

# LEVEL 3 HEALTH AND SOCIAL CARE

Project work



# P.I.E.S / LIFESTAGES

**P** – Physical Developments  
**I** – Intellectual Developments  
**E** – Emotional Developments  
**S** – Social Developments



0-2 INFANCY

3-8 EARLY CHILDHOOD

9-18 ADOLESCENCE

19-45 EARLY ADULTHOOD

46-65 MIDDLE ADULTHOOD

65+ LATER ADULTHOOD



# TASK 1

- Using slide 2, you are going to interview a person that is either in early, middle or later adulthood
- You need to ask them of any key developments that they went through during at least 3 life stages

*For example- you may interview your mum about developments in Infancy, childhood and adolescence.*

# TASK 2

Using the information from Task 1, you are going to write a short essay of the key developments in 3 different life stages.

1. You must now categorise all developments researched into P.I.E.S
2. It must be in an essay format

# CRITERIA



Will be able to identify the relevant information about the key developments experienced by a chosen individual

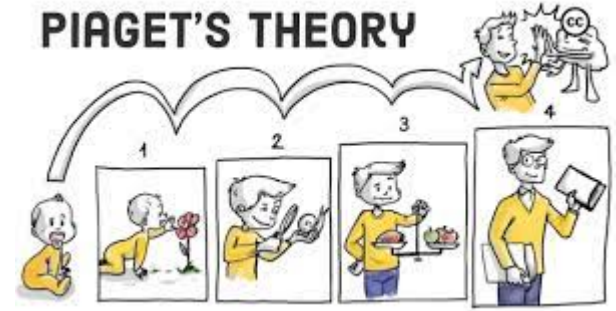


Will be able to explain the impact of the key developments experienced and how it would effect a chosen individual



Will be able to assess the impact of the key developments experienced by a chosen individual, classifying impacts clearly in relation to PIES

# TASK 3



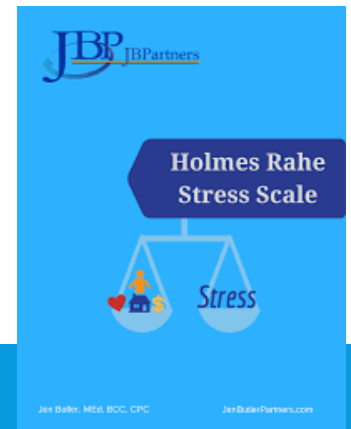
## Cognitive development

One main theorist in cognitive development is a man names "Piaget"

Research the different stages of development according to Piaget and complete a table similar to below: (Use the link to help you)

Stage of development	Key points
<i>Sensorimotor stage</i>	

# TASK 4 & 5



## Life events

People go through many different life events as they age. Each life event can be categorised as either EXPECTED or UNEXPECTED.

Each life event causes a certain amount of stress and this can impact on health.

Task 4: Complete the stress score by following the instructions on the website below:

[Holmes- Rahe Stress Inventory PDF - The American Institute of Stress](#)

**Task 5:** Research “Holmes and Rahe Stress Scale” and explain its key points within a mind map.