## PIES

**PHYSICAL**

Describes growth patterns and changes in mobility of the large and small muscles in the body that happen throughout life. For example, infants begin to walk at 13 months and pick up small objects. By 3 years they can pedal a tricycle and draw shapes.

**INTELLECTUAL**

Describes how people develop their thinking skills, memory and language - for example, being able to learn, remember and recall information.

**EMOTIONAL**

Describes how people develop their identity and cope with feelings - for example, developing confidence when trying new things and learn how to adapt to change.

**SOCIAL**

Describes how people develop their friendships and relationships - for example, developing the confidence and skills to join and participate in a group situation.

### Expected/Unexpected Life Events

<table>
<thead>
<tr>
<th>Expected Life Events</th>
<th>Unexpected Life Events</th>
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<tbody>
<tr>
<td>Marriage</td>
<td>Unemployment</td>
</tr>
<tr>
<td>Employment</td>
<td>Promotion</td>
</tr>
<tr>
<td>Leaving/start school</td>
<td>Exclusion/dropping out of education</td>
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<tr>
<td>Moving house</td>
<td>Imprisonment</td>
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<tr>
<td>Retirement</td>
<td>Ill health</td>
</tr>
<tr>
<td>Living with partner</td>
<td>Death</td>
</tr>
<tr>
<td>Parenthood</td>
<td>Accident/injury</td>
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</tbody>
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### Key Words

- **Relationship changes**
- **Life circumstances**
- **Expected life events**
- **Unexpected life events**

### Sources/Type of Support

- **Family/friends/partners**: Emotional
- **Professional carers and services**: Information
- **Community groups**: Advice
- **Voluntary and faith-based organisations**: Practical help – financial, childcare, transport

### Revision Tips

- Start revising early.
- Take short breaks.
- Use text books and revision booklets.
- Have a go at past papers.
- Don’t just read your notes.
- Don’t put it off.

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### 8 MARK QUESTIONS - EXAMPLES

**Case Study 1:** Sarah is 10 years old and entering adolescence. Sarah’s behaviour is changing as she starts secondary school and is forming new friendships at school. Sarah and her friends are into fashion and imitate fashion models. Peggy is concerned that Sarah is being influenced by the media. **How does this affect Sarah’s development?**

**Case Study 2:** Anna’s grandparents, Mary and James, live in a small house on the edge of the town. They are both in their early seventies and have retired from work. James used to work in a factory which made glass fibre insulation. Recently James suffered a mild heart attack. **How does this affect James’ development?**

**Case Study 3:** Maisie, 28 years old. Married to Dan who is 30 years old. Maisie and Dan are planning to start a family. They live in Grimsby. They realise this decision has a massive impact on many areas of their lives. **How does this affect Maisie’s development?**