

## Yr 10 HSC Autumn Term 1

What? When? Why?	Lesson 1	Lesson 2	Lesson 3
WEEK 1	<p style="text-align: center;"><u>MAIN LIFE STAGES</u></p> <p>To introduce the concept of 6 life stages as a guide to help us understand the usual patterns of growth and development.</p> <p>To introduce characteristics as something that is <b>typical</b> of people at a particular life stage.</p> <p>To consider development as a number of stages and identify how knowledge of typical characteristics, can help health and social care workers to understand how people usually develop at each life stage and recognise developmental problems or delay.</p>	<p style="text-align: center;"><u>AREAS OF GROWTH AND DEVELOPMENT</u></p> <p>To define the key terms:</p> <ul style="list-style-type: none"> <li>• Growth</li> <li>• Classification</li> <li>• Development</li> </ul> <p>To explain that human growth is broken into four classifications / areas of development:</p> <ul style="list-style-type: none"> <li>• Physical</li> <li>• Intellectual</li> <li>• Emotional</li> <li>• Social</li> </ul> <p>To describe each area of development and identify 2-3 examples of how a person develops in each area.</p> <p>To explain how development is holistic e.g. without good communication skills (intellectual development) it is difficult to build friendships (social development)</p>	<p style="text-align: center;"><u>PHYSICAL DEVELOPMENT TYPES</u></p> <p>To classify physical development into two types:</p> <ul style="list-style-type: none"> <li>• Gross motor development</li> <li>• Fine motor development</li> </ul> <p>To describe each type of development.</p> <p>To introduce three key concepts that help us understand the early stages of physical development:</p> <ul style="list-style-type: none"> <li>• Top to toe</li> <li>• Inner to outer</li> <li>• Same pattern / different rates</li> </ul>

WEEK 2	<p style="text-align: center;"><u>PHYSICAL DEVELOPMENT IN INFANCY AND EARLY CHILDHOOD</u></p> <p>Identify expected physical development from birth to three years (Milestones)</p> <p>Explain how milestones have been developed and justify why all children can reach milestones at different ages.</p> <p>Identify typical gross and fine motor skills in early childhood and describe activities to help infants and children develop specific skills.</p>	<p style="text-align: center;"><u>PHYSICAL DEVELOPMENT IN ADOLESCENCE AND EARLY ADULTHOOD</u></p> <p>Identify expected physical development in adolescence (9-18 years)</p> <p>Describe puberty as a process towards sexual maturity that prepares adolescents for reproduction.</p> <p>Identify the physical signs of puberty in boys and girls and distinguish between primary and secondary sexual characteristics.</p> <p>Identify expected physical development in early adulthood (19-45 years)</p> <p>Describe how lifestyle choices (diet and exercise) can impact upon physical fitness during early adulthood.</p>	<p style="text-align: center;"><u>PHYSICAL DEVELOPMENT IN MIDDLE AND LATER ADULTHOOD</u></p> <p>Identify expected physical development in middle adulthood (46-65 years)</p> <p>Describe what happens during menopause and explain how these changes impact upon a woman's physical development.</p> <p>Identify expected physical development in later adulthood (65+ years)</p> <ul style="list-style-type: none"> <li>• Physical appearance</li> <li>• Physical ability</li> </ul> <p>Identify the effects of ageing in older adulthood (stamina reduction, muscle loss, bone weakening, thinning and loss of elasticity in skin, reduction in senses, increased risk of infection / illness and slower reaction times)</p>
WEEK 3	<p style="text-align: center;"><u>INTELLECTUAL DEVELOPMENT IN IN INFANCY AND EARLY CHILDHOOD</u></p> <p>Identify and distinguish between the four aspects of cognitive development:</p> <ul style="list-style-type: none"> <li>• Creative thinking / abstract thought</li> <li>• Memory / recall</li> </ul>	<p style="text-align: center;"><u>INTELLECTUAL DEVELOPMENT IN ADOLESCENCE AND ADULTHOOD</u></p> <p>Identify and describe typical intellectual development in adolescence, early, middle and later adulthood.</p>	<p style="text-align: center;"><u>LANGUAGE DEVELOPMENT</u></p> <p>Describe language development as an aspect of intellectual development that helps individuals to express their ideas and develop thought processes.</p>

	<ul style="list-style-type: none"> <li>• Problem solving</li> <li>• Language development</li> </ul> <p>Identify and describe typical intellectual development in infancy and early childhood.</p>	<p>Consider the impact of ageing on intellectual development (memory loss and dementia)</p>	<p>Explain how language is typically acquired from birth to 5+ years.</p> <p>Distinguish between the pre-linguistic stage of language development (0-13 months old) and linguistic stage (13 months old+)</p> <p>Describe activities that can be utilised to support language development in infants and young children.</p>
WEEK 4	<p><u>EMOTIONAL DEVELOPMENT IN INFANCY AND EARLY CHILDHOOD</u></p> <p>Identify emotional development as a process that refers to how we feel about ourselves and how we cope with life</p> <p>Describe strategies to support emotional development in infancy and explain why this is important (self-esteem)</p> <p>Describe the typical process of developing bonding and attachment in infancy and early childhood and describe the positive impact that strong attachment in early life can have in later life.</p> <p>Define the key terms:</p>	<p><u>EMOTIONAL DEVELOPMENT IN ADOLESCENCE AND ADULTHOOD</u></p> <p>Understand that emotional development can fluctuate particularly in adolescence.</p> <p>Describe the typical stages of independence across three life stages (adolescence, early and middle adulthood and later adulthood)</p> <p>Identify influences upon our security needs in adolescence and adulthood.</p> <p>Distinguish between the concepts of self-image and self-esteem</p> <p>Identify and describe factors that can impact upon an individual's self-image and self-esteem and</p>	<p><u>EMOTIONAL DEVELOPMENT IN ADOLESCENCE AND ADULTHOOD</u></p> <p>Consider the importance of "body image" for emotional development at the adolescent life stage.</p> <p>Describe possible effects of wanting to achieve a perfect body image (<i>Jesy Nelson documentary</i>)</p> <p>Identify potential sources of support for adolescents and adults with negative body image</p>

	<ul style="list-style-type: none"> <li>• Security</li> <li>• Contentment</li> <li>• Independence</li> </ul> <p>(Callum application activity)</p>	highlight the potential impact of high and low self-esteem	
WEEK 5	<p><u>SOCIAL DEVELOPMENT IN INFANCY AND EARLY CHILDHOOD</u></p> <p>Define the term <b>socialisation</b> and describe how this process helps infants and children connect with others.</p> <p>Describe the typical process of social development in infancy and early adulthood (forming attachments and friendships)</p> <p>Describe the development of play, distinguish between:</p> <ul style="list-style-type: none"> <li>• Solitary play (0-2)</li> <li>• Parallel play (2-3)</li> <li>• Co-operative / social play (3+)</li> </ul>	<p><u>SOCIAL DEVELOPMENT IN ADOLESCENCE AND ADULTHOOD</u></p> <p>Distinguish between features of:</p> <ul style="list-style-type: none"> <li>• Informal relationships</li> <li>• Friendships</li> <li>• Formal relationships</li> <li>• Intimate relationships</li> </ul> <p>Describe the range of skills and abilities required for social development</p> <p>Identify the typical types of relationship and social development across adolescence and adult life stages</p> <p>Explain why relationships are important for development (PIES)</p>	<p><u>REVIEW OF C1 A1 LEARNING</u></p> <p>Recall and application tasks to consolidate, assess learning and inform future planning</p>
WEEK 6	<p><u>PHYSICAL FACTORS</u></p> <p>Describe the term genetic inheritance and describe how our genetic inheritance can affect our self-image and self-esteem.</p> <p>Consider genetic disorders, disease and illness and describe how these can impact upon PIES.</p>	<p><u>LIFESTYLE</u></p> <p>Describe how lifestyle choices can impact upon an individual's health and well-being</p> <p>DIET – Explain that a healthy diet includes a balance of foods that contain the nutrients that individuals need to grow and develop</p>	<p><u>APPEARANCE</u></p> <p>Identify factors that affect individual appearance and how an individual may change their personal appearance</p> <p>Describe typical changes in appearance across the different life stages.</p>

		<p>Identify the positive impact of a healthy diet and negative impact of an unhealthy diet on PIES development</p> <p>EXERCISE – Describe the importance of regular exercise across different life stages</p> <p>ALCOHOL, ILLEGAL DRUGS, SMOKING AND SEXUAL ACTIVITY – Outline the adverse impact upon PIES of these lifestyle choices</p>	
WEEK 7	<p><u>SOCIAL AND CULTURAL FACTORS 1</u></p> <p>Identify and describe potential positive and negative effects of a person’s culture or religion</p> <p>Describe different meanings of the word “community” and explain how belonging to a community can have a positive impact upon development</p> <p>Consider the consequences of social isolation and describe the potential (negative) impact upon development.</p>	<p><u>SOCIAL AND CULTURAL FACTORS 2</u></p> <p>Define the term “gender role” as the role and responsibilities determined by a person’s gender</p> <p>Describe the typical gender roles of males and females and explain how children typically learn gender roles in early childhood</p> <p>Consider the negative impact of gender discrimination.</p> <p>Describe the positive impact of education on an individual’s health and life expectancy.</p>	<p><u>REVIEW OF WK 6 &amp; WK 7</u></p> <p>Recall and application tasks to consolidate, assess learning and inform future planning</p>