

A1: HUMAN GROWTH AND DEVELOPMENT ACROSS LIFE STAGES

Life stages	Growth	Development	P - Physical	I - Intellectual	E - Emotional	S - Social	Developmental Norm
Infancy (0-2 years) Early childhood (3-8 years) Adolescence (9-18 years) Adulthood (19-45 years) Middle adulthood (46-65 years) Later adulthood (65+ years)	Increase in size (height) and mass (weight). Growth is a physical process.	Increase in skills and abilities. Development can be physical, intellectual, emotional and social.	Changes in the body including the development of physical skills.	Development of cognitive skills such as memory, attention, language and thought.	Development of identity, self-concept and emotional wellbeing.	Development of friendships and other relationships.	The average age that a specific skill or physical change occurs.

	Infancy	Early Childhood	Adolescence	Early Adulthood	Middle Adulthood	Later Adulthood
Physical	<ul style="list-style-type: none"> Development occurs from top to toe Control develops from inner to outer Infants follow the same growth pattern but grow at different rates Height and weight increases Gross and fine motor skills develop 	<ul style="list-style-type: none"> Height and weight increases Gross and fine motor skills are mastered Physical control, coordination and balance are mastered 	<ul style="list-style-type: none"> Puberty occurs Secondary sexual characteristics develop 	<ul style="list-style-type: none"> Peak physical fitness is achieved Full height is reached Sexual maturity is reached Women are at the peak of their fertility 	<ul style="list-style-type: none"> The ageing process begins Hair loses colour Hair thins Weight is gained Women go through the menopause 	<ul style="list-style-type: none"> Ageing process continues Decline in strength, stamina and suppleness Loss of mobility Skin loses elasticity Bones lose density Senses deteriorate Hair may fall out
Intellectual	<ul style="list-style-type: none"> Language skills begin to develop Thinking skills begin to develop Memory and recall begins to develop 	<ul style="list-style-type: none"> Curiosity increases Language becomes fluent Strong grasp of memory and recall 	<ul style="list-style-type: none"> Complex and abstract thinking develops 	<ul style="list-style-type: none"> Abstract and creative thinking are mastered Careers become important Further education can be accessed 	<ul style="list-style-type: none"> Knowledge and experience can be used for complex decision making Retirement may occur 	<ul style="list-style-type: none"> Decline in cognitive ability such as loss of memory Takes longer to learn new things
Emotional	<ul style="list-style-type: none"> Attachment and bonds develop Feelings of safety and security arise when needs are met 	<ul style="list-style-type: none"> Increased independence Emotional wellbeing is based on attachment, security and contentment 	<ul style="list-style-type: none"> Independence increases further Freedom to make own decisions occurs Concerns over self-image and self-esteem increase Emotional wellbeing is based on attachment, security and contentment 	<ul style="list-style-type: none"> Complete independence and control over own life Emotional wellbeing is based on attachment, security and contentment 	<ul style="list-style-type: none"> Changes in self-concept are linked to retirement or the ageing process Emotional wellbeing is based on attachment, security and contentment 	<ul style="list-style-type: none"> May start to become more dependent on others Emotional wellbeing is based on attachment, security and contentment
Social	<ul style="list-style-type: none"> Complete dependence on carers Primary socialisation occurs Engages in solitary play 	<ul style="list-style-type: none"> A wider range of relationships develop Primary socialisation continues Secondary socialisation occurs Engages in social play 	<ul style="list-style-type: none"> A wide range of formal/informal relationships are formed Close friendships and intimate relationships are formed 	<ul style="list-style-type: none"> Intimate and long-term relationships are formed 	<ul style="list-style-type: none"> More time to socialise 	<ul style="list-style-type: none"> May experience bereavement and reduction of social circle

Attachment

A close two-way emotional bond between infant and carer.

Primary socialisation

The first learning that takes place in the family.

Secondary socialisation

Learning to behave in a way that will help you fit in with society.

Solitary play

An infant plays on their own.

Social play

A child plays with other children.

Abstract thinking

The ability to think about the bigger picture including things that could happen in other scenarios.

Primary sexual characteristics

The physical sexual characteristics that are present from birth and required for reproduction.

Secondary sexual characteristics

The characteristics that develop during puberty and which are not required for reproduction.

Self-concept Our idea about ourselves. Consists of two parts:

Self-esteem

- how you feel about yourself.

Self-image

- how you see yourself.

Bereavement

When someone important to us, such as a relative or friend, dies. It is characterised by grief and sadness.

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Define these key terms

Life stages	Growth	Development	P - Physical	I - Intellectual	E - Emotional	S - Social	Developmental Norm
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Outline PIES growth and development across the life stages

	Infancy	Early Childhood	Adolescence	Early Adulthood	Middle Adulthood	Later Adulthood
Physical						
Intellectual						
Emotional						
Social						

Define these key terms

Attachment	Primary socialisation Secondary socialisation	Solitary play Social play	Abstract thinking	Primary sexual characteristics Secondary sexual characteristics	Self-concept Self-esteem Self-image	Bereavement
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<h3>Motor Skills</h3>	<h3>Language Development</h3>	<h3>Puberty</h3>	<h3>Menopause</h3>
<p>Gross motor skills: use the large muscles e.g. kicking a ball. Fine motor skills: use the small muscles e.g. picking up a pen.</p>	<p>Children can only begin to speak once they can move and control the muscles in their lips, tongue and larynx. Infants can understand more words than they can speak.</p>	<p>A phase of development where changes occur in the body for males and females.</p>	<p>A time in adulthood where physical changes occur in women (approx. 45-55 years). Menopause is reached when a woman has not had a period for 12 months.</p>
<h3>Gross and Fine Motor Skill Development</h3>	<h3>Language Development</h3>	<h3>Physical Changes During Puberty</h3>	<h3>Perimenopause</h3>
<p>Gross motor skills</p> <ul style="list-style-type: none"> • Lift head - Around 3 months • Sit up - Around 8 months • Crawl - 6-12 months • Walk - 12-18 months • Push and pull - 12-18 months • Run - 18-24 months • Climb - 2-3 years • Throw a ball - 2-3 years • Ride a tricycle - 3-4 years • Catch a ball - 3-4 years • Skip - 5-6 years <p>Fine motor skills</p> <ul style="list-style-type: none"> • Brings hand to mouth - Birth to 3 months • Transfer objects from one hand to other - 3-6 months • Grasps toys - 6-9 months • Pincer grasp - 9-12 months • Stacks blocks - 12-18 months • Turns pages of a book - 18-24 months • Draws a circle - 3 years • Fastens and unfastens buttons - 3-4 years • Uses a fork - 3-4 years • Ties shoelaces - 5-6 years • Uses a knife to cut - 6-7 years 	<p>Language Development</p> <ul style="list-style-type: none"> • Babbling noises - Around 3 months • Imitating sounds made by adults - Around 12 months • Single words - Around 12 months • Putting two or more words together - Around 2 years • Widening vocabulary - Around 2 years • Simple sentences - Around 3 years • Questions - Around 3 years • More complex sentences - Around 4 years • Fluent speech - Around 5 years • Vocabulary grows - 5 years onwards 	<p>Females</p> <ul style="list-style-type: none"> • Weight gain • Growth of pubic hair • Body hair increases • Oestrogen increases • Menstrual periods start • Breasts enlarge • Hips widen <p>Males</p> <ul style="list-style-type: none"> • Weight gain • Growth of pubic hair • Body hair increases • Testosterone increases • Penis and testicles enlarge • Voice 'breaks' and deepens • Shoulders broaden 	<h3>Changes during the...</h3> <p>Perimenopause and Menopause</p> <ul style="list-style-type: none"> • Hormone levels decrease (including oestrogen, progesterone and testosterone) • Ovaries stop releasing eggs • Fertility decreases • Hot flushes may occur • Hair becomes thinner • Weight gain can occur • Anxiety levels may increase • Sleep can become disrupted • Cognitive skills can be affected • Menstruation stops

Apply it:
Physical changes in early childhood

Rehana is 5 years old and in early childhood. During regular developmental checks the health visitor will ensure that she is meeting all the developmental norms for her age. At this stage, she continues to grow in height and has mastered some fine and gross motor skills but not others. For fine motor skills, she can undo a button, but she does not yet have the dexterity to tie her own shoelaces. Her mum still does this for her. For gross motor skills, she can walk, run and kick a ball but she cannot skip yet. By the end of this life stage she will have mastered all the gross and fine motor skills and will have physical control, coordination and balance. This means that she will be able to take part in a range of physical games and exercises. It also means that she will demonstrate physical independence by getting dressed by herself and using cutlery to eat.

Apply it:
Physical changes in middle adulthood

Betty is in her late 50s and in middle adulthood. During this stage there will be some significant physical changes as the ageing process begins. Some of these physical changes will affect the way that she looks. Skin will begin to lose elasticity which causes wrinkles on the skin to appear. There will also be changes in hair pigment causing grey hairs to appear. If Betty was male, she might begin to go bald. The most significant changes that Betty will go through at this life stage will be caused by the menopause. During the perimenopause, the levels of reproductive hormones, including oestrogen, progesterone and testosterone will decrease. This will cause a range of changes including weight gain and hot sweats, which could affect her sleep. By the end of the menopause, Betty will stop ovulating, which means her periods will stop and she will no longer be fertile. The menopause takes place over several years during this life stage and will be complete when Betty has not had a period for twelve months.

Apply it:
Comparing early childhood to middle adulthood

While Rehana is still developing physically, Betty's physical health is beginning to deteriorate. Whilst in infancy individuals have not yet achieved their peak fitness, in middle adulthood, individuals have gone past their peak of fitness. Whilst strength, suppleness and stamina increase during the life stages between early childhood and early adulthood, they begin to decrease in middle adulthood. Rehana has not yet gone through puberty and so has not yet become fertile or developed her secondary sexual characteristics, which will happen during Rehana's next life stage. Betty's fertility, on the other hand, is decreasing as the hormones that increase during puberty, begin to decrease during the perimenopause.

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Define these key terms

Gross motor skills: Fine motor skills:	Language Development	Puberty	Menopause	Perimenopause
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List expected milestones and ages

List examples of these changes

Gross Motor Skills: Fine Motor Skills:	Language Development	Physical Changes During Puberty Females: Males:	Changes During the Perimenopause and Menopause
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Apply it:
Write a paragraph on: **physical changes in early childhood**

Apply it:
Write a paragraph on: **physical changes in middle adulthood**

Apply it:
Write a paragraph to: **compare early childhood to middle adulthood**