



The Sutton Academy

# Knowledge Rich Curriculum Plan

Year 11 – Health and Social Care

Unit 3: Human Growth and Development Through the Life Stages



Year 11 Health and Social Care	Unit 3: Human Growth and Development Through the Life Stages			
Lesson/Learning Sequence	Intended Knowledge: <i>Students will know that...</i>	Tiered Vocabulary	Prior Knowledge: <i>In order to know this students, need to already know that...</i>	Assessment
<b>Lesson: Conception to Birth</b>	<ul style="list-style-type: none"> <li>Students will know that ovulation occurs when an egg is released from one of the women's ovaries and begins to travel down the fallopian tube.</li> <li>Students will know how fertilisation takes place in the fallopian tube, when the woman's egg is fertilised by one of the man's sperm cells.</li> <li>Students will know that the fertilised egg is called a zygote.</li> <li>Students will know that the zygote develops into an embryo.</li> <li>Students will know that from 8 weeks post-conception, the correct term for the developing baby is foetus.</li> <li>Students will know that the term neonate is used to describe a new born baby, specifically a baby in the first four week after birth.</li> <li>Students will know that at 10 -14 weeks the foetus' organs are visible and functioning, that at 15-20 weeks the senses begin to develop and the skeleton is hardening, that at 21-27 weeks the lungs continue to develop and movements become stronger, and that at 28-37 weeks the foetus turns in preparation for birth.</li> </ul>		<ul style="list-style-type: none"> <li><i>Students need to already know that ovulation refers to the natural process of the female body to release and egg monthly.</i></li> <li><i>Students need to already know how fertilisation happens - when a sperm cell reaches and fuses with an egg cell.</i></li> <li><i>Student will already be familiar with the term foetus, that is used to refer to a developing baby.</i></li> </ul>	
<b>Lesson: Conception to Birth Coursework Lesson</b>	<ul style="list-style-type: none"> <li></li> </ul>		<ul style="list-style-type: none"> <li></li> </ul>	
<b>Lesson: Effects on Development</b>	<ul style="list-style-type: none"> <li>Students will know that conception is the process whereby the sperm cell fertilises the ovum (egg cell), and that pre-conception is the period before conception.</li> <li>Students will know how pre-conception experiences impact fertility and the chances of conception.</li> <li>Students will know that smoking has a negative effect on fertility in both men and women, and that in men it reduces both sperm count and sperm fertility.</li> <li>Students will know that diet and exercise are important because they prepare the body for pregnancy, helping</li> </ul>		<ul style="list-style-type: none"> <li><i>Students will already know that from 8 weeks post-conception, the correct term for the developing baby is foetus.</i></li> <li><i>Students will already know that the fallopian tube is the part of the reproductive organs that the egg cell travels down during ovulation.</i></li> <li><i>Students will already know that a miscarriage is when a foetus does not make it full term.</i></li> <li><i>Student will need to already know and be able to give examples of prescribed and non-prescribed drugs.</i></li> </ul>	

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	<p>women to meet the physical demands of labour and childbirth.</p> <ul style="list-style-type: none"> <li>• Students will know that avoiding alcohol is important pre-conception because drinking alcohol reduces fertility.</li> <li>• Students will know that any medication consumed by the mother can pass through the placenta should she fall pregnant. Therefore, when trying to conceive she should seek advice from the GP relating to any medication.</li> <li>• Students will know that pre-birth experiences are those that happen during pregnancy.</li> <li>• Students will know that smoking during pregnancy can harm the developing foetus.</li> <li>• The oxygen supply to the baby is restricted and chemicals from smoking pass through the placenta to the baby. Smoking leads to low birth weight, increased risk of ectopic pregnancy (where fertilised egg remains outside the womb/in fallopian tube), and increased risk of miscarriage (where the foetus does not survive full term).</li> <li>• Student will know that antenatal care is care that is offered to a woman throughout her pregnancy. The health care professional (such as a midwife or doctor) will conduct checks such as: <ul style="list-style-type: none"> <li>• Checking health of mum and baby</li> <li>• Providing appointments for scans to check for abnormalities</li> <li>• Offer tests, known as antenatal screening, for conditions such as Down's syndrome</li> <li>• Give advice on healthy eating and lifestyle</li> <li>• Arrange blood tests to check for anaemia and gestational diabetes</li> </ul> </li> <li>• Students will know that drinking alcohol during pregnancy means the alcohol crosses the placenta and harms the foetus. This can lead to foetal alcohol syndrome.</li> <li>• Students will know that diet affects the foetus, and that women who are pregnant should avoid foods such as pasteurised cheeses (which allow harmful bacteria to grow) and caffeine (which leads to low birth weight).</li> <li>• Students will know that the environment can affect a developing foetus, with high crime rates leading to the</li> </ul>		<ul style="list-style-type: none"> <li>• <i>Students will already need to have an understanding of the importance of health eating for good development.</i></li> <li>• <i>Students need to already know that the term malnourished describes poor health caused by a diet that does not contain the right amount of nutrients.</i></li> </ul>	

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	<p>mother experiencing stress and damp conditions leading to increased risk of respiratory illnesses.</p>			
<p><b>Lesson: Effects on Development</b></p>	<ul style="list-style-type: none"> <li>• Students will know that gestational diabetes and pre-eclampsia are examples of conditions that happen during pregnancy.</li> <li>• Students will know that gestational diabetes is a type of diabetes that develops during pregnancy when the mothers body cannot produce enough insulin – a hormone that helps control blood sugar levels.</li> <li>• Students will know that gestational diabetes can lead to high birth weight in the infant and abnormal growth.</li> <li>• Students will know that women with gestational diabetes will need to regularly check their blood sugar levels throughout the day, make changes to their diet, and may need to administer insulin.</li> <li>• Students will know that pre-eclampsia is a condition identified in pregnancy by high blood pressure and protein in urine.</li> <li>• Students will know that pre-eclampsia is usually mild, but when blood pressure is not successfully controlled it can lead to premature birth, seizures and in extreme cases death of the mother or infant.</li> </ul>		<ul style="list-style-type: none"> <li>• <i>Students need to already know that pre-birth experiences, such as smoking, drinking alcohol, poor diet, and antenatal care affect the developing foetus.</i></li> <li>• <i>Students need to already know that the term foetus describes a developing baby from 8 weeks gestation.</i></li> <li>• <i>Students will know that a seizure is characterised by sudden and temporary involuntary movements, such as shaking, twitching and stiffness.</i></li> <li>• <i>Students will already know that a baby is considered full term at 37 weeks gestation.</i></li> </ul>	
<p><b>Lesson: Conception to Birth Coursework Lesson</b></p>	<ul style="list-style-type: none"> <li>•</li> </ul>		<ul style="list-style-type: none"> <li>•</li> </ul>	

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<b>Lesson: Development Across the Life Span - Infancy</b>	<ul style="list-style-type: none"> <li>• Students will know that holistic development is a term used to refer to all areas of development.</li> <li>• Students will know that interdependence means the dependence of two or more things on each other.</li> <li>• Students will know that infancy is a life stage that runs from birth to 2 years.</li> <li>• Students will know that physical development in infancy includes both fine and gross motor skills.</li> <li>• Students will know that fine motor skills are movements that use the small muscles in the body (such as using pincer grip with thumb and forefinger), while gross motor skills are those that use the larger muscles in the body (such as walking and crawling).</li> <li>• Students will know that intellectual development in infancy includes language development, understanding cause and effect, and gaining object permanence.</li> <li>• Students will know that object permanence is when an infant understands that something still exists when out of sight, and will look for the missing object.</li> <li>• Students will know that emotional development in infancy includes crying to express feelings, throwing tantrums, and forming attachments to feel secure.</li> <li>• Students will know that social development in infancy includes solitary play (playing alone) and parallel play (playing alongside another infant).</li> <li>• Students will know that areas of development are interdependent, that they influence each other. For example, cognitive development such as being able to use language will allow the infant to communicate and strengthen their relationships with others. It will also help their emotional development by allowing them to express their feelings.</li> </ul>		<ul style="list-style-type: none"> <li>• <i>Students need to already know that physical development refers to the physical growth and health of an individual.</i></li> <li>• <i>Students need to already know that cognitive development refers to development of the mind. The infants understanding matures rapidly in this life stage.</i></li> <li>• <i>Students will already know that social development refers to the growth, and maintenance of good relationships with others.</i></li> <li>• <i>Students will already know that emotional development concerns our ability to both understand and express our feelings.</i></li> <li>• <i>Students will already have an understanding of what the term parallel means - side by side/corresponding.</i></li> </ul>		