

### Economic Factors

**Manual jobs** – jobs that require physical skill. People in these types of jobs are more likely to have muscle injuries, however they are more likely to increase muscles size and stamina from the job they do. These tend to be low paid jobs.

**Non- manual jobs** – jobs that require thinking skills and communication skills. These tend to be high paid jobs.

**Income** – the money you earn or get in benefits. Your income will affect the house and area you live in. Whether or not you are exposed to damp or pollution, have outdoor space or do not. It may also affect the type of food you buy and the chances you give your children. A **high income** will mean being able to buy educational toys, sending your children on school trips and taking them on outings. A high income will also mean you work longer so may have less time to spend with the family.

**Wealth:** your material value, how much money you gave in property, paintings and land.

**Primary Sexual Characteristics: Something that you are born with and continue to develop during puberty.**

**Secondary Sexual Characteristics: Things that develop during puberty only as a result of hormones.**

	Boys	Girls	Both
<b>Primary</b>	<ul style="list-style-type: none"> <li>• Penis enlarges</li> <li>• Testes enlarge and produce sperm</li> </ul>	<ul style="list-style-type: none"> <li>• Uterus and vagina grow</li> <li>• Ovulation and menstrual periods begin</li> </ul>	
<b>Secondary</b>	<ul style="list-style-type: none"> <li>• Voice box (larynx's) grows so the voice deepens</li> <li>• Muscle strength increases</li> <li>• Growth of facial hair</li> </ul>	Increased fat layers	<ul style="list-style-type: none"> <li>• Arm pit and pubic hair</li> <li>• Growth spurts</li> </ul>

**Peer pressure can lead to poor decision making**

Development	Aspect of Development	Example of play activity
Physical	Fine Motor Skills:	Painting, puzzles, construction (building blocks)
	Gross Motor Skills:	Climbing frame, cycling, playing ball
Intellectual	Language, creative thinking, problem solving, memory, concentration	Shape sorting, puzzles, matching games, action songs
Emotional	Self-esteem, contentment	Drama, musical instruments, play dough, painting
Social	Sharing, making friends, independence	Home corner, playing shop, cooking, water play

### Types of play

**Solo:** Playing alone

**Parallel:** Playing near but not with other children

**Cooperative:** playing with others as a group, sharing and following rules. Working together towards a shared goal.

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**Growth:** Physical changes that can be measured, for example height, weight, strength and stamina.

**Development:** Skills that we acquire through learning and spending time with others

### Types of Development – PIES

**P (physical development)** – health (weight, breathing, heart disease), exercise (fitness, strength stamina), motor skills (gross and fine)

**I (intellectual development)**- learning concepts, problem solving, creative thinking, learning language, learning new skills. Abstract thinking.

**E (emotional development)**-self-esteem, self-image, bonding, attachment, contentment, security, emotional literacy, bereavement

**S (social development)** – interacting with others, sharing, cooperating, becoming independent.

**Self-esteem:** How much you accept, respect and like yourself. How much you value yourself.

**Self-image:** How you see yourself and how you think others see you.

**Attachment:** a close emotional tie between two people usually a parent and child. Poor attachment can affect future relationships.

**Internal working model:** A mental picture of what relationships should look like.

**Egocentrism:** Being self-centred, only seeing the world from your own point of view.

### Physical Development:

**Infancy and childhood** – fine and gross motor skills

**Adolescence** – puberty

**Girls:** development of breasts, periods start, increase in fat layers, hips widen.

**Boys:** Voice breaks, increase in muscles strength.

**Middle adulthood** – menopause (where a females period stops and they can no longer have children), wrinkles, grey hair,

**Later adulthood** -compression of bones, wrinkles deepen; hair gets greyer, loss of mobility

### Infancy

**Fine motor skills** - small movements using the hands, fingers, toes

**Gross motor skills** – large muscles movements using arms, legs and torso

**Fine motor skills** – Gripping, Manipulation, hand eye coordination

**Gross motor skills** – walking, running, kicking

### Pollution

**Air pollution** – can lead to respiratory problems including asthma

**Noise pollution** – can lead to stress and anxiety and may cause social isolation in the elderly.

**Poor living conditions** – Damp housing can cause breathing problems and cold and damp homes cause colds and illnesses which can lead to death in the elderly.

**Noise and overcrowding** can make sleep difficult which can lead to concentration problems causing issues at work

Stress from poor housing can make bonding with a baby difficult and could result in poor attachments being made.

Time off school for doctors' appointments and illness can reduce a teenagers academic chances resulting in poor grades and low paid work.