

Do It Now

Title – physical factors affecting growth and development

Activity:

Write down “physical” factors that might affect us during our life

Stretch it:

Link the factors to life stages

Are you ready to learn?

Books, planner and Pens out ready to learn .



Complete in Silence Please

Big Question: How do physical factors affect our development through the life stages?

To secure an understanding by identifying the various lifestyle factors that affect our development

To further develop an understanding by explaining how the factors affect growth and development through the life stages

To achieve excellence by applying knowledge to a case study



Diet, alcohol, exercise, drugs, lifestyle

3 main physical factors

1- diet and lifestyle choices (Exercise, alcohol, smoking, drugs)

2- illness

3- appearance

(4-genetic inheritance – doesn't apply to most of your case studies)



YOU MUST CHOOSE TWO FOR YOUR WORK AND WRITE A FULL PAGE ON EACH

YOU MUST ASSESS HOW EACH OF THE TWO FACTORS AFFECTED YOUR CAS STUDY THROUGH THREE LIFE STAGES (example page layout below)

Factor 1= Diet and lifestyle

Stage 1: childhood

Stage 2: adolescence

Stage 3: early adulthood

Factor 2= Appearance

Stage 1: childhood

Stage 2: adolescence

Stage 3: early adulthood



FACTOR 1: DIET AND LIFESTYLE



Physical factor –diet and Lifestyle choices

DIET

Food is essential for life and a balanced diet is important for physical development. The amount and types of food that a person requires to meet their physical will depend on factors such as their age, physical build, gender and how active they are... needs However, our diet can also have an impact on intellectual, emotional and social development

Life stage	Importance of diet at this life stage
Infancy	Q – where do they get their nutrients from? Q – why are these nutrients needed in this life stage for physical development?
Early Childhood	Q – Why is a balanced diet needed in this life stage for physical development? Q – What might happen to a child's intellectual development if the child didn't eat enough food ? Q – What happens if a child eats too much sugary/fatty food for physical, emotional and social development?
Adolescence	Q - Why is a balanced diet needed in this life stage for physical and intellectual development? Q – What is body image like in this life stage? How might this impact on emotional development?
Adulthood (Early, middle and later)	Q – why might adults dietary needs vary? Q – What might happen if they do not have a balanced diet? How would this impact their physical development and emotional development?

Physical factor – Lifestyle choices

1) Diet

Life stage	Importance of diet at this life stage
Infancy	<p>An infant less than six months old can get all of its nutrients from breast milk or formula.</p> <p>However, once they become more active they need to be weaned onto solid food</p>
Early Childhood	<p>Need a balanced diet to provide “fuel” for their activity and growing bodies</p> <p>Eating sugary, fatty foods can lead to obesity – limit their mobility & muscle development, teased, low self-esteem, negative self-image</p>
Adolescence	<p>Physical growth spurt so has to be fuelled by a balanced diet and regular meals</p> <p>More self-conscious of body image – lead to eating disorders</p>
Adulthood (Early, middle and later)	<p>Dietary needs will depend on how much energy they need for their job and everyday life</p> <p>Might change if they are unwell or pregnant</p> <p>Physical - Could develop health problems, obesity, heart</p>

2. Exercise

Positive effects of getting enough exercise

Negative effects of not getting enough exercise

2. Exercise

Positive effects of getting enough exercise

- Builds up strength & stamina
- improves self-esteem
- improves heart health
- strengthens muscles
- better mobility
- relieves stress
- builds up immunity
- more confidence
- Improved blood circulation
- good way to meet people
- Improves mood

Negative effects of not getting enough exercise

- become unfit
- become unwell
- overweight/obesity
- low mood
- stiff joints
- heart disease
- Constipation
- strokes
- poor self image
- low self esteem

These aren't just
physical
development –
label them with PIES

3. Alcohol

Positive effects of moderate drinking	Negative effects of drinking too much
P	P
I	I
E	E
S	S

3. Alcohol

Positive effects of moderate drinking

P
I
E – may help you to feel more confident
S – good way to socialise with friends, good way to meet new people

Negative effects of drinking too much

P - can lead to a number of physical problems:
•increased risk of being in accidents, experiencing violence, having unprotected sex
•brain damage
•Damage to the cardio-vascular system
• weight gain
•High blood pressure
• liver damage
Whilst pregnant – Foetal Alcohol Syndrome
During childhood/adolescence
• stunts growth and development
• negative impact on body systems

•I – could have an impact on intellectual development if it means the person cannot concentrate or focus at school/work
•During childhood/adolescence:
•destroys brain cells – impact on thinking and memory abilities for the rest of their life

•E/S – could have an impact on emotional/ social development if it affects the relationships people have
•My lead to low self-image, self esteem, self concept

4. Smoking

Negative effects

- Causes lung, throat and other cancers
- Raises blood pressure
- Increases risk of under-weight and premature babies
- Increases risk of heart disease
- can lead to bronchitis and respiratory diseases
- damages skin
- Reduces fitness and general health
- may cause social isolation

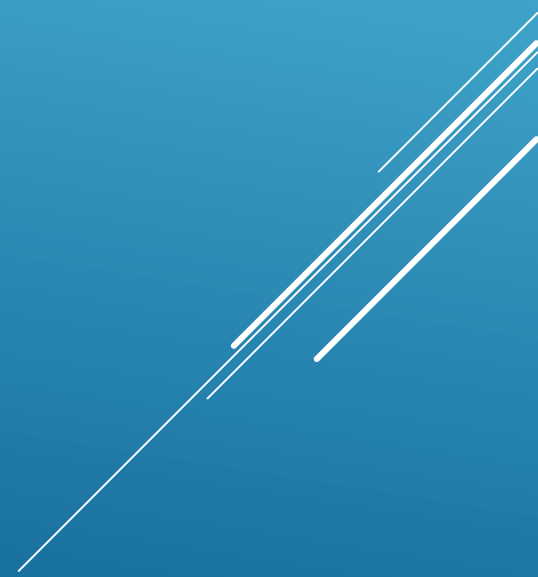
5. Drugs

Negative effects

- Can cause illness and disease such as problems with the heart and kidneys
- may reduce judgement/ability to make decisions
- may affect memory and concentration
- May cause anxiety and depression
- May negatively affect relationships
- May cause infertility in women

Which of the above are P, I, E and S??

FACTOR 2: ILLNESS AND DISEASE



2. Illness and disease

- Coughs, colds and broken limbs can all be cured with the right medicine/treatment.
- However, there are illnesses and diseases that can have a lifelong impact on an individual e.g. Cystic fibrosis & Down Syndrome.
- Illnesses and diseases have an impact on all aspects of PIES not just physically – write down as many ideas as you can think of for each part of PIES use examples of diseases to help you.

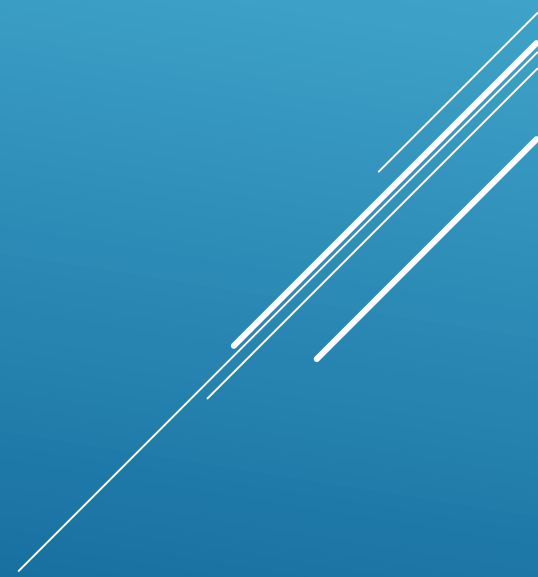
2. Illness and disease ...something to think about

Physical	<ul style="list-style-type: none">•How might having an illness affect your physical development? Will your muscles grow properly? Could it affect your mobility?
Intellectual	<ul style="list-style-type: none">•If you were ill you might have to miss school. What would this mean for your intellectual development?
Emotional	<ul style="list-style-type: none">•How would you feel if you had a serious illness?
Social	<ul style="list-style-type: none">•How might an illness stop you from seeing your friends?

2. Illness and disease

Physical	<ul style="list-style-type: none">• affect rate of growth in infancy & childhood• May slow physiological change during puberty• may affect development of fine motor skills and gross motor skills• may restrict mobility
Intellectual	<ul style="list-style-type: none">• may affect learning if school/college is missed• May lead to difficulties in creative thinking/problem solving• may affect memory and concentration
Emotional	<ul style="list-style-type: none">• cause worry & stress• May lead to negative self image• May lower self esteem• May cause isolation• may lose independence
Social	<ul style="list-style-type: none">• may cause loss of independence• may limit opportunities to socialise• may hinder development of relationships

FACTOR 3: APPEARANCE



3. Appearance

- Appearance affects the way others see us and how we see ourselves.
- Our appearance includes:
 - Body shape
 - Facial features
 - Hair & nails
 - Personal hygiene (how clean and well groomed we are)
 - Our clothing
- People sometimes spend a lot of money to change their appearance to fit in with what they see as the “perfect” body shape

Appearance

- During childhood we become aware of the way we look (we develop a self image)
- How could this affect PIES development?
- discuss

Childhood

- Physical – may become more active if we need to lose weight, may not be able to exercise if overweight
- Intellectual – may not be able to concentrate if we are worrying about the way we look. Cause worry/anxiety/stress
- Emotional – impact on self image and self esteem, anxiety about their appearance
- Social – may not want to interact with others if low self image, self esteem

Appearance

- During adolescence puberty leads to changes in body shape, increased weight and sometimes acne
- How could this affect PIES development?
- Lets discuss

Adolescence

P – Could lead to an eating disorder – not getting enough nutrients, affect rate of development in puberty – menstruation stops

I – may affect concentration levels

E – anxiety, depression, low self-image

S – social isolation

A decorative graphic consisting of several parallel white lines of varying lengths and orientations, located in the bottom right corner of the slide.

Appearance

- During adulthood we go through the ageing process and our metabolism slows
- How could this affect PIES development?
- Lets discuss

Appearance

- During adulthood we go through the ageing process and our metabolism slows. This can change our appearance and how we feel about our self-image
- How could this affect PIES development?

Adulthood

P – loss of mobility so cant exercise as much, put on weight due to metabolism and lack of exercise

I – worry, stress, anxiety

E – low self-image, past their “prime”, feeling depressed

S – affect relationships if they think they are “old”



Write a paragraph explaining how **one factor** has affected your case study's growth and development across your three chosen life stages.

Factor –Lifestyle, illness/disease or appearance??

Sentence starters: example for appearance:

Illness and disease have affected my case study's physical development during infancy. This is because...

During adolescence, my case study's physical development will have been affected by appearance. This is because..

My case study's intellectual development will have been affected by....



Model answer:

During childhood my case study had an illness called meningitis. This affected her growth and development in a number of ways. For example it affected her physically as it has caused her to have balance and coordination problems. Having meningitis also affected her intellectual development. This is because she had to miss school whilst being treated in the hospital. This meant that she was behind her friends in terms of her learning. Having an illness also affected her emotional development as she felt lonely and depressed as her parents could not see her very often. It led to her having a low self concept. This also linked to her social development because she spent lots of time in hospital where she couldn't see her friends.