

Unit 1: Human Lifespan Development

Name of unit	Unit 1: Human Lifespan Development
Why do we study this unit?	This unit explores different aspects of growth and development and the factors that can affect this across the life stages. They will explore the different events that can impact on individuals' physical, intellectual, emotional and social (PIES) development and how individuals cope with and are supported through changes caused by life events.
By the end of the unit, students will be able to....	Students will understand human growth and development across life stages and the factors that affect it. Students will explore the different factors that can affect an individual's growth and development. Different factors will impact on different aspects of growth and development. Students will explore life events that occur in an individual's life. Learners will explore the different events that can impact on people's PIES development. Students will explore how individuals can adapt or be supported through changes caused by life events. People may react very differently to the same type of event.
Links to previous units	
Key vocabulary	Infancy, Adolescence, Adulthood, Physical, Lifestyle, Emotional, Social, Cultural, Environmental, Economic, Wellbeing
Week and summary topic	Knowledge and skills learned
A1 Human growth and development across life stages	Learners will explore different aspects of growth and development across the life stages using the physical, intellectual, emotional and social (PIES) classification. <ul style="list-style-type: none"> ● Life stages and their expected key characteristics in each of the PIES classifications: <ul style="list-style-type: none"> ○ infancy (birth to 2 years): <ul style="list-style-type: none"> – physical: rapid physical growth of weight and height, development of gross and fine motor skills, following the same pattern of growth and development but at different rates – intellectual: rapid development of language and thinking skills such as memory/recall

- emotional: attachments are formed, emotional wellbeing is based on bonding/attachment, security and contentment
- social: strong dependence on adults/carers, socialisation through family, engage in solitary play
- o early childhood (3–8 years):
 - physical: continued growth of weight and height, mastery of gross and fine motor skills
 - intellectual: increased curiosity, language fluency develops, strong grasp of memory/recall
 - emotional: increased independence, wider range of relationships are formed, emotional wellbeing is based on attachment, security and contentment
 - social: social circle widens and close friendships are formed, socialisation continues through family and also friends/carers, social play develops
- o adolescence (9–18 years):
 - physical: onset of puberty, differences between males and females, primary and secondary sexual characteristics
 - intellectual: complex and abstract thinking develops
 - emotional: independence increases further, more freedom to make own decisions, concerns over self-image and self-esteem may increase, emotional wellbeing is based on attachment, security and contentment
 - social: wide range of formal/informal relationships develop and have influence, intimate relationships are formed
- o early adulthood (19–45 years):
 - physical: peak physical fitness, full height reached, sexual maturity reached, women at their most fertile
 - intellectual: mastery of abstract and creative thinking, careers become important, may return to education
 - emotional: independent living and control over own lives, emotional wellbeing is based on attachment, security and contentment
 - social: intimate and long-lasting relationships are formed
- o middle adulthood (46–65 years):
 - physical: at the end of this life stage the ageing process begins, menopause occurs for women
 - intellectual: can use knowledge and experience for complex decision making, may retire
 - emotional: may experience changes in self-image and self-esteem linked to retirement or ageing process, emotional wellbeing is based on attachment, security and contentment
 - social: may have more time to socialise
- o later adulthood (65+ years):
 - physical: ageing process continues, decline in strength and fitness, loss of mobility, loss of muscle tone and skin elasticity
 - intellectual: may experience decline in cognitive ability such as loss of memory/recall
 - emotional: may start to become more dependent on others, emotional wellbeing is based on attachment, security and contentment
 - social: may experience bereavement and reduction of social circle.

<p>A2 Factors affecting growth and development</p>	<p>Learners will explore the different factors that can affect an individual's growth and development. Different factors will impact on different aspects of growth and development.</p> <ul style="list-style-type: none"> ● Physical factors: <ul style="list-style-type: none"> o inherited conditions – sickle cell disease, cystic fibrosis, muscular dystrophy, Marfan syndrome and Huntington's disease o experience of illness and disease o mental ill health – anxiety, stress o physical ill health – cardiovascular disease, obesity, type 2 diabetes o disabilities o sensory impairments. ● Lifestyle factors: <ul style="list-style-type: none"> o nutrition o physical activity o smoking o alcohol o substance misuse. ● Emotional factors: <ul style="list-style-type: none"> o fear o anxiety/worry o upset/sadness o grief/bereavement o happiness/contentment o security o attachment. Social factors: <ul style="list-style-type: none"> o supportive and unsupportive relationships with others – friends, family, peers and colleagues o social inclusion and exclusion o bullying o discrimination. ● Cultural factors: <ul style="list-style-type: none"> o religion o gender roles and expectations o gender identity o sexual orientation o community participation o race. ● Environmental factors: <ul style="list-style-type: none"> o housing needs, conditions, location o home environment – living with a high level of parental conflict, experiences of abuse and neglect o exposure to pollution – air, noise and light. ● Economic factors: <ul style="list-style-type: none"> o employment situation o financial resources – income, inheritance, savings.
<p>B1 Different types</p>	<p>Learners will explore life events that occur in an individual's</p>

<p>of life event</p>	<p>life. Learners will explore the different events that can impact on people's PIES development.</p> <ul style="list-style-type: none"> ● Health and wellbeing: <ul style="list-style-type: none"> ○ accident/injury ○ physical illness ○ mental and emotional health and wellbeing. ● Relationship changes: <ul style="list-style-type: none"> ○ entering into relationships ○ marriage, civil partnership, long-term relationship ○ divorce, separation for non-married couples ○ parenthood ○ bereavement. ● Life circumstances: <ul style="list-style-type: none"> ○ moving house, school or job ○ exclusion from education ○ redundancy ○ imprisonment ○ changes to standards of living ○ retirement.
<p>B2 Coping with change caused by life events</p>	<p>Learners will explore how individuals can adapt or be supported through changes caused by life events. People may react very differently to the same type of event.</p> <ul style="list-style-type: none"> ● The character traits that influence how individuals cope: <ul style="list-style-type: none"> ○ resilience ○ self-esteem ○ emotional intelligence ○ disposition – a person's character traits, e.g. positive, negative. ● The sources of support that can help individuals adapt: <ul style="list-style-type: none"> ○ family, friends, neighbours, partners ○ professional carers and services ○ community groups, voluntary and faith-based organisations ○ multi-agency working, e.g. social services working with mental health trust, children's services working with the justice system ○ multidisciplinary working, e.g. a health visitor working with a GP, psychiatric nurse with an occupational therapist. ● The types of support that can help individuals adapt: <ul style="list-style-type: none"> ○ emotional support ○ information, advice, endorsed apps ○ practical help – financial assistance, support with childcare, domestic chores, transport.