

Component 1: Human Lifespan Development

LIFE STAGES

Physical



- Gross motor skills
- Fine motor skills
- Growth
- Development
- Height
- Weight
- Physical ability

Social



- Relationships
- Friendships
- Interaction
- Play
- Trust
- Going out
- Social life
- Socialisation

Infancy 0-2

age	Gross motor skills develop	Fine motor skills develop
1 month	Can lift head slightly	Can grasp an adults finger
3 month	Can lift head and chest	Can hold a rattle for a brief time
6 months	Has a straight back when held sitting up or standing	Will reach and grab when a small toy is offered
9 months	Can maintain sitting position Stands, holding onto furniture, attempts to crawl	Can let go of objects or hand them to someone
12 months	Can sit form lying down, stands alone for a few mins, "cruises" uses furniture	Picks up small objects with pincer movements, points with finger, builds a few blocks
1-2 years	Walking forwards (13months), Kneels without support, 18months walk steadily & stop, squats to pick up toy, walks up & down steps	Can put small objects into a bottle, points to known objects, uses a spoon to feed themselves

Early childhood 3-8

age	Gross motor skills develop	Fine motor skills develop	
3-4 years	Walk backwards & sideways. Ride a tricycle. Climb stairs with one foot on each step. Kick a ball	Control a pencil using thumb & first two fingers. Cut paper with scissors. Do & un-do buttons. Turn pages of a book	<ul style="list-style-type: none"> • School • Language develops • Read • write • Better memory
4-5 years	Can balance & walk along a line. Stand, walk & run on sptec. May be able to hop on one foot	Hold & use pen in adult fashion. Thread beads on a lace	<ul style="list-style-type: none"> • Friendships • Interaction • Play • Trust • Socialisation
5-6 years	Hop forward on each foot separately. Good co-ordination. Increased agility. Skip	Good pencil control. Use a knife & fork	<ul style="list-style-type: none"> • Self concept • Self esteem
6-7 years	Confidently jumps. Gaining in agility & running. Hop with balance. Ride a 2 wheeled bike	Write simple stories Write their first and last name	<ul style="list-style-type: none"> • Self esteem • Self image
7-8 years	Hop on either leg. Walk on a think line. Control speed running & can exercise	Competent in writing skills Use a large needle to sew	

Intellectual



- Mental ability
- Cognition
- Memory
- Concentration
- Problem solving
- Reading
- Writing
- Thinking
- perception

Emotional



- Self concept
- Self esteem
- Self image
- Emotions
- Bonding
- Attachment
- Recognising others emotions

Adolescence 9-18

	Changes in males	Changes in females	
Primary sexual characteristics	-Penis enlarges -Testicles grow -Sperm is produced	-Sexual organs grow -Ovulation and menstruation commence	<ul style="list-style-type: none"> • Mental ability • Improved cognition • Improved memory • Better concentration • Better problem solving • College • Friendships • Relationships • Self concept • Self esteem • Self image
Secondary sexual characteristics	-Pubic hair grows -Facial hair grows -Voice deepens	-Pubic hair grows -Breasts develop -Hips widen	

Early adulthood 19-45



- Self concept continues to develop
- Self esteem develops
- Self image develops
- Career
- Relationships
- Marriage
- Parenthood
- Women: peri-menopause

Factors that affect development

- **Physical factors**
 - Diet and lifestyle
 - Illness
 - Genetics
 - Appearance
- **Social factors**
 - Social isolation
 - Relationships
 - Education
 - Religion and culture
- **Economic factors**
 - Income
 - Material possessions

Middle adulthood 46-65

- Signs of ageing
- Retirement
- Socialising
- Friendships
- New hobbies
- Women: menopause



Later adulthood 66+



- Signs of physical ageing e.g. wrinkles, white hair, hair loss, loss of strength and agility reduced mobility, osteoporosis
- Psychological changes: disengagement from society (disengagement and activity theory)
- Memory loss
- Poorer immune system
- Prone to illnesses
- Many people stay active!!