

Key Vocabulary for Autumn Term 1 and 2

Key Word	Definitions
Health	A complete state of physical, mental and social wellbeing, and not just the absence of disease or disability"
Wellbeing	A state of happiness or content
Holistic	Looking at human development as a whole, instead of individual areas - PIES
Physical	To do with the body. Includes the development of body systems and organs
Intellectual	To do with the growth of the brain and the development of thought processes
Emotional	To do with the understanding of feelings and the ability to receive and give love and affection
Social	To do with making connections and becoming a part of society and building relationships
Growth	An increase in height or weight.
Development	Gaining new skills & abilities that tend to follow a sequence.
Milestone	A significant stage or event in the development of a human
Life stage	The ages and stages we go through as we learn and grow. There are six in total.
Infancy	The first stage of human growth and development that happens between the ages of 0-2
Early Childhood	The second stage of human growth and development that happens between the ages of 3 - 8
Adolescence	The third stage of human growth and development that happens between the ages of 9-18
Early Adulthood	The fourth stage of human growth and development that happens between the ages of 19-45
Middle Adulthood	The fifth stage of human growth and development that happens between the ages of 46-65
Later Adulthood	The final stage of human growth and development – 65+
Gross Motor Skills	Abilities that let us do tasks that involve large muscles in our torso, legs, and arms.
Fine Motor Skills	Abilities that let us do tasks that involve smaller muscles in the eyes, hands, and fingers
Mimicry	The action or skill of imitating someone or something
Babbling	Unclear speech using key sounds
Treasure Basket	A collection of everyday objects chosen to stimulate the different senses.
Attachment	A strong emotional bond between an infant and their primary caregiver
Bonding	Creation of a close and enduring emotional attachment
Egocentrism	When children are not able to see situations from the perspective of others
Morals	Having a sense of right and wrong.
Dependence	Reliance on someone or something for support
Socialisation	The process where individuals learn how to behave in society
Solitary Play	A type of play occurs where children entertain themselves without including anyone else
Curiosity	To want to know something or to be interested in finding something out
Puberty	When your body begins to develop during adolescence and grows faster and matures
Primary Sexual Characteristics	Sex organs which are present at birth. Female – Uterus and Vagina. Male = Penis and testes.

Year 10 Health and Social Care

Autumn Term 1: Human Growth and Development

(Learning Aim A)

Secondary Sexual Characteristics	Changes to your body which occurs during puberty e.g., facial hair and pubic hair
Abstract Thinking	To be able to think about something without physically doing it
Self-esteem	How much we value ourselves
Self-image	How you see and picture yourself
Independence	Having a choice and being able to do things for yourself
Formal Support	Advice and help from professionals – GP, Teacher, and a Social Worker
Informal Support	Advice and help from people you are close to including family and friends
Inherited conditions	Conditions that you inherit and are passed on from your parents. E.g., Cystic fibrosis and Muscular Dystrophy. This can also include eye or skin too.
Nutrition	The types of food you eat and the energy your body gets from it
Environmental factors	Our environment means our surrounding E.g., the condition of our homes and the area we live in.
Pollution	Substances which can cause us harm. Pollution maybe be in the air, water, or the land
Economic factors	Relates to a person's income, employment, and financial situation
Unemployment	When a person does not have a job and is therefore not working
Retirement	When people (usually in later adulthood) stop working due to their age and receive a pension
Bereavement	When coping with the death of a close family member or friend.
Expected life events	When you anticipate it to happen E.g., starting school, getting a job or having children
Unexpected life events	When you cannot plan for it E.g., accidents and illnesses

Homework

- Homework will be set via MS Forms on a weekly basis.
- Tasks will be linked directly to the content taught in Term 1
- Tasks will be set to develop students learning and to check understanding.
- Tasks will support students to prepare for their first controlled assignment.

Review of Homework

- Direct feedback via MS forms
- Do Now tasks at the start of each lesson will also provide an opportunity to review homework tasks.

Additional Support

<https://qualifications.pearson.com/en/qualifications/btec-tech-awards/health-and-social-care-2022.html>