Year 10
Health and Social Care Term 1 Knowledge Organiser

1& 2 Life stages

Infancy	0-2 years: A rapid increase in PIES growth and development occurs across this stage but individuals are dependent on carers.
Early Childhood	3-8 years: Physical skills rapidly develop and are mastered and children become more independent.
Adolescence	9-18 years: Huge physical and emotional changes occur in this life stage as individuals begin puberty and start to form a wide range of relationships.
Early Adulthood	19-45 years: Peak physical maturity occurs here. This life stage often has a number of major life events, such as marriage and children.
Middle Adulthood	46-65 years: Usually in this life stage adults change emotionally and socially due to the ageing process.
Later Adulthood	65+ years: All types of development can decline in this life stage (E.g. Reduction of social circles and cognitive ability) as people become physically weaker.

3 & 4 Types of Development

Physical
Changes to the body such as growth and puberty.
Intellectual
The development of cognitive ability, including abstract thinking, problem solving, memory and language skills.
Emotional
Developing and coping with feelings about ourselves and towards others.
Social
The ability to form relationships and learn to be independent.
E.g. making friends at school.

5 & 6 Factors affecting development

Factor	Definition and example
Physical	Illness, inherited diseases and conditions that can affect development. E.g. Type 2 diabetes
Lifestyle	Choices by an individual which can affect growth and development. E.g. diet, exercise, drugs
Emotional	Learning how to cope with feelings and deal with relationships. E.g. grief when a partner dies
Social	Experiences a person has with other people and the supportive and unsupportive relationships. E.g. an unsupportive relationship with a sibling
Cultural	Experiences a person has with groups of people, community groups or in a social setting. E.g. being an active member of a religious community.
Environmental	The location, conditions, housing, pollution, environment and amount of space a person lives in. E.g. growing up in a cramped flat.
Economic	Economic factors affects the amount of money or income a person has. E.g. employment