

## Checklist for Year 10 Child Development

- Physical development
- Nutrition and health
- Intellectual, social and emotional development

80 marks  
 40% of the total GCSE marks  
 1 hour 30 minutes written paper

Development norms	<ul style="list-style-type: none"> <li>• To identify the norms from birth to five years</li> <li>• How the baby develops physically from birth to 5 years</li> <li>• The development of fine and gross motor skills.</li> </ul> <p>Conditions for development • The selection of clothing and footwear for babies and children</p> <ul style="list-style-type: none"> <li>• The need for warmth, rest, sleep, exercise, fresh air, cleanliness, routine and the importance of the housing environment to the child.</li> </ul>	
Safety	<ul style="list-style-type: none"> <li>• How to create a safe, child-friendly environment within the home and the garden/play areas</li> <li>• To be aware of the most common childhood accidents</li> <li>• The importance of road and car safety</li> <li>• How safety has become an issue due to diverse family lifestyles.</li> </ul>	
Nutrition and feeding	<ul style="list-style-type: none"> <li>• To justify the choice between breast and bottle feeding</li> <li>• How to introduce mixed feeding (weaning) and to experience the range of food products available</li> <li>• How to encourage healthy attitudes to food and eating patterns in childhood</li> <li>• The function and sources of the major nutrients in the diet, e.g. protein, fats, carbohydrates, vitamins and minerals</li> </ul>	

	<ul style="list-style-type: none"> <li>• The importance of healthy eating and its relationship to diet-related illnesses</li> <li>• The importance and application of hygienic practices related to food preparation within the home.</li> </ul>	
Conditions for development	<ul style="list-style-type: none"> <li>• The factors promoting development and appreciation of the importance of environment, support, talking and listening to a child, stimulation, love, praise, security, encouragement, bonding, quality time, opportunity to play.</li> </ul> <p>Patterns of learning</p> <ul style="list-style-type: none"> <li>• The stages of intellectual (cognitive) development, including communication and language, number skills, reading and writing</li> <li>• The development of social skills, including independence and self-esteem</li> <li>• Appreciate the need for acceptable patterns of behaviour and approaches to discipline.</li> </ul>	
Learning through play	<ul style="list-style-type: none"> <li>• The different types of play</li> <li>• The benefits of play</li> <li>• The development of the stages of play</li> <li>• To select appropriate toys for different stages of development.</li> </ul>	