

Topic	Confidence Level		
	Red	Amber	Green
Edexcel GCSE in Health and Social Care GCSE			
Unit 1			
Human growth and development			
the different life stages: i infancy (0-2 years) ii early childhood (3-8 years) iii adolescence (9-18 years) iv early adulthood (19-45 years) v middle adulthood (46-65 years) vi later adulthood (65+ years)			
physical growth and development across the life stages, including gross and fine motor skills			
intellectual/cognitive development across the life stages, including language development			
d emotional maturity across the life stages, including bonding and attachment, self-image, self-esteem and self-concept			
self-concept across the life stages and how it is affected by factors such as gender and appearance			
ocial development across the life stages including the formation of relationships with others and the socialisation process.			
Factors affecting human growth and development			
physical factors such as genetic inheritance, illness, disease, diet, exercise, alcohol and smoking			
social, cultural and emotional factors such as family, friends, educational experiences, employment/unemployment, community involvement, religion, gender, ethnicity, sexual orientation, culture and relationship formation including marriage and divorce			
economic factors such as income, wealth, employment status, occupation, social class, poverty and material possessions			
physical environment factors such as pollution, noise, housing conditions and rural/urban lifestyles			

psychological factors such as stress, relationships within the family, friends and partners			
f how these factors are related to the formation of, and possible change in, an individual's self-concept			
g how genetic and environmental factors can affect an individual's pattern of growth and development.			
Effects of relationships on personal growth and development			
<p>the different types of relationships:</p> <ul style="list-style-type: none"> i family relationships such as marriage, divorce, parenthood, sibling relationships and blended families ii friendships iii intimate, personal and sexual relationships iv working relationships 			
the importance of the effect the relationships have, across the six life stages, on an individual's growth and development			
The effect of life events on personal development			
<p>How expected and unexpected life events impact on human growth and development, including:</p> <ul style="list-style-type: none"> i relationship changes such as marriage, living with a partner, birth of children, death of partner, relatives, or friend ii physical changes such as puberty, menopause and the possible effects of accidents and injury iii changes in life circumstances such as starting school, starting further education, relocation (national and international), entering the employment market, promotion, retirement, redundancy and unemployment 			
How these life events affect personal development and lead to new learning			
<p>How to manage change and of the support networks which can be accessed and used to support people through change. These include:</p> <ul style="list-style-type: none"> i partners, family and friends' ii professional carers and statutory services iii community, voluntary and faith-based services. 			