





### 3.3 Physical development

<b>1. New born baby</b> 	<b>The characteristics of a new born baby</b>	
	<b>The needs of the new born baby</b>	
	<b>Identify the specific needs of the pre-term (premature) baby</b>	
<b>2. Development norms</b> 	<b>To identify the norms from birth to five years</b>	
	<b>How the baby develops physically from birth to 5 years</b>	
	<b>The development of fine and gross motor skills</b>	
<b>3. Conditions for development</b> 	<b>The selection of clothing and footwear for babies and children</b>	
	<b>The need for warmth, rest, sleep, exercise, fresh air, cleanliness, routine and the importance of the housing environment to the child</b>	
<b>4. Safety</b> 	<b>How to create a safe, child-friendly environment within the home and the garden/play areas</b>	
	<b>To be aware of the most common childhood accidents</b>	
	<b>The importance of road and car safety</b>	
	<b>How safety has become an issue due to diverse family lifestyles</b>	

### 3.4 Nutrition and health

<b>1. Nutrition and feeding</b> 	<b>To justify the choice between breast and bottle feeding</b>	
	<b>How to introduce mixed feeding (weaning) and to experience the range of food products available</b>	
	<b>How to encourage healthy attitudes to food and eating patterns in childhood</b>	
	<b>The function and sources of the major nutrients in the diet, e.g. protein, fats, carbohydrates, vitamins and minerals</b>	
	<b>The importance of healthy eating and its relationship to diet-related illnesses</b>	
	<b>The importance and application of hygienic practices related to food preparation within the home</b>	
<b>2. Response to infection</b> 	<b>How to recognise signs of illness, when to seek treatment by a doctor, and when emergency medical help should be sought</b>	
	<b>How to recognise, prevent and manage common childhood ailments and diseases</b>	
	<b>Immunisation and vaccination programmes</b>	
	<b>How immunity to disease and infection can be acquired</b>	
	<b>How to prepare a child for a stay in hospital</b>	
	<b>The needs of a sick child, including physical, social and emotional needs</b>	

<u>HOW I'LL KNOW HOW WELL I'M DOING</u>	<u>MY RESULTS, FEEDBACK &amp; TARGETS</u>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Peer-Assessments of mid-unit practice questions</li> <li><input type="checkbox"/> Ongoing Self-Assessment / Dialogue review sheets to identify my strengths and areas for development</li> <li><input type="checkbox"/> Peer-Assessments of mid-unit practice questions</li> <li><input type="checkbox"/> Knowledge test 20 key terms and concepts</li> <li><input type="checkbox"/> Formative (feedback) practice questions for short, medium and extended questions</li> <li><input type="checkbox"/> Summative (graded) practice exam papers at the end of the unit</li> </ul> <p><b><u>SKILLS THIS WILL HELP ME TO USE &amp; DEVELOP</u></b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> My <b>LITERACY</b> through spelling of key words and written assessment</li> <li><input type="checkbox"/> My <b>LITERACY</b> through written answers to questions</li> <li><input type="checkbox"/> My <b>NUMERACY</b> through working out measurements for DRV's</li> <li><input type="checkbox"/> My <b>COMMUNICATION</b> skills through discussion work and practical assessments – bathing a baby</li> <li><input type="checkbox"/> <b>INDEPENDENT LEARNING</b> through working on own using ICT to complete assessment</li> <li><input type="checkbox"/> <b>SELF MANAGEMENT</b> through submission of work, assessment and revision on time and to the standards/criteria set</li> </ul>	<p><b>I HAVE SHOWN THESE SKILLS BY...</b></p>

