none"> ○ definition, common examples of each and activities that promote their development, the differences between fine and gross motor skills • adolescence – the main physical changes in puberty <ul style="list-style-type: none"> ○ sexual maturity, growth spurt, primary and secondary sexual characteristics • early adulthood – physical maturity • middle adulthood – menopause (description and main effects), ageing process (hair loss, greying hair, loss of muscle tone) • later adulthood – ageing process <ul style="list-style-type: none"> ○ hair loss, greying hair, loss of muscle tone, loss of strength, loss of mobility, loss of fine motor skills, sensory loss. <p>Intellectual/cognitive development across the life stages – developing thinking and language skills and common activities that promote them:</p> <ul style="list-style-type: none"> • rapid learning in the early years (language, moral development) • learning and developing new skills including abstract and creative thinking, problem solving • memory and recall, effects of old age on memory. <p>Emotional development across the life stages – developing feelings about self and others:</p> <ul style="list-style-type: none"> • bonding and attachment • security • self-image (definition, common reasons for positive and negative self-image) • self-esteem (definition, common reasons for positive and negative self-esteem) • contentment. <p>Social development across the life stages – forming relationships:</p> <ul style="list-style-type: none"> • friendship and friendship groupings • the formation of relationships with others • independence (activities and events that promote independence, including performing tasks and activities for self, entering employment, learning to drive). 	<ul style="list-style-type: none"> • Produce a chart to show the life stages, age ranges and developments that take place – physical, intellectual, emotional and social. • Produce flash cards for the definitions, key words and concepts • Revise and test yourself on the key words • Practice exam questions based on each of the life stages, key words, definitions, etc. • Draw a timeline to show the PIES growth and development that takes place over a person’s lifetime. • Produce tables that show the positive and negative effects of factors on self-concept • Produce tables to show the positive and negative effects of different relationships on a person’s self-concept, growth and development.

Learning aim B: Investigate factors that affect human growth and development and how they are interrelated

Topic B.1 Physical factors that affect human growth and development

How the following physical factors can affect human growth and development:

- genetic inheritance (inherited characteristics, disabilities)
- lifestyle choices (diet, exercise, alcohol, smoking, drugs)
- illness and disease (general effects on growth and development).

Topic B.2 Social, cultural and emotional factors that affect human growth and development

How the following social, cultural and emotional factors can affect human growth and development:

- influence of play (solitary play/social play)
- culture (effects of religion and spirituality, community influences)
- gender (inequality of employment opportunity and pay, social inequality, expectations)
- influence of role models
- Influence of social isolation.

Topic B.3 Economic factors that affect human growth and development

How the following economic factors can affect human growth and development:

- income/wealth (effects of level of income)
- occupation (type, status, security of income)
- employment/unemployment/not in education, employment or training (effect on income, social and emotional effects).

Topic B.4 Physical environment factors that affect human growth and development

How the following physical environmental factors affect human growth and development:

- housing conditions (effects of poor living conditions)
- pollution (effects on health).

Topic B.5 Psychological factors that affect human growth and development

How the following psychological factors can affect human growth and development:

- relationships with family members including unconditional acceptance
- growing up in care
- friendship patterns and relationship with partner/s (effects on emotional and social development)
- stress (effects on physical, intellectual, emotional and social development of individual experiencing stress).

Topic B.6 The expected life events that can affect human growth and development and the positive and negative effects of the

- Mind map all of the factors include the effects on growth and development (positive and negative)
- Case studies from magazines – identify and describe the factor and how it is affecting growth and development.
- Produce a flip book
- Pictionary
- Past exam questions - timed
- Come dine with me – create a summary of each factor on a paper plate
- Annotate a picture that shows one of the factors
- Use the picture to create your own exam questions and the mark scheme to go with it.
- Case study – family from a soap opera on tv. Identify the relationships and how they affect each person.
- Mind maps of the various factors including the positive and negative effects
- Case study – magazine or from a TV programme. Chart to show how the life event effected the person
- Story board / comic strip

events on growth and development:

- starting, being in and leaving education
- moving house/location
- entering and being in employment
- living with a partner/marriage/civil ceremony
- parenthood
- retirement.

Topic B.7 The unexpected life events that can affect human growth and development and the effects of the events on personal growth and

development and that of others:

- death of a partner, relative or friend
- accidents and injury, ill health
- exclusion, dropping out of education
- imprisonment
- promotion/redundancy/unemployment.

Topic B.8 Understanding how to manage the changes caused by life events:

- types of support (formal, informal, emotional, physical)
- support offered by people (family, friends, partners, professional carers, including district nurse and social care worker)
- support offered by community groups, voluntary and faith-based organisations
- managing expectations.