

Lifespan Summer Project

Health and Social Care Level 3

Working in Health and Social Care Level
3



Name

Course.....

Task 1.

Match the life stages to the correct age brackets.

Infancy

Early Childhood

Adolescence

Early Adulthood

Middle Adulthood

Late Adulthood

3-8 Years

19-45 Years

9-18 Years

46-65 Years

0-2 Years

65 Year Onwards



Task 2

Name one major change that happens within each life stage this could be either physically, emotionally, intellectually or socially.

Infancy	
Early Childhood	
Adolescence	
Early Adulthood	
Middle Adulthood	
Late Adulthood	

Task 3

Answer the Questions below to the best of your ability. You may use the internet or other recourses to source your information, but you must reference for these at the end.

Infancy (0-2 years)

1. Describe the typical milestones in physical development during infancy.

2. Explain Piaget's sensorimotor stage and its significance in cognitive development.

Early Childhood (3-6 years)

1. How does Piaget's preoperational stage differ from the sensorimotor stage in terms of cognitive abilities?

2. Describe the development of language skills during early childhood.

Middle Childhood (7-11 years)

1. Discuss the advances in fine and gross motor skills during middle childhood.

Adolescence (12-18 years)

1. What are the primary physical changes that occur during puberty?

2. Describe the cognitive changes associated with Piaget's formal operational stage.

3. What are some common challenges adolescents face regarding mental health and well-being?

Early Adulthood (19-40 years)

1. What are the characteristics of physical development in early adulthood?

2. What are some common health and lifestyle challenges faced in early adulthood?

Middle Adulthood (40-65 years)

1. What physical changes are commonly observed during middle adulthood?

2. Discuss cognitive stability and potential declines during middle adulthood.

3. How do family dynamics typically evolve during middle adulthood?

Late Adulthood (65+ years)

1. Describe the key physical changes that occur in late adulthood.

2. What cognitive challenges are common in late adulthood, and how can they be managed?

3. How do social roles and relationships change after retirement?

Task 4

Take a moment to research what fine and Gross Motor Skills means.

Describe the fine and gross motor skills typical for infants.

Differentiate between fine and gross motor skills with examples.

Why are motor skills important for overall development, and how do they evolve across different life stages?

Task 5

On a word document, if possible, reflect on personal development: Reflect on your own development journey so far. Identify significant milestones or experiences that have shaped who you are today. Consider how factors like family, school, friends, and personal interests have influenced your growth and development.

If you cannot complete this on a word doc, please completed by hand on paper.

Task 6

Create a visual representation (e.g., timeline, poster, infographic)

That illustrates the stages of human development from birth to old age. Include key characteristics, milestones, and factors that influence development at each stage.

Please ensure that you bring this summer task with you on the first day off college. It is important for us to see how you have got on.

We look forward to seeing you 😊