

# REVISION - Unit 1

A-Z

Think of as many health and social care words as you can that start with different letters of the alphabet!



- Human growth and development
- Factors affecting human growth and development
- Effects of relationships on personal growth and development
- The effect of life events on personal development.



**FINE OR GROSS?**



Fine motor skills generally refer to the small movements of the hands, wrists, fingers, feet, toes, lips, and tongue.

Gross motor skills are the abilities required in order to control the large muscles of the body for walking, running, sitting, crawling , and other activities.

# Types of support.



## INFORMAL SUPPORT:

This is when you are supported by a family member when you are struggling, with general day to day issues. You can discuss concerns with them and listen to their advice.

Informal support is usually not provided by an organised group, or by trained, paid professionals.

## PROFESSIONAL SUPPORT:

This is when you are supported by a healthcare professional with a problem relating to health or social aspects of your life, e.g.

HEALTH = Doctor

SOCIAL = Social Worker

Formal support is given by somebody who has been training and is usually paid to give that support.

# Formal or Informal?



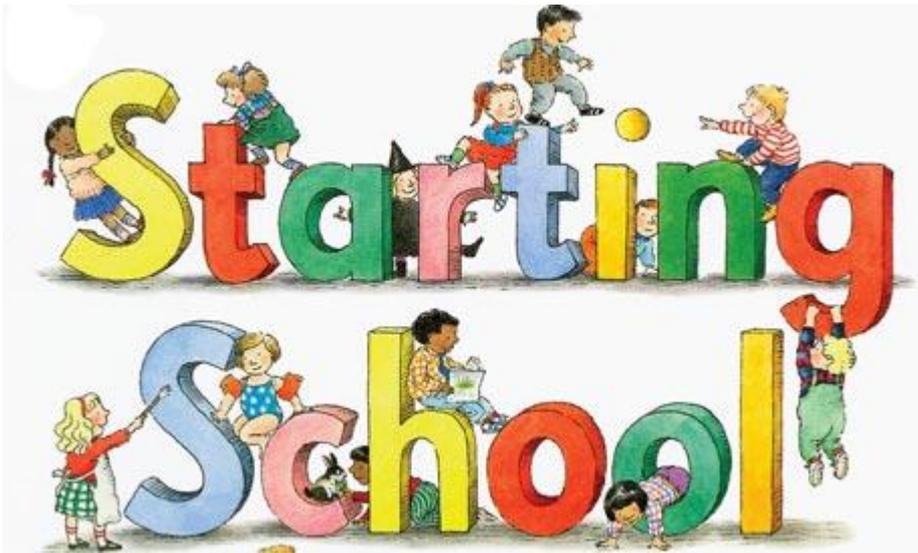
When James was eight he broke his leg. Identify and explain TWO sources of support which could have helped James through this event. (6 marks)

IDENTIFY - One source which supported James through this event was...

EXPLAIN - They would have supported him by...

IDENTIFY - Another source which supported James through this event was...

EXPLAIN - They would have supported him by...



Life stage it could happen at?

Positive effect on PIES?

Expected or unexpected?

Negative effect on PIES?



Life stage it could happen at?

Positive effect on PIES?

Expected or unexpected?

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Life stage it could happen at?

Positive effect on PIES?

Expected or unexpected?

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Life stage it could happen at?

Positive effect on PIES?

Negative effect on PIES?

P R O M O T I O N



Expected or unexpected?



If you lived  
here...

Advantages on  
PIES?

Disadvantages  
on PIES?

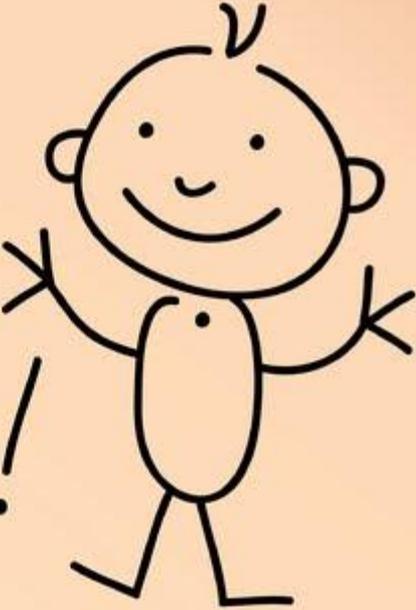


If you lived here...

Advantages on  
PIES?

Disadvantages on  
PIES?

I  
love  
mySelf!



♥

What is meant by  
Self esteem?

What is meant by  
Self image?

What is the  
difference?

**faith, pride, respect,  
mental image, looks, others opinions,  
belief**

# Choose your challenge



Exam paper - Practice the unit 1 exam paper ready for exam week.

Flash cards - Create some flash with key words and concepts to help you revise.

PIES - Using the unit 1 section of the text book, create a table or mindmap to remind you how PIES needs change depending on your life stage.

You need to complete all of the tasks by the end of the lesson



**Sarah**

**Kara**

Sarah [24] and Kara [25] are a couple. They live together, with Kara's daughter Ella [8], in a small village close to Sarah's family. Sarah is very close to her mum and dad. Kara's family live in London and do not speak to her, after they fell out over her lifestyle choices.

Sarah works as a personal trainer after completing her degree and has just landed a new contract working with football players in Manchester - 70 miles away. They are moving soon into the city centre.

Kara dropped out of college as she struggled to manage the course and being a mum. She now works in Asda. Ella is settled at school and has a good set of friends there. Ella has recently started to fall out with Kara over not seeing her dad who still lives in London.

Sarah's mum has recently been diagnosed with Alzheimer's and will need to go and live in a care home. Sarah has been helping to look after her mum since she has been diagnosed and is concerned about her Dad and how he will cope if she is in Manchester.

1. Identify 2 'expected' life events Sarah has experienced.
2. Which out of Sarah or Kara has the most positive self esteem - explain your answer giving 2 possible reasons
3. Give 3 kinds of support the nurse may be giving to Sarah's family for her mum.
4. Explain how Sarah's mum's illness may effect her development
5. Explain two ways how not finishing college due to being a young mum could have affected Kara's development
6. Explain 2 effects on Kara's development of being in a relationship with Sarah
7. Assess the impact, moving to Manchester could have on Kara's development and relationships.

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