

Name _____

Health and Social Care



Health and Social Care

Transition Task Book

I would like you to research the following aspects of human growth and development through the life stages:

1. Physical Development Across the life stages.
2. Intellectual Development Across the life stages.
3. Emotional Development Across the life stages.
4. Social Development Across the life stages.



Please note –

You will be assessed on the content of this booklet within the first two weeks of sixth form

Physical Development

Complete the following table outlining the key features of growth and development in each life stage.

Life Stage	Age	Key Features
Birth and Infancy	0-2 Years	
Early Childhood	3-8 years	
Adolescence	9-18 years	
Early Adulthood	19-45 years	
Middle Adulthood	46-65 years	

Later Adulthood	65 years onwards	

Task – Define the key terms for physical development below!

Centile Lines (percentiles) –

Development norms –

Milestone –

Gross motor skills –

Fine Motor skills –

Adolescence –

Puberty –

Hormones –

Menopause –

Life expectancy –

Cognitive impairment –

Physical Development Task

Using the textbook pages. Draw a timeline of physical development, from infancy – late adulthood. Ensure that you briefly outline the major physical milestones.

Task – Define the key terms for intellectual development below!

Abstract logical thinking –

Egocentric thinking –

Concrete logical thinking –

Equilibrium –

Disequilibrium –

Accommodation –

Intellectual Development Task

Using the information from the textbook briefly outline the following models of intellectual development.

<u>Model</u>	<u>Outline</u>
Language skills in infancy and early childhood.	
Piaget's Model	
Chomsky's Model of language development	

Task – Define the key terms for Emotional development below!

Emotional Literacy –

Empathy –

Attachment –

Self-image –

Self-esteem –

Self-Concept –

Stranger anxiety –

Emotional Development Task

Using the pages from the textbook, complete the table below for key features of emotional development

Life Stage	Emotional Development
Infancy 0-2 years	
Early Childhood 3-8 years	
Adolescence 9-18 years	
Early and Middle adulthood 19-65 years	
Later Adulthood 65+ years	

Task – Define the key terms for social development below!

Parallel Play –

Co-operative Play –

Solo Play –

Associate Play –

Social Development Task

Using the textbook, complete the boxes below outlining the importance of friendships and friendship groups.

Life Stage	Social Development
Infancy 0-2 years	

**Early
Childhood 3-8
years**

**Adolescence 9-
18 years**

**Early and
Middle
adulthood 19-
65 years**

**Later
Adulthood 65+
years**

Final Task!

Now you need to apply all this new information that you have!

Draw a picture of yourself here (no points for artistic flare)

Draw a picture an older parent, carer celebrity etc. (no points for artistic flare)

Write 4 mini paragraphs comparing your and your chosen other physical, intellectual, emotional and social development.

PIES development



Physical growth and development

Growth patterns
Puberty
Aging & Menopause
Mobility and movement
Lifestyle and fitness
muscle tone/strength
Skin elasticity

Gross = large (arms, legs)
Fine = small (hands & finger)



Emotional development

Feelings
Identity
Confidence
Self esteem and self image
Adapting to trauma
Bonding and attachment
Independence
Security
Contentment
Decisions and control



Intellectual development

Thinking
Memory
Learning
Language and communication
Creativity
Problem solving and logic
Expression



Social development

Relationships
Friends
Socialisation
Interaction
Communication



Comparison of physical development:

Comparison of intellectual development:

Comparison of emotional development:

Comparison of Social development:



And if you have some time....



Programmes to watch linked to Health & Social Care

Films:

- **To the bone** – (Age 15 Netflix) Eating disorders/anorexia *Diet and appearance*
- **Wonder** - (PG) Inspiring story of a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time. Coping with being different. *Coping with life/life events*
- **Hidden figures** – (PG) Anti discrimination. *Care values*
- **Still Alice** – (12A) Story of a woman living with Alzheimer's disease. *Illness/Disorders*
- **My sisters keeper** – (12A) "The only way to save your daughter is to sacrifice her sister". Anna has never been given a choice: she was born to be her sister Kate's bone marrow donor and she has always given Kate everything she needs. *Relationships/family*
- **Three identical strangers** – (12A) Identical triplets become separated at birth and adopted by three different families. Years later, their amazing reunion becomes a global sensation. *Relationships/family*

TV programmes:

- **Babies : their wonderful world** – BBC. Explores how the first 2 years of life shapes the adults we become. *Infancy development/lifestages*
- **The secret life of 4 and 5 year olds** – Channel 4. Great for looking at *childhood development/lifestages* (especially socialisation skills)
- **Old people's home for 4 year olds** – Channel 4. How the company of 4 year olds helped to improve the mood, mobility and memory of the elderly. *Lifestages.*
- **Born to be different** – Channel 4. The pressures and joys of bringing up a disabled child
<https://www.channel4.com/programmes/born-to-be-different/> *Disability/infancy and childhood/life events.*
- **Speech journey** – You Tube. <https://www.youtube.com/watch?v=jt7y1IM2jOM> How children learn to talk from birth to 5 years old. *Intellectual development*
- **Mum, Dad, Alzheimer's and Me** – You Tube. Real life story investigating the care of Alzheimers sufferers in the UK. <https://www.youtube.com/watch?v=LprTLaO1AF0> *Old age/disorders*
- **The restaurant that makes mistakes** – Channel 4. Volunteers living with some form of dementia run a pop up restaurant in Bristol. *Middle - Old age/disorders*
- **The big hospital experiment** – BBC. A group of volunteers embark on a social experiment, with a shortage of staff, how can they help on the frontline of the NHS? *Care values/Health care services*
- **Britain's hidden hungry** – BBC. Investigates the growing importance of charity foodbanks to thousands of hungry people across the UK by following the stories of three users of a foodbank. *Diet and appearance.*
- **Supersize v Superskinny** – Channel 4. Dieting and extreme eating lifestyles. *Diet and appearance*

- **Rio Ferdinand: "Thinking Out Loud: Love, Grief and Being Mum and Dad" Talks at Google.**
<https://www.youtube.com/watch?v=qgoRcxm5BUk> *Coping with life events*
- **Rio and Kate: becoming a step family.** Rio Ferdinand's fiancée Kate Wright integrates into the family as a step mum
<https://www.bbc.co.uk/programmes/m000f9sg> *Coping with life events/family units*
- **Driven : The Billy Monger Story.** The remarkable story of 18-year-old Billy Monger as he attempts to become the first ever amputee to race competitively in a single-seater racing car
<https://www.bbc.co.uk/programmes/p06qx4gt> *Life events (unexpected)*
- **24 hours in A & E** – Channel 4. Emergency cases entering A & E. *Life events*
- **Health before the NHS – The road to recovery**
<https://www.youtube.com/watch?v=1y7zeZPfD8k> The shocking story of the health of Britain before the NHS. *Care values/health care services*
- **Care – BBC drama** <https://www.youtube.com/watch?v=1EJXDk-B8h0>
Discrimination/disability
- **DIY S.O.S.** <https://www.bbc.co.uk/programmes/b006pnjk> Friends, family and local trades help to transform the homes of families with special needs across Britain.
Barriers to accessing services/physical barriers
- **Crisis in Care: BBC Panorama** <https://www.bbc.co.uk/programmes/m0005jpf>
Panorama reveals the failings of our social care system, as our population gets older and more of us need help with day to day living. *Old age/care services*
- **The Nine to Five with Stacey Dooley**
<https://www.bbc.co.uk/iplayer/episode/p06zhfvw/the-nine-to-five-with-stacey-dooley-series-1-2-caring-and-sharing> Stacey Dooley takes five teenagers to a care home for work experience. *Types of support/voluntary support/old age*
- **Katie Piper My beautiful face** – recovery after acid attack. *Self-esteem/self-confidence/lifestyle*

