

Revision paper 1

Answer ALL questions. Write your answers in the spaces provided.

All questions relate to one family.

Guided

- 1 Jan is 48 years of age. He has two children. Oscar is 8 years old and Anna is 18 months old. Anna is meeting the expected developmental milestones for her age.

Explain **two** possible features of Anna's physical development at her life stage.

4 marks

'Explain' questions are worth **up to 6 marks**. In these questions you must show that you **understand** the topic and give **reasons to support** your answer. You may be told how many features or types of feature you must explain.

1 Anna will be able to

because she will have developed the muscles in her back and legs.

2 Anna will be able to

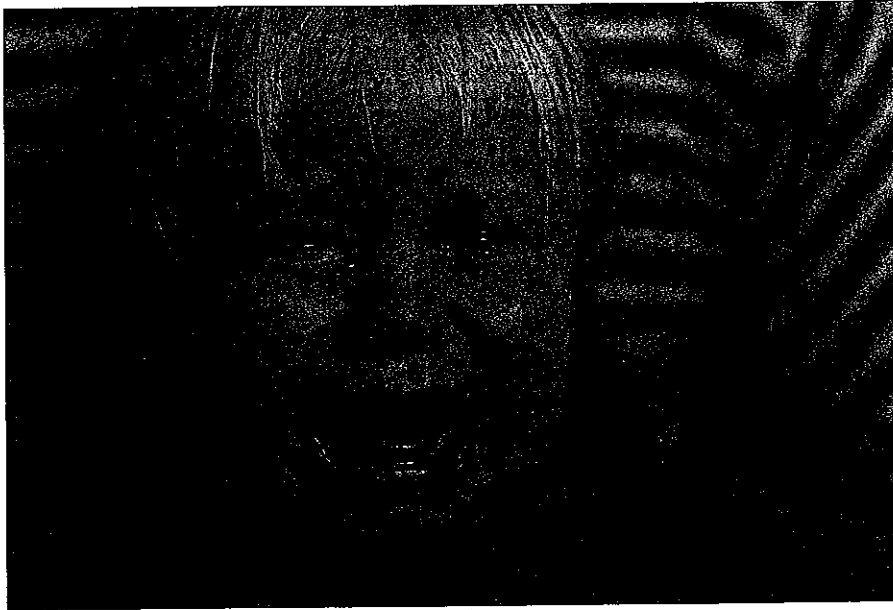
because she has developed control in the small muscles of her hands and fingers.



See pages 3-4 of the Revision Guide to revise development of gross and fine motor skills.

Total for Question 1 = 4 marks

2 This is a photograph of Anna.



Which area of development is featured in the photograph of Anna?

1 mark

- You will need to relate your knowledge and understanding of development to members of the family described in case studies throughout your exam.
- **PIES** helps you to remember each of the areas of development: **Physical, Intellectual, Emotional, Social**.
- **'Which'** questions require you to quickly recall facts or features relating to human development. **'Which'** questions range from 1 to 6 marks. For questions worth **1 mark** your answers need to be **brief**.



See page 2 of the Revision Guide to revise areas of development.

Total for Question 2 = 1 mark

Guided

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Oscar is doing well in mathematics at his local primary school.

Describe Oscar's intellectual development with reference to Piaget's theories of how children think and learn.

6 marks

- Piaget carried out observations of children to show how they begin to think logically from the age of 7, and to show that they begin to see things from others' viewpoints.
- 'Describe' questions range from 1 to 6 marks. You must give a **clear account** that shows knowledge of the **facts** and **main features** of the topic.

According to Piaget's stages of development, at 8 years old Oscar is in the concrete operations stage. He will still need concrete apparatus such as counters to help him to work out problems but Oscar will now be able to conserve. This means

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Piaget believed that, until the age of 7, children are egocentric. This means that Oscar will

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Now that Oscar is 8, he will be able to

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See page 11 of the Revision Guide to revise Piaget's observations on how children think.

Total for Question 3 = 6 marks

Guided

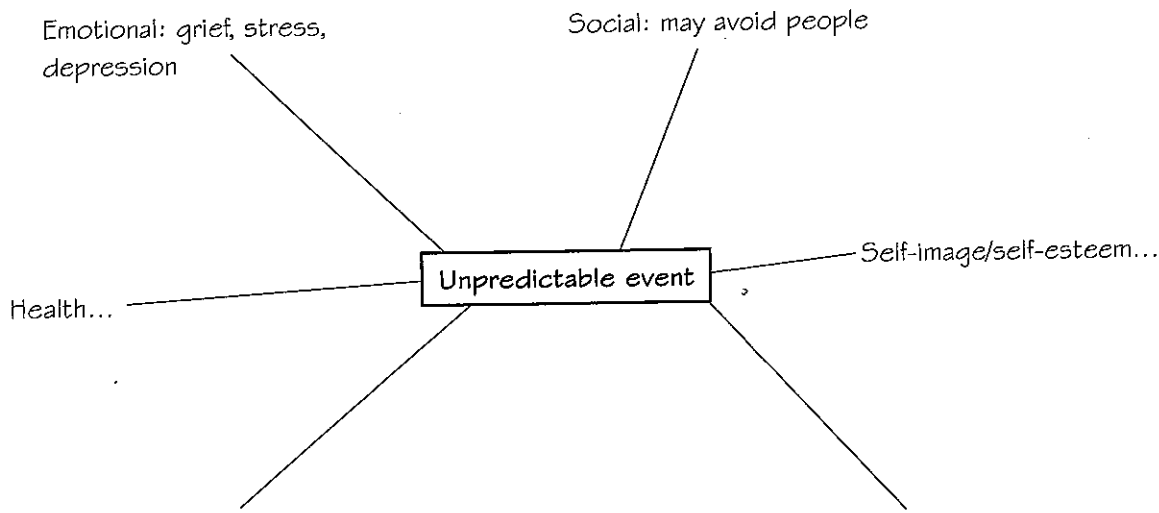
4 Jan's partner Lena died 10 months ago.

Discuss the likely negative effects of Lena's death on Jan's development.

10 marks



It's a good idea to produce a quick **thought plan** before tackling this question. You could use the plan below to get you started.



The death of a partner is an unpredictable event that can cause a high level of stress. Stress is likely to have affected all aspects of Jan's development. Emotionally, Jan will be grieving and feeling upset. This can result in trauma that impacts on how he feels about himself, lowering his self-image and self-esteem and affecting his confidence to make decisions. Socially, Jan might feel uncomfortable meeting other people without Lena and so may avoid social events. His health may suffer because ...

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Go on to discuss how Jan's physical and mental health might suffer. Think about how he may be affected and link this to the possible impact. For instance, he may have difficulty sleeping, be unable to eat or have a poor diet and generally not care for himself. Discuss how stress affects the heart. Conclude by discussing the possible impact on his psychological development and link your ideas to the Holmes-Rahe social adjustment rating scale.



See page 30 of the Revision Guide to revise the Holmes-Rahe social adjustment rating scale.

Total for Question 4 = 10 marks

- 5 Jan has been Anna's main caregiver since she was born, and has formed a strong bond with her. Anna will be starting nursery soon and Jan is worried that she may not want to stay at the nursery without him.

Outline the importance of the development of a strong attachment between Anna and Jan before she starts nursery, with reference to theories of attachment. **6 marks**

- **Attachment** describes the ability of the infant to bond with the person who is their main carer. Bowlby believed that a strong attachment with a child's main carer is important for their ability to form positive attachments as they get older. You need to provide information about the importance to a child of a strong attachment to the main caregiver.
- Show that you have referred to the case study by outlining the importance of Anna's attachment to Jan for developing future attachments with her carers at the nursery.
- 'Outline' questions are worth **up to 6 marks**. You need to give a **summary or overview** of the topic, or a **brief description**.

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 **Links** See page 13 of the Revision Guide to revise Bowlby and his theory of attachment.

Total for Question 5 = 6 marks

Guided

6 Jan was made redundant from his job and was unemployed for several months, which caused him anxiety and put a strain on the family's finances. He has now been offered a new, well-paid job in management.

Justify how the change in Jan's employment status and financial situation may impact on the development and wellbeing of the family.

10 marks

In 'justify' questions you need to give **valid reasons** for your answers and/or **prove** that something is right or reasonable. You need to give a **supported reason** for each point you make.
'Justify' questions may be short-answer questions ranging from **1 to 6 marks**, where you are required to show understanding of a topic, or long-answer questions ranging from **10 to 12 marks**, where you must make connections.

Being employed and having more income will impact on all areas of Jan's development. Emotionally, he will


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His social development will be promoted because he will have more opportunity to

Intellectually, he

Physically,

An improvement in Jan's development and wellbeing will also affect the children's development and wellbeing because

 **Links** See pages 28–30 of the Revision Guide to revise economic factors and the effects of life events.

Total for Question 6 = 10 marks

Guided

7 Oscar has experienced bullying at school.

Outline how bullying may affect Oscar's emotional development.

6 marks

Bullying can cause physical injury and affect intellectual development. Notice that this question asks about the effects on **emotional** development only, so focus your answer on the question asked.

Bullying is likely to make Oscar feel isolated. This will impact on his self-image and lower his

It can cause him to become frightened and anxious, which can lead to

If bullying continues, it can have more serious effects on emotional development, leading to

In the long term, bullying could lead to Oscar



See page 26 of the Revision Guide to revise bullying and its effect on emotional development.

Total for Question 7 = 6 marks

Guided

8 Anna's growth and development are being monitored by a health visitor.

Discuss the importance of monitoring Anna's growth and development, with reference to centiles and maturation theory. **10 marks**


- 'Discuss' questions require you to explore the topic in some **detail**. The amount of detail will be indicated by the number of marks available for the answer.
- 'Discuss' questions may require **short answers** or **long answers**. The marks depend on the complexity of the question. Short-answer questions ranging from **1 to 6 marks** will require you to discuss straightforward information. Long-answer questions ranging from **10–12 marks** will require you to discuss more complex topics.
- To discuss, you need to show a **clear understanding** of the topic, consider all aspects of the topic, and **balance your argument**, make **connections** between different aspects and discuss the **extent** or **importance** of features.

The health visitor will measure Anna's height and weight and check these against centiles that show the average for girls of Anna's age. He or she will plot this on a If Anna is growing more slowly or quickly than expected, the health visitor will

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Maturation theory was developed by observing the abilities and skills of large numbers of children at different ages. The information was used to determine norms called that children will reach at a given age. The health visitor can apply them when she or he

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The health visitor can use the information from the assessments to

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Using information that shows the expected norms for children is important because it will enable the health visitor to

 See pages 1–2 of the Revision Guide to revise principles of growth and development, and page 18 to revise maturation theory.

Total for Question 8 = 10 marks

9 The family lives in a small village. A quarry has just opened nearby. This means that heavy lorries constantly pass the family's house, which is close to the road.

Outline the possible effects of the quarry on the family's health and wellbeing.

6 marks

- Write a sentence to outline how the quarry will have an impact on the environment.
- Write two sentences about the possible effects on health – think particularly about respiratory problems.
- Write a sentence or two about how it may make existing health problems worse and/or affect predispositions to illness.
- Write a sentence about the possible effects on wellbeing, thinking in particular about emotional effects.

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Links

See page 23 of the Revision Guide to revise environmental factors affecting human growth and development.

Total for Question 9 = 6 marks

10 Jan's mother Gita is 73 years old and lives alone. When she was 50 she divorced her husband of 26 years. Shortly after, Gita found a lump in her breast which was cancerous. After undergoing surgery and chemotherapy she was given the all clear.

Gita had two children – Jan and his older sister Mela. Mela also developed breast cancer and died eight years ago when she was only 42 years old. This hit Gita hard and for a while she did not go out and lost interest in her hobbies and leisure activities. Jan became worried about his mother because for several years she was not eating regularly and used sleeping pills. Gita already smoked but she started smoking even more. Jan was particularly concerned because his grandfather, Gita's father, had had a mental illness and had committed suicide. Eventually, Jan persuaded Gita to go to her GP and she was diagnosed with depression. The GP gave her medication but also suggested a programme of exercise, which she followed.

Gita retired at 60. She had worked in an accounts office at an engineering factory for a number of years. Because she had worked part-time she did not receive a full pension and has had difficulties in making ends meet. She now claims pension credit and housing benefit, which has improved her finances.


At the age of 68, Gita's mental health showed improvement and she was encouraged to meet up with friends to go for walks and visit the cinema. For the last few years she has been eating more healthily and found that she no longer needed to take sleeping tablets. She also got help to stop smoking. Gita was asked to help at her local charity shop and soon found herself working there regularly. More recently, Gita has helped to care for Oscar after school by collecting him from school and taking him home.

Identify **three** services that may have supported Gita in later adulthood.

3 marks

- Think of services that may have supported Gita's mental health, helped her to stop smoking and helped her with her welfare needs.
- **'Identify'** questions require you to quickly recall facts or features relating to human development. **'Identify'** questions range between **3 and 6 marks**. Your answers need to be **brief**.

- 1
- 2
- 3

 **Links** See page 39 of the Revision Guide to revise provision for the aged.

Total for Question 10 = 3 marks

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Guided

11 Evaluate the importance of Gita maintaining a healthy lifestyle in her life stage.

'Evaluate' questions always require **extended answers** and range from **10 to 12 marks**. To answer 'evaluate' questions you must consider **strengths and weaknesses, advantages and disadvantages** and the **relevance or significance** of, for example, a theory, factor or life event.

In later adulthood, as a normal part of ageing, individuals will usually notice a decline in the functions of their body. Cardiovascular disease becomes more common because of raised cholesterol or high blood pressure. Other diseases that are linked to ageing are

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Poor lifestyle choices are likely to

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A healthy lifestyle is important because

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Although changes in lifestyle choices will not prevent some decline in ageing, they can help to

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A healthy lifestyle is particularly important for Gita at her life stage because

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See pages 31–36 of the Revision Guide to revise illness and health in ageing.

Total for Question 11 = 10 marks

Guided

12 Give **two** examples of the economic effects of an ageing population. Explain how each one affects the economy. **6 marks**

1 An ageing population means a higher demand on

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This may

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2 An ageing population means an increase in the ratio of retired people to working people. This

means higher numbers of retirees claiming

This results in

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See page 40 of the Revision Guide to revise the economic effects of an ageing population.

Total for Question 12 = 6 marks

Revision paper 2

Answer ALL questions. Write your answers in the spaces provided.

All questions relate to one family.

1 Arlene is 35 years old. She has a son, Kai, who is 12 years old, and a daughter, Shona, aged 4. Shona is starting school in September.

Discuss how Shona's fine motor skills will help her independence when she starts school. **6 marks**

You need to recall the milestones for fine motor skills reached at 4 years old and use your knowledge of the types of activity Shona will take part in at school, including independent personal care.

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 **Links** See page 4 of the Revision Guide to revise the development of fine motor skills.

Total for Question 1 = 6 marks

2 Kai has experienced peer pressure at school from his friendship group.

Identify **three negative** features of behaviour that may be caused by peer pressure.

3 marks

- 1
- 2
- 3



See pages 14 and 16 of the Revision Guide to revise self-concept, friendships and relationships.
See page 17 of the Revision Guide to revise peer pressure.

Total for Question 2 = 3 marks

3 Arlene has just found out that she is expecting another baby in seven months' time. Arlene smokes and likes to drink wine in the evening after work.

Explain, giving **two** examples, the possible effects of Arlene's lifestyle on her baby's development.

6 marks

- 1
- 2



See page 22 of the Revision Guide to revise biological factors that affect development.

Total for Question 3 = 6 marks

6 Kai is in the adolescent life stage. Arlene has been speaking to him about the physical changes he will experience during puberty.

Describe the physical changes Kai will experience during puberty. **6 marks**

Balance your answer by including information about primary and secondary sexual characteristics.

Dotted lines for writing the answer to Question 6.



See page 5 of the Revision Guide to revise physical development during adolescence.

Total for Question 6 = 6 marks

7 Arlene has a younger brother, Mike, aged 21.

Explain Mike's development at his life stage, giving **two** examples. **4 marks**

Mike is in the early adult stage, when individuals are fully grown. Try to give examples relating to two different aspects of Mike's development.

Numbered dotted lines (1 and 2) for writing the answer to Question 7.



See pages 6, 9 and 17 of the Revision Guide to revise development in early adulthood.

Total for Question 7 = 4 marks

8 Arlene split up with her partner, Jermaine, three months ago.

Outline how the breakdown in Arlene's relationship may have affected her emotional and social development.

6 marks

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See pages 29-30 of the Revision Guide to revise the effect of life events.

Total for Question 8 = 6 marks

9 Arlene’s mother, Sofia, is 56 years old. Sofia lives with her partner, Clive, and works as a nurse at the local hospital. Sofia has started the menopause.

Discuss possible **positive** and **negative** effects of Sofia’s life stage on her health and development.

10 marks

Remember, you need to discuss possible **positive** and **negative** effects of this life stage. Middle adulthood can bring more financial security if the person is in work and any children have left home. Think about the impact of economic factors on a person’s development.

In middle adulthood Sofia may begin a gradual decline in physical health and we know that she has started the menopause. What negative effects might Sofia notice?

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 See page 7 of the Revision Guide to revise physical development in middle adulthood, page 17 for the development of independence through the life stages, and page 28 to revise economic factors.

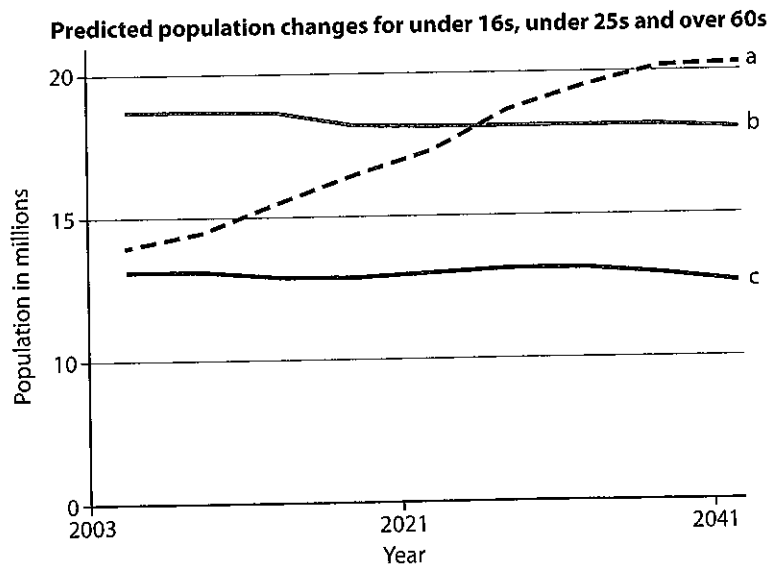
Total for Question 9 = 10 marks

10 Arlene's grandmother, Mary, is 79 years old. Mary has been living alone for many years and until recently was very active. She attended her local church regularly and had many friends there. She was able to catch the bus to the local town where she did her own shopping. Arlene and her mum, Sofia, went to see Mary each week and offered to help, but Mary likes to be independent and always refused.

Mary worked in her local supermarket for many years and retired at the age of 60. It took her a while to get used to not having a job. She particularly missed her colleagues and customers. Through her church she found a local charity shop and started to help out two mornings a week. Although she was now getting more tired and had arthritis and some hearing loss, Mary felt fairly healthy and continued with voluntary work one morning each week, until last year when she had a fall and broke her hip.

Mary spent two months in hospital. When she was discharged she was assessed by a social worker who was concerned that, although she could manage to wash, dress and make light meals, she would not be able to carry out all day-to-day activities. A care plan was agreed and Mary now has a carer who attends her each day to help her with chores. She has hot meals delivered and her daughter, Sofia, visits each week to help with shopping and cleaning. Community services have provided a stairlift and she has a walking frame.

Sofia is getting increasingly worried about Mary. Although Mary has had some physiotherapy and can now walk short distances with the walking frame, she doesn't use it much and hasn't attempted to get out. Sometimes Sofia finds that Mary has not eaten her food. The house often feels cold, but Mary will not turn up the heating, saying that she puts on extra clothing and goes to bed early instead. Mary did have a friend from church who she saw regularly, but she died recently. Sofia often suggests taking Mary out to go to church or visit other friends, but Mary always makes an excuse, saying that she's too tired or that it's too cold out. In the past, Mary always took care with her appearance, but often now doesn't bother to comb her hair. Sofia has suggested that Mary moves into residential accommodation, but each time she mentions it Mary gets very angry.



Which line on the graph indicates the predicted changes in population of people over 60 years old?

1 mark



See page 40 of the Revision Guide to revise ageing and economic effects.

Total for Question 10 = 1 mark

11 Discuss Mary's development in the years after her retirement in relation to theories of ageing.

10 marks

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 **Links** See page 38 of the Revision Guide to revise theories of ageing.

Total for Question 11 = 10 marks

12 Outline why there is an increased risk of falls for older people, with reference to the physical changes in ageing. **6 marks**

Falls can be the result of many conditions of ageing. Discuss a range of conditions to explore how they may affect mobility, orientation and balance.

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See pages 8 and 31–35 of the Revision Guide to revise conditions of ageing.
See page 36 for the effects of illness common in ageing.

Total for Question 12 = 6 marks

