

CLEETHORPES ACADEMY HOME LEARNING

Year 10: CHILD DEVELOPMENT



We Are ***CARING***

We Are ***CURIOUS***

We Are ***CREATIVE***

SELF QUIZZING

OUR EXPECTATIONS

- The act of self-quizzing supports retrieval. Retrieval is important because the more we revisit knowledge and ideas, the more likely we are to remember it. The more we remember, the greater sense we can make of our learning.
- You should spend a minimum of *30 minutes a night* focusing on a specific subject's retrieval activity.
- You should bring your completed work to form, every Tuesday, where your work will be checked and additional retrieval activities will be completed to support your retention of the information studied at home.
- Failure to complete the activities each week, will result in further sanctions.

WHAT YOU SHOULD DO

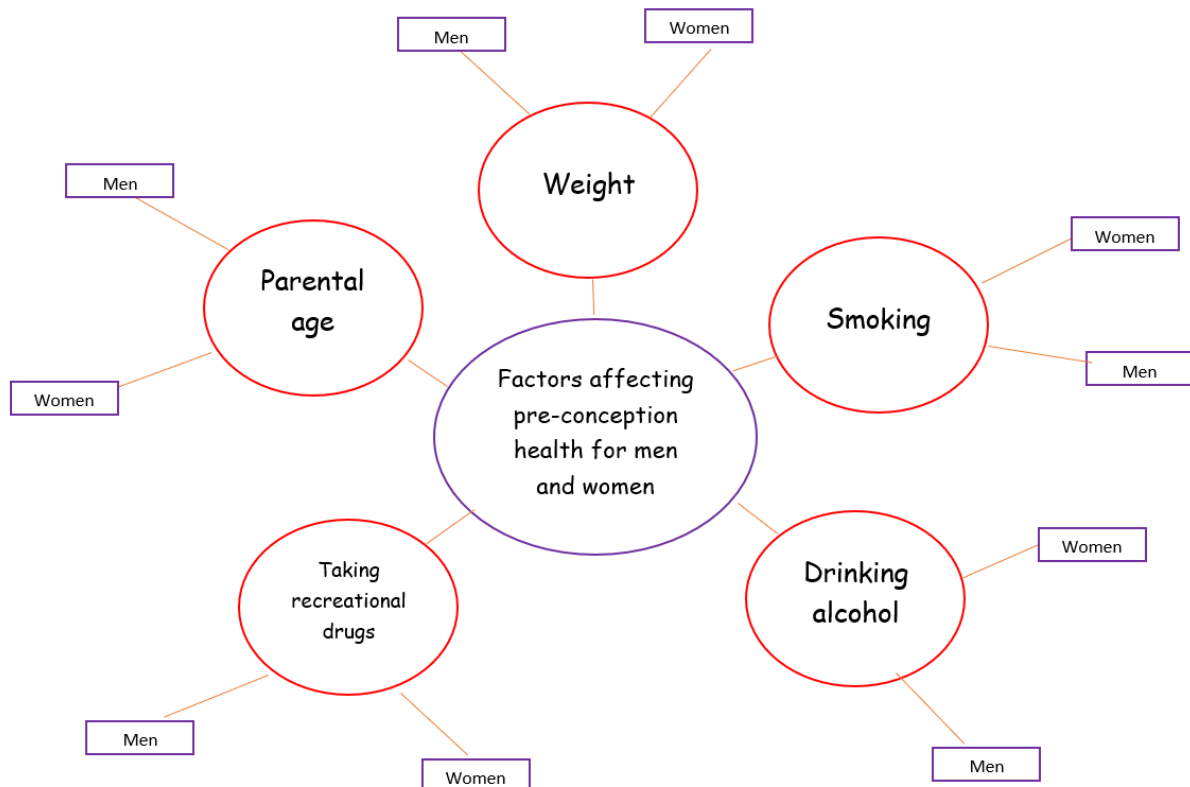
- Each night, select a subject to focus on.
- Read the subject's information really trying hard to remember what you have read. You might want to highlight and add your own notes to the information you have been given.
- Once you are confident that you can recall the information without having to recheck, use the following blank page to write down everything you can remember, using a black or blue pen. Don't worry if you can't remember everything
- In form time, your tutor will ask you to check through your work and use a green pen to "gap fill" any information you may have missed.
- Your tutor will also ask further questions in relation to the information you have read each week, to further support your retention of new knowledge.
- You will be rewarded with carrot points for your efforts each week.

WEEK 1

PRE-CONCEPTION HEALTH FOR MEN AND WOMEN

Read through the information below then write it in your book

Pre-conception means before pregnancy. It is important for couples to be healthy before they try for a baby. This applies to both the man and woman. There are five areas of health that a couple need to consider before trying to conceive a baby.



Week 2

PRE-CONCEPTION HEALTH FOR WOMEN

Read through the information below then write it in your book

Fertility	A woman's ability to conceive a child and a man's ability to produce fertile sperm
Conception	This occurs when the egg is fertilised by a sperm
Gestational diabetes	The body's sugar levels rise to a high level due to the woman's body not producing enough insulin to meet the extra needs of pregnancy
Ovulation	When an egg is released from one of the woman's ovaries
Pre-eclampsia	A condition that needs urgent medical attention as it can lead to serious complications. Symptoms include very high blood pressure, swelling of the face, hands and feet, and protein in the urine
Menstrual cycle	The process of ovulation over 28 days when women are fertile and have their periods
BMI	Uses height and weight measurements to calculate whether an individual is a healthy weight for becoming pregnant
FASD	Caused by the mother drinking alcohol when pregnant. This may damage the baby's brain and body, stopping them from developing normally in the womb

Folic acid

If a woman is planning to become pregnant, she must take a folic acid supplement containing 400 micrograms. She must then continue to take this supplement up until the 12th week of her pregnancy. Some women may need a higher dose of 5 milligrams due to increased risk in their pregnancy

Neural tube defects

Taking a folic acid supplement before and during the first 12 weeks of pregnancy is important as it plays a vital role in the development of the baby's **neural tube**. The **neural tube** forms the baby's **brain** and **spinal cord**. Ensuring adequate folic acid intake can significantly reduce the risk of **neural tube defects (NTDs)** such as **spina bifida** and **anencephaly**



Spinach, kale, asparagus, sprouts, cabbage, broccoli



Peas, lentils, beans, chickpeas, black-eyed beans



Yeast and beef extracts



Oranges and orange juice



Wheat bran and wholegrain foods



PROTEINS
Poultry, pork, shellfish and liver



Fortified cereals

Tier

- Fc
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Week 3

CONTRACEPTIVE METHODS

Read through the information below then write it in your book

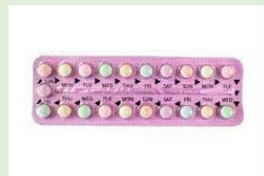
Method	Advantages	Disadvantages
Condom	<ul style="list-style-type: none"> • 98% effective if used correctly • Protects against STIs • Widely available • Free from family planning clinics • Man takes responsibility for contraception • Can be used anytime following birth 	<ul style="list-style-type: none"> • Sex is interrupted • Can split if used incorrectly
Female condom	<ul style="list-style-type: none"> • 95% effective if used correctly • Free from family planning clinics • Protects against STIs 	<ul style="list-style-type: none"> • Sex interrupted • Can be difficult to use • More expensive than male condoms • Can be pushed too far into the vagina
Diaphragm or cap	<ul style="list-style-type: none"> • Inserted before sex • Reusable • 92% effective if used correctly • Comes in different sizes 	<ul style="list-style-type: none"> • Must used with spermicidal gel or cream • Must be removed and washed after sex

Wednesday, 11 June 2025

Hormonal methods are available free on the NHS and are usually prescribed following a discussion with a GP.



Combined pill



Progestogen - only pill (POP)



Injection



Implant



Intrauterine device



Intrauterine system



Emergency pill

Week 4

NATURAL FAMILY PLANNING & THE MENSTRUAL CYCLE

Read through the information below then write it in your book

- **Natural Family Planning** (NFP) is a birth control method that relies on understanding a woman's **menstrual cycle** to **avoid** or **plan** for pregnancy.
- It involves tracking **fertility** signs like **cervical mucus** changes, **basal** body temperature and **ovulation** to determine the **fertile window**. By **abstaining** from intercourse or using barrier methods during the fertile period, individuals can prevent pregnancy.
- It can be up to **99% effective** if the instructions are followed carefully
- It is less effective if instructions are not followed and might only be **75% effective** if monitoring mistakes are made

Length:

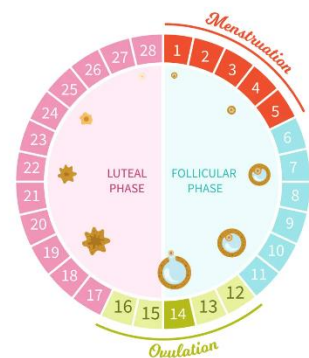
- The average cycle is around 28 days, but can be shorter or longer, with cycles between 21 and 35 days considered normal.

Phases:

- The cycle is divided into phases:
 - ❖ **menstruation** (bleeding),
 - ❖ **the follicular phase** (development of follicles in the ovaries),
 - ❖ **ovulation** (release of an egg),
 - ❖ **the luteal phase** (preparation of the uterine lining).

Outcomes:

- If **unprotected sex occurs during ovulation**, the woman can become pregnant
- If **sex doesn't occur or if it is protected sex**, it is unlikely the woman will become pregnant. The uterine lining and unfertilised egg are shed as a period along with blood and mucus



Week 5

THE FEMALE REPRODUCTIVE SYSTEM

Read through the information below then write it in your book

Female	FUNCTION:
Ovary	<p>There are two ovaries, one at the upper end of each of the fallopian tubes. Function is to produce female hormones and to make the eggs which are released into the fallopian tubes.</p> <p>Extra facts:</p> <ul style="list-style-type: none">• The eggs produced are called 'ova' or 'ovum'.• The female hormones produced are called oestrogen and progesterone.• Women are born with hundreds of undeveloped egg cells.
Fallopian tubes	<p>There are two fallopian tubes, one on each side of the uterus. They connect the ovaries to the uterus. Function is to transport the egg (also known as ovum) down to the uterus.</p> <p>Extra facts:</p> <ul style="list-style-type: none">• Also known as 'oviduct' or 'egg tube'.• Lined with tiny hairs called 'cilia' which help to move the egg through to the uterus.• Fertilisation of the egg by the sperm takes place in the fallopian tubes.
Uterus	<p>The uterus is connected to the lower end of the fallopian tubes. The lower part is called the cervix which leads to the vagina. Function is to provide a place for the foetus to grow and develop. The fertilised egg (or ovum) implants into the uterus lining called the endometrium.</p> <p>Extra facts:</p> <ul style="list-style-type: none">• Is also known as the 'womb'.• Is a pear shaped muscular <u>bag</u>. <p>It goes through a series of monthly changes called the 'menstrual cycle', in preparation for a fertilised egg.</p>
Cervix	<p>Found at the neck of the uterus. Connects vagina to uterus. Function is to open gradually during labour to form the birth canal so that the baby can travel through the vagina. Produces mucous that changes in consistency during the menstrual cycle to prevent or promote pregnancy.</p> <p>Extra facts:</p> <ul style="list-style-type: none">• Opens a small amount to permit passage of menstrual flow.• Softens to allow sperm to travel through on its way to the fallopian tubes.• Dilates (opens) widely during childbirth to allow the baby to pass through.
Vagina	<p>Leads into the uterus. Function is to receive the sperm during intercourse. The sperm travel through the vagina to the cervix and up into the uterus and onwards into the fallopian tubes.</p> <p>Extra facts:</p> <ul style="list-style-type: none">• Is a muscular tube.• The baby passes through the vagina at birth.• Forms the 'birth canal' with the uterus and the cervix.

Week 6

THE MALE REPRODUCTIVE SYSTEM

Read through the information below then write it in your book

Male	FUNCTION:
Testes	<p>There are two testes in the scrotum, which is a bag of skin that hangs below the abdomen.</p> <p>Their function is to produce sperm and testosterone (the male hormone).</p> <p>Extra facts:</p> <ul style="list-style-type: none">• Scrotum stores sperm at a cooler temperature than if they were inside the body.• Singular = testis. 'Testes' is the medical name for testicles.
Sperm duct system	<p>The sperm duct system links the testes to the urethra. It is made up of two parts, the epididymis and a muscular tube called the vas deferens.</p> <p>Function is to transport the sperm from the testes to the urethra. It stores the sperm in the epididymis. It produces fluids that provide the sperm cells with nutrients.</p> <p>Extra facts:</p> <ul style="list-style-type: none">• The mixture of sperm cells and fluids is known as 'semen'.• The vas deferens is sometimes called the 'sperm tube'.• The prostate gland and the seminal vesicle help to produce the fluid for the sperm cells.
Penis (and Urethra)	<p>Positioned above and in front of the testes.</p> <p>Two functions:</p> <p>1 – to pass urine out of the body.</p> <p>2 – to pass semen into the vagina during sexual intercourse.</p> <p>The urethra is used for both functions.</p> <p>Extra facts:</p> <ul style="list-style-type: none">• The exit from the bladder is closed during intercourse so that no urine is passed.• Penis becomes erect (rigid) before and during intercourse.• Penis 'ejaculates' (discharges) sperm into the vagina.

Week 7

HOW REPRODUCTION TAKES PLACE

Read through the information below then write it in your book

How reproduction takes place

Ovulation

This occurs when an egg is released from one of the ovaries and travels along the Fallopian tube, around day 14 of the menstrual cycle. It is moved along by the cilia, and a jelly-like coating stops it from sticking to the sides of the tubes.

Ovulation either results in pregnancy due to the egg being fertilised (if a woman has unprotected sex with a man) or by the body flushing out an unfertilised egg (her period)

Conception/fertilisation

This occurs when a sperm penetrates an egg following ejaculation from the penis into the vagina. The sperm passes through the cervix and uterus, meets the egg in the Fallopian tube and loses its tail, which is no longer needed.

The egg and sperm then fuse as one cell. The fertilised egg continues along the Fallopian tube. Between four and five days later, there is a mass of around 16 cells. This forms a ball of tissue called the blastocyst.

Implantation

After around another seven days, the fertilised egg arrives in the uterus and implants itself in the enriched lining. Once it is attached firmly, conception has been achieved and the egg is called an embryo.

Week 8

THE DEVELOPMENT OF THE EMBRYO AND FOETUS

Read through the information below then write it in your book

Amniotic fluid

- The **amniotic fluid** is contained in the amniotic sac. It is a **protective** fluid made up mainly of **water**. it **cushions** the baby's movements and contains its **urine** during later pregnancy.
- It helps the exchange of **water**, **nutrients** and **antibodies** between the mother and foetus

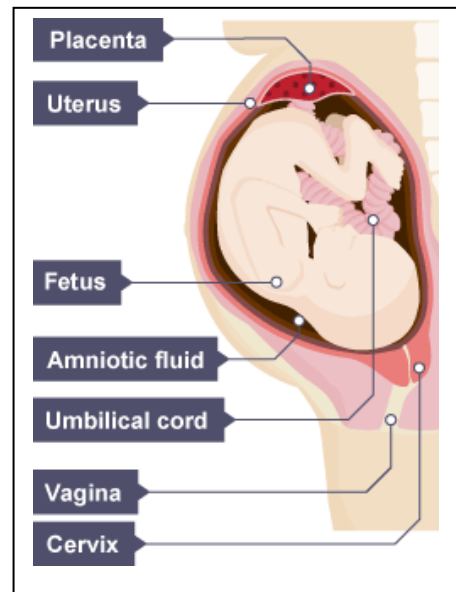
Umbilical cord

- The **umbilical cord** is the tube that connects the **foetus** to the **mother** during pregnancy.
- **Blood** from the baby flows continually to and from the **placenta** through the umbilical cord. In the placenta, the baby's blood comes very close to the mother's but does not mix

Placenta

- The **placenta** is attached to the wall of the **uterus**. The **umbilical cord** comes from the **placenta** to the **baby**.
- The placenta provides the foetus with **oxygen** and **nutrients** from the mother via the umbilical cord, and also removes **foetal waste products**.

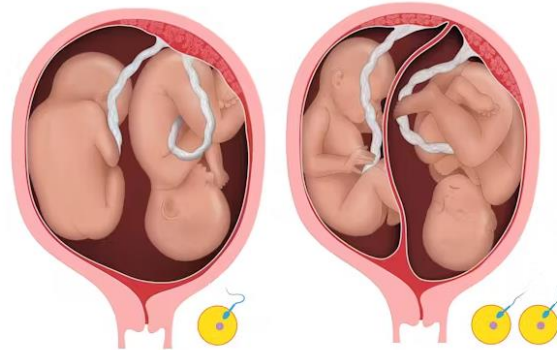
The placenta passes on antibodies providing natural immunity



Week 9

MULTIPLE PREGNANCIES

Read through the information below then write it in your book



Identical twins

One sperm fertilises one egg which then splits into two parts. Each part creates a separate individual. The twins will share one placenta and often the same amniotic sac. They will look very similar to each other – almost exactly the same – as they have inherited identical genes. They are likely to be of the same sex. These types of twins are more common in younger women

Uniovular twins

Non – identical twins

Two different sperm fertilise two different eggs. Each egg will become a separate individual. They will have separate placentas and amniotic sacs. They will look no more alike than normal siblings and can be the same or opposite sex. These types of twins are more common in older women and also women who have a history of twins in their family

Binovular twins

Week 10

SIGNS AND SYMPTOMS OF PREGNANCY

Read through the information below then write it in your book

There are common signs and symptoms of pregnancy, but not every woman will experience all symptoms. Women will experience them at different times or maybe not at all. A missed period is a common first sign for someone with a regular monthly cycle.

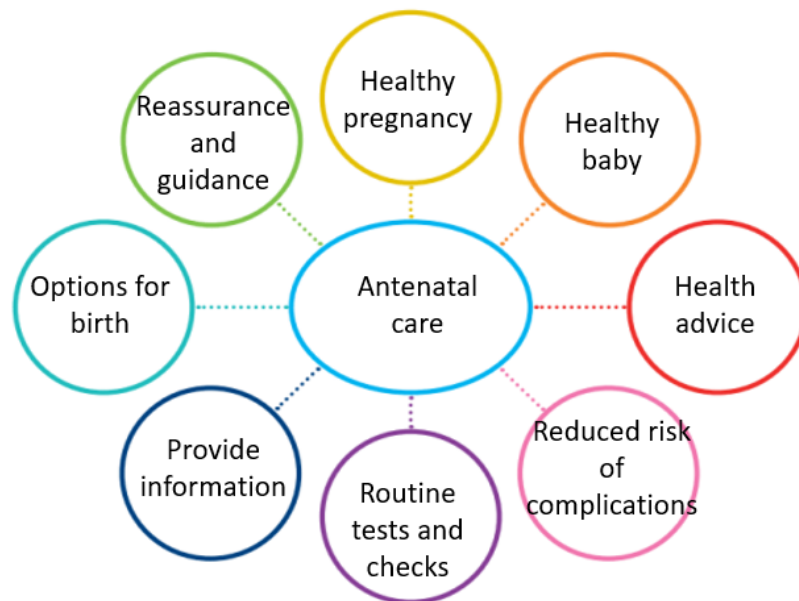
Signs and symptoms of pregnancy include:



Week 11

THE PURPOSE OF ANTENATAL CARE

Read through the information below then write it in your book



The first midwife appointment should happen before **week 10** of pregnancy. This is because some **routine tests** should be done before this time, such as testing for **sickle cell disease** or **thalassaemia**. The first appointment lasts about an **hour**. The mother will also be given information about **folic acid** supplements, **nutrition**, **diet** and **food hygiene**. The midwife will also give them advice on lifestyle factors such as **smoking**, **drinking alcohol** and **recreational drug** use. Additionally, the pregnant woman will receive information about **antenatal screening** and **diagnostic tests**.

Week 12

ROUTINE TESTS AND CHECKS DURING PREGNANCY

Read through the information below then write it in your book

There are 6 routine tests and checks that are carried out at regular antenatal appointments. These include:

- Checking the baby's heartbeat
- Checking the mother's blood pressure
- Checking the mother's urine
- Blood tests from the mother
- Examination of the uterus
- Checking the mother's weight

It is important these tests and checks are completed at regular appointments throughout the mother's pregnancy. This is because complications can happen at any stage of pregnancy, so it is best for these tests and checks to be performed to ensure the mother and baby are healthy.

The baby's heartbeat needs to be checked as if it is too slow or too fast (or can't be detected) there could be a problem.

The mother's blood pressure needs to be checked as if it is too high, this could be a sign of a serious condition called pre-eclampsia.

Urine tests are also important as these can tell midwives if the mother has a UTI or pre-eclampsia.

The mother's blood is checked for lots of reasons such as checking glucose levels for gestational diabetes.

The uterus is examined to check the position of the baby and measure the fundal height.

The mother's weight is checked to ensure she is gaining the right amount of weight during pregnancy (approximately 25-30lbs)

