

Summer Independent Learning

Subject/Group	AAQ Extended Certificate in Health and Social Care (Y11-Y12)
Topic	Human Lifespan Development
Timescale	3 HOURS
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 three areas of study. They are: Human growth and development through the life stages, factors affecting human growth and development across each life stage, health and social care promotion, prevention and treatment at different life stages.

****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.

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 PART 1 – Prevalent Health Conditions

As part of this unit, you will explore the prevalence of health conditions within each of the six life stages.

For this task, you need to choose **TWO** of the following health conditions (*flu, chicken pox, ear infections, meningitis, conjunctivitis, speech development and problems, tooth decay*) in infancy and early childhood and create an A4 spider diagram for each which identifies:

- The cause of the health condition
- Signs and symptoms
- How the condition can be prevented
- Treatment for the condition

Task 4 PART 2 – Health and Social Care Professionals

Pick **ONE** of the health conditions that you chose above, then pick **THREE** of the following professionals that would be involved in the care and treatment for this condition. Create a table to explain:

- What are the roles and responsibilities of the professional in caring for an individual with this condition?
- What skills and qualities does this professional need? Why?
- Which other professionals would they work with for support in treating this condition?

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

Learning Resources

BTEC Pearson's and Tutor2u have produced several learning resources which will be useful for you. They have textbooks and revision guides designed to help you complete the course and do well in the relevant exams. The resources include:

L3 AAQ BTEC National 2025 Health and Social Care Extended Cert Student Book

ISBN:9781292487083

BTEC AAQ National Extended Certificate in Health & Social Care Unit 1 Human Lifespan & Development Knowledge Book Publisher: Tutor2u

BTEC AAQ National Extended Certificate in Health & Social Care Unit 2 Human Biology & Health Knowledge Book Publisher: Tutor2u