Component 1 Human Lifespan and Development Programme of Work

Number of lessons	Content delivery plans
1	**Introduction**; The difference between health care and social care, Holistic PIES, the difference between growth and development, key terms eg. resilience, lifestyle choices, inherited, life events, concentration
4	**A1 Human growth and development across life stage infancy 0-2 years** Including physical: rapid physical growth of weight and height, gross and fine motor skills, intellectual: rapid development of language and thinking skills, memory/recall emotional: attachments are formed, bonding/attachment, security, contentment social: strong dependence on adults/carers, primary socialisation, solitary play
4	**A1 Human growth and development across life stage early childhood** To include physical: continued growth of weight and height, mastery of gross and fine motor skills, intellectual: increased curiosity, language fluency develops, emotional: increased independence, wider range of relationships are formed wellbeing is based on attachment, security and contentment social: secondary socialisation, social play develops
4	**A1 Human growth and development across life stage adolescence 9-18** To include physical: onset of puberty, 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, peer pressure
4	**A1 Human growth and development across life stage early adulthood** To include physical: peak physical fitness, full height reached, sexual maturity reached, 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
4	**A1 Human growth and development across life stage middle adulthood** To include physical: ageing process begins 45+, 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
4	**A1 Human growth and development across life stage later adulthood** To include 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.
3	**A2 Factors affecting growth and development; Physical** To include inherited conditions – sickle cell disease, cystic fibrosis, muscular dystrophy, Marfan syndrome and Huntington's disease, experience of illness and disease, mental ill health – anxiety, stress, physical ill health – cardiovascular disease, obesity, type 2 diabetes, disabilities, sensory impairments
3	**A2 Factors affecting growth and development; Life style** To include nutrition, physical activity, smoking, alcohol, substance misuse
3	**A2 Factors affecting growth and development; Emotional** To include fear, anxiety/worry, upset/sadness, grief/bereavement, happiness and contentment, security, attachment, supportive and unsupportive relationships with others, friends, family, peers and colleagues, social inclusion and exclusion, bullying, discrimination
3	**A2 Factors affecting growth and development; Cultural** To include religion, gender roles and expectations, gender identity, sexual orientation community participation, race
3	**A2 Factors affecting growth and development; Environmental** To include housing needs, conditions, location, home environment – living with a high

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		level of parental conflict, experiences of abuse and neglect, exposure to pollution > air, noise and light
3		**A2 Factors affecting growth and development; Economical** To include employment situation, financial resources – income, inheritance, savings **Assessment practice, mock progress test** based on Pearson sample for A1 Task 1 and A2 Task 2 – mini mock so 1.5 hours instead of 3
3	**2**	**Introduction** to life events, adapting to these and support **B1 Different types of life event; Health & Wellbeing** To include accident/injury, physical illness, mental and emotional health and wellbeing plus; **B2. Sources/Types of support for these**
	1	
3	**2**	**B1 Different types of life event; Relationship Change** To include entering into relationships, marriage, civil partnership, long-term relationship, divorce, separation for non-married couples, parenthood, bereavement plus; **B2. Sources/Types of support for these**
	1	
3	**2**	**B1 Different types of life event; Life Circumstances** To include moving house, school or job, exclusion from education, redundancy Imprisonment, changes to standards of living, retirement plus **B2. Sources/Types of support for these**
	1	
3		**B2. Coping/adapting to change impact of character traits** To include resilience, self-esteem, emotional intelligence, disposition – a person's character traits, e.g. positive, negative **Assessment practice, mock progress test** based on Pearson sample for B1 Task 3a Case studies (if there's enough time)
3		**B2. Sources of support and revisit types of support** To include 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
		(PSA) Assessment starts Component 1 Assignment, 4 tasks
		Continued assessment Component 1 Assignment, 4 tasks
		Completion of Component 1 Assignment, 4 tasks **First submission deadline for Component 1 Tasks 1, 2, 3a and 3b**
		Students to investigate and research into services in their local area, location, purpose and overview – ahead of Component 2 delivery **C1 Assessment marked and any resubmission opportunity for some**
		Students with a resubmission can work on these and students without Students to investigate a range of health conditions and the impact these mat have on PIES and ability to carry out daily tasks
		Final resubmission deadline for Component 1Tasks 1, 2, 3a and 3b