

Summer Independent Learning

Subject/Group	BTEC Extended Certificate in Health and Social Care (Y11-Y12)
Topic	Human Lifespan Development
Timescale	3 hours + reading
To be completed by	This work must be completed and handed in to your subject teacher on the first day of term.

Background Information/Context

Human Lifespan Development is a mandatory unit which is externally assessed. This unit is made up of four areas of study. They are human growth and development through the life stages, factors affecting human growth and development and the effects of ageing.

**If you have difficulty in accessing IT resources to produce this work, you may complete it by hand, making sure you write clearly and neatly.

Task 1 – PIES

This unit uses the abbreviation of PIES to represent the FOUR areas of human development.

PIES stands for:

- Physical development
- Intellectual development
- Social development
- Emotional development

Produce a spider diagram or a mind map which includes the following information:

- a. A definition for each of the PIES in relation to human development
- b. Examples of how each area of human development can be recognised in children and people.

You can choose to write your examples, draw images, or use photos. The image here represents physical development as it shows children running in a race.



Task 2 – Growth and Development

a. Answer the questions in the box:

Define the term 'Growth'

Explain the 4 principles of Growth:

- 1.
- 2.
- 3.
- 4.

Identify ways we can record/measure Growth

b There are SIX life stages in human development. You need to know them all, using the correct terminology.

Fill the gaps in the table:

0-2 years	Infancy
	Childhood or Early Childhood
9-18 years	
	Early Adulthood
	Middle Adulthood
65+ years	

Task 3 – Physical Development - Motor Skills

Produce a poster, with appropriate images, which explains the motor skills developed in children between the ages of 0-5 years old. You must include BOTH gross motor skills and fine motor skills with examples.

Task 4 - Housing

Poor quality housing is associated with poor health and quality of life. Nearly a third (31%) of adults in Britain – 15.9m people – have had mental or physical health problems because of the condition of, or lack of space in, their home during lockdown, according to a new YouGov survey (July 2020).

You need to create an A3 spider diagram, firstly to identify the different types of poor housing conditions; you then need to explain the possible effects this may have on someone’s physical and mental health for each poor housing condition you have identified.

Task 5 - Bullying

Bullying can happen at any stage of life. It has a negative effect on everyone involved: the victim, the bully and the onlookers. The four forms of bullying we will cover are:

- VERBAL – using words to hurt
- EMOTIONAL – causing psychological hurt
- PHYSICAL – using force
- CYBER BULLYING

You need to create a table, explaining the short-term and long-term effects of each form of bullying listed above.

Make sure you have put your name on all sheets of paper.

Task 6: Read a Book

How often do you read a book for pleasure?

What stops you from choosing to read a book?

Why read? Clark and Rumbold (2006) identify several main areas of the benefits to reading for pleasure:

- Reading attainment and writing ability
- Text comprehension and grammar
- Breadth of vocabulary
- Positive reading attitudes
- Greater self-confidence as a reader
- Pleasure in reading in later life
- General knowledge
- A better understanding of other cultures
- Community participation
- A greater insight into human nature and decision-making

Over the summer, we would like you to read at least one book (this can be fiction / non-fiction and does not have to be related to Health and Social Care). Be prepared to give feedback to the rest of your class in September; you might want to prepare a flashcard to help.

We have books available in college (see your teacher on induction day) or you can borrow books from your local library, for free, once you have registered. You can also buy books from charities shops, often for under a pound.

<https://www.wakefield.gov.uk/libraries-and-local-history/your-local-library/>

<https://www.barnsley.gov.uk/services/libraries/>

SIL Checklist

Have you:

- Completed ALL tasks fully?
- Read a book and prepared a flashcard?

Learning Resources

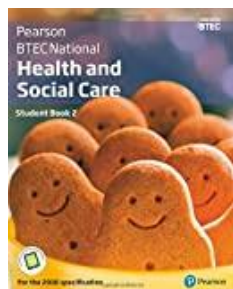
BTEC Pearson's have produced a several learning resources which will be useful for you. They have textbooks, revision guides and study guides designed to help you complete the course and do well in the relevant exams. The resources include:



BTEC National Health and Social Care Student Book 1

Publisher: Pearson ISBN: 9781292126012

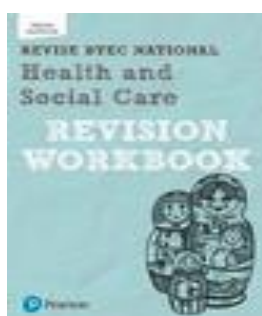
Author: Marilyn Billingham, Pamela Davenport, Hilary Talman, Nicola Matthews, Beryl Stretch, Elizabeth Haworth



BTEC National Health and Social Care Student Book 2

Publisher: Pearson ISBN: 9781292126029

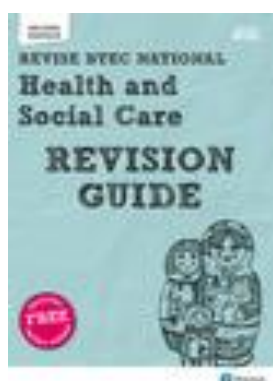
Author: Carolyn Aldworth, Nicola Matthews, Sue Hocking, Pete Lawrence, Marjorie Snaith, Mary Whitehouse, Elizabeth Haworth



Revise BTEC National Health and Social Care Revision Workbook

Publisher: Pearson ISBN: 9781292299082

Author: Georgina Shaw, James O'Leary, Elizabeth Haworth, Brenda Baker



BTEC National Health and Social Care Revision Guide

Publisher: Pearson ISBN: 9781292230443

Author: Brenda Baker, James O'Leary, Marie Whitehouse, Georgina Shaw

