

Human growth, development and well-being

Knowledge focus: In this unit, students explore the key principles of human growth and development across life stages. They examine typical physical, intellectual, emotional, and social (PIES) milestones and learn how a wide range of internal and external factors can influence an individual's development and well-being. The unit develops understanding of how physical and mental health are interdependent and how lifestyle choices, life events, and adverse experiences (ACEs) can affect people differently depending on their circumstances.



Skills, knowledge and understanding to be developed in this Learning Plan:

Over the course of this unit, students will develop a secure understanding of human growth and development across the life stages, including the expected physical, intellectual, emotional, and social (PIES) milestones. They will explore how a range of internal and external factors—such as genetics, environment, relationships, and lifestyle—can influence an individual's growth, development, and overall well-being. Students will learn about the interdependence between physical and mental health and examine how physical activity supports emotional and social health. They will also gain knowledge of the tools and support systems that promote well-being and investigate short- and long-term health conditions that may require additional care or intervention. In addition, students will explore the impact of life circumstances and unpredicted events, including Adverse Childhood Experiences (ACEs), and evaluate the importance of early intervention and professional support in promoting resilience and recovery.

Key terms to be learned in this LP:

Growth, Development, Milestones, Life Stages, Physical Development, Intellectual Development, Emotional Development, Social Development, Well-being, Factors, Controllable Factors, Uncontrollable Factors, Mental Health, Physical Health, Holistic Development, Support Strategies, Short-term Condition, Long-term Condition, Life Event, Circumstances, Adverse Childhood Experiences (ACEs), Unpredictable Life Events, Intervention, Resilience, Assessment

Week/Wythnos 1 - 2 Learning Objectives:

2.1.1(c) Milestones of Growth & Development

- Remember/Understand – Identify physical, intellectual, emotional, and social (PIES) development milestones across different life stages.
- Apply – Match milestones to scenarios and describe typical versus atypical development.



Objective assessments:

Be able to:

- Recall and accurately describe key milestones in physical, intellectual, emotional, and social development.
- Categorise these milestones by different life stages and apply this knowledge to real-life scenarios.

Homework/Gwaith

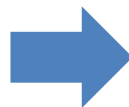
cartref: Create a timeline of key PIES milestones from infancy to late adulthood.

Set:
Due:

Week/Wythnos 3 Learning Objectives:

2.1.1(d) Factors affecting growth, development, and well-being

- Understand – Explain internal and external factors that influence growth and development.
- Apply/Analyse – Compare controllable versus uncontrollable factors and assess their impact on well-being.



Objective assessments:

Be able to:

- Analyse various factors that affect growth and development and distinguish between those individuals can and cannot control.

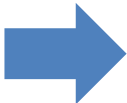
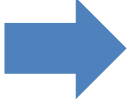


- Evaluate how these factors impact individual well-being.

Homework/Gwaith

cartref:

Research and write a short paragraph on how one factor (e.g., smoking, housing, or family) can affect a person's health.

Set:
Due:

<p>Week/Wythnos 4 Learning Objectives:</p> <p>2.1.2(a) Inter-dependence between physical and mental health</p> <ul style="list-style-type: none"> Analyse and assess the links between physical activity and mental health. 	 <p>Objective assessments:</p> <p>Be able to:</p> <ul style="list-style-type: none"> -Interpret visual information to understand the benefits of physical activity at various life stages. -Analyse and explain the relationship between physical health and mental well-being. 	<p>Homework/Gwaith cartref:</p> <p>Complete a table showing benefits of physical activity at different life stages (child, adult, elderly).</p> <p>Set: Due:</p>
<p>Week/Wythnos 5 Learning Objectives:</p> <p>2.1.4(b) Short-term and long-term conditions requiring extra support</p> <ul style="list-style-type: none"> Understand – Describe short-term and long-term health conditions. Analyse – Compare the support needs of different conditions. 	 <p>Objective assessments:</p> <p>Be able to:</p> <ul style="list-style-type: none"> -Develop an understanding of short- and long-term health conditions and explain their symptoms. -Compare the levels and types of support required for different conditions 	<p>Homework/Gwaith cartref:</p> <p>Create a fact file for a chosen condition (e.g., asthma, diabetes), including symptoms and support needs.</p> <p>Set: Due:</p>
<p>Week/Wythnos 6 Learning Objectives:</p> <p>2.1.4(c) Circumstances affecting individuals</p> <ul style="list-style-type: none"> Apply – Explore how life circumstances affect individuals. Analyse – Categorise the consequences of life events as short-term or long-term, positive or negative. 	 <p>Objective assessments:</p> <p>Be able to:</p> <ul style="list-style-type: none"> - Reflect on how life events influence health and well-being. -Analyse and categorise the short- and long-term effects of these events, considering both positive and negative impacts. 	<p>Homework/Gwaith cartref:</p> <p>Write a short story about someone experiencing a major life event and how it affects their well-being.</p> <p>Set: Due:</p>
<p>Week/Wythnos 7 Learning Objectives:</p> <p>Unpredicted life events and Adverse Childhood Experiences (ACEs)</p> <ul style="list-style-type: none"> Analyse – Investigate the impact of unpredicted life events and ACEs. Evaluate – Justify the importance of early intervention and support strategies. 	 <p>Objective assessments:</p> <p>Be able to:</p> <ul style="list-style-type: none"> -Examine the effects of adverse childhood experiences and other unpredicted life events on development. -Evaluate the importance of early intervention and support strategies. 	<p>Homework/Gwaith cartref:</p> <p>Write a case study of a fictional child who has experienced one or more ACEs. Explain how these experiences may impact their development and suggest at least two support strategies that could help them recover or cope.</p> <p>Set: Due:</p>

Human growth, development and well-being

Knowledge focus: In this unit, students explore the key principles of human growth and development across life stages. They examine typical physical, intellectual, emotional, and social (PIES) milestones and learn how a wide range of internal and external factors can influence an individual's development and well-being. The unit develops understanding of how physical and mental health are interdependent and how lifestyle choices, life events, and adverse experiences (ACEs) can affect people differently depending on their circumstances.

Week/Wythnos 8 Learning Objectives:

Assessment & Review

- *Evaluate* – Consolidate learning and evaluate understanding of key concepts through revision and application of knowledge to exam-style questions.
- *Create* – Construct well-structured responses in a formal written assessment demonstrating knowledge, application, and analysis.

Objective assessments:

- Refine exam technique, apply their learning to structured questions, and demonstrate ability to recall, explain, analyse, and evaluate key concepts from the unit.
- Develop revision strategies and time management skills in a formal assessment setting.

Homework/Gwaith cartref: