

# Y11

Revision  
Olympics



## Child Development

Revision Guide  
December 2024–May 2025

### Exam Specification and General Support

**Exam specification  
and exam board**

Level 1/Level 2 Cambridge National in Child Development  
OCR

**Past paper questions**

[Assessment Resources](#)

**Useful revision  
websites**

[Specification](#)

**Exam info**

Unit R057: Health and well-being for child development

# Y11 Child Development

Week	Activity 1	Activity 2
<p>1 2.12.24</p>	<p><b>Watch</b> <a href="#">Why Preconception Health Matters</a> for a quick overview of pre-conception health and its importance.</p> <p><b>Read and Take Notes on Each Factor</b></p> <p>For each factor below, jot down brief notes on how it impacts fertility for both men and women:</p> <p><b>Weight</b> – Consider how body weight influences hormones and reproductive health.</p> <p><b>Smoking</b> – Note effects on egg/sperm quality and potential risks to pregnancy.</p> <p><b>Alcohol</b> – Understand how alcohol affects hormones, conception, and fetal development.</p> <p><b>Recreational Drugs</b> – Identify effects on egg/sperm quality and pregnancy risks.</p> <p><b>Parental Age</b> – Explore how age influences fertility and potential genetic risks.</p>	<p>Answer questions <a href="#">pre conc EQ.docx</a></p>
<p>2 9.12.24</p>	<p>Watch the Overview Videos</p> <ul style="list-style-type: none"> <li>• <a href="#">Folic Acid Before Pregnancy</a></li> <li>• <a href="#">Importance of Immunizations Before Pregnancy</a></li> </ul> <p>Take Notes on Key Points</p> <p><b>Folic Acid:</b> Write down the recommended daily dosage and explain why it's essential to start taking it before conception.</p> <p>List at least two benefits of taking folic acid for fetal health.</p> <p><b>Immunizations:</b> Note which vaccines are particularly important before pregnancy (e.g., MMR, flu, T - Explain how immunizations help protect the mother and baby from potential infections.</p>	<p>Quick Quiz</p> <ul style="list-style-type: none"> <li>• What is the ideal time for a woman to start taking folic acid before conception?</li> <li>• Name two vaccines recommended before pregnancy.</li> <li>• What is one major health benefit of being up to date on immunizations prior to conception?</li> </ul>



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<p style="text-align: center;"><b>3</b> 16.12.24</p>	<p>Create a Mind Map on the types of contraception</p> <ul style="list-style-type: none"> <li>In the centre of your page, write “Types of Contraception” as the main topic.</li> <li>Branch out to create three primary sections: <b>Barrier Methods</b>, <b>Hormonal Methods</b>, and <b>Natural Family Planning</b>.</li> </ul>	<p><b>Add Sub-Branches to your mind map for Each Contraception Method</b></p> <p>For each primary section, create sub-branches for the specific types of contraception methods listed below.</p> <p><b>Barrier Methods:</b></p> <ul style="list-style-type: none"> <li>Male Condoms</li> <li>Female Condoms</li> <li>Diaphragm or Cap</li> </ul> <p><b>Hormonal Methods:</b></p> <ul style="list-style-type: none"> <li>Contraceptive Pills (Combined Pill and Progesterone-only Pill)</li> <li>Contraceptive Injection</li> <li>Contraceptive Implant</li> <li>Intrauterine Device (IUD)</li> <li>Intrauterine System (IUS)</li> <li>Emergency Contraceptive Pill</li> </ul> <p><b>Natural Family Planning:</b></p> <ul style="list-style-type: none"> <li>Temperature Method</li> <li>Cervical Mucus Method</li> <li>Calendar Method</li> </ul>
<p style="text-align: center;">XMAS BREAK (week 1)</p>	<p><a href="#">Watch this video</a></p> <p>Add to your mind map the Advantages and Disadvantages for Each Method</p> <p>Under each sub-branch, write down the advantages (e.g., effectiveness, availability, convenience, additional health benefits) and disadvantages (e.g., side effects, level of user control, need for regular monitoring, personal circumstances such as breastfeeding) for each method.</p>	<p>Answer questions</p> <p><a href="#">reproduction EQ.docx</a></p>

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XMAS BREAK (week 1)	<p><b>Create Diagrams of Each Reproductive System</b></p> <p>Print out a blank diagram of the female reproductive system and the male reproductive system.</p> <p>Label the following parts:</p> <ul style="list-style-type: none"> <li>• <b>Female:</b> Ovaries, Fallopian tubes, Uterus, Cervix, Vagina</li> <li>• <b>Male:</b> Testes, Sperm duct/epididymis, Urethra, Penis, Vas deferens, Seminal vesicle</li> </ul> <p>Use different colours or highlights for each part to make the diagram easier to study.</p>	<p><b>Describe the Structure and Function of Each Part</b></p> <p>Create a <b>table</b> with three columns: <b>Part</b>, <b>Structure</b>, and <b>Function</b>.</p> <p>For each part of both the male and female reproductive systems, fill in:</p> <ul style="list-style-type: none"> <li>• <b>Structure:</b> Briefly describe the appearance, location, or physical features.</li> <li>• <b>Function:</b> Describe the role it plays in reproduction.</li> </ul>
4 6.01.25	<p>Summarize the <b>menstrual cycle</b>:</p> <p>List the four stages (menstrual, follicular, ovulation, and luteal).</p> <p><a href="#">Watch</a></p>	<p>Write one or two key points about what happens in the body during each stage (e.g., egg maturation, hormone release, shedding of the uterine lining).</p>
5 13.01.25	<p>Draw a flowchart or timeline that shows each stage of reproduction from ovulation to the development of the foetus.</p> <p><a href="#">Watch this video to support your learning</a></p>	<p><b>Identical vs. Fraternal Twins:</b> Write a brief explanation of how identical twins and fraternal twins are formed.</p>
6 20.01.25	<p>List the different signs and symptoms of pregnancy and explain why these might occur</p> <p><a href="#">Watch this video to support your learning</a></p>	<p>Reflect on your answers from activity 1 and explain what impact these symptoms may have on a pregnant person</p>
7 27.01.25	<p>Create a chart or mind map showing the roles of each health professional involved in antenatal care. Include their roles and how they support the pregnant mother and unborn baby.</p>	<p>Answer questions <a href="#">antenatal care EQ.docx</a></p>

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<b>8</b> 3.02.25	<p><a href="#">Watch this video to support your learning</a></p> <p>Imagine you are explaining screening and diagnostic tests to a friend. Write a short paragraph (4-5 sentences) summarizing why each type of test is important in pregnancy and what it can help detect.</p>	<p>Quick Quiz</p> <ul style="list-style-type: none"> <li>• What is the main purpose of a dating ultrasound scan?</li> <li>• Which screening test measures the thickness of the fluid at the back of the baby's neck to assess the risk of Down syndrome?</li> <li>• Which of these is a non-invasive test that analyses fetal DNA in the mother's blood to assess the risk of chromosomal abnormalities?</li> <li>• Which diagnostic test involves collecting a small sample of cells from the placenta to check for genetic conditions?</li> </ul>
<b>9</b> 10.02.25	<p>Summarize in 3-4 sentences how antenatal classes help parents prepare for labour, a healthy lifestyle, feeding, and caring for the baby.</p> <p><a href="#">Watch</a></p>	<p><b>Creative Task:</b> Imagine you're helping to organize an antenatal class for expectant parents. Write a short announcement (4-5 sentences) explaining why the class is valuable and encouraging both parents to attend.</p>
<b>HALF TERM</b>	<p>Create a T-chart comparing hospital and home births. Use the left column for "Hospital Birth" and the right column for "Home Birth."</p> <p>For each setting, include at least three pros and three cons.</p>	<p><b>Scenario:</b> Imagine you are a new parent trying to decide between a hospital birth and a home birth.</p> <p>Write a short journal entry (4-5 sentences) describing your thoughts and feelings as you weigh the advantages and disadvantages of each option. Consider what factors are most important to you (e.g., safety, comfort, privacy).</p>
<b>10</b> 24.02.25	<b>Mock Weeks</b>	
<b>11</b> 3.03.25		
<b>12</b> 10.03.25	<p><a href="#">Watch this video to support your learning</a></p>	<p>Write 2-3 sentences defining what a birth partner is and why they are important during pregnancy and birth.</p> <p>List three qualities that make someone a good birth partner (e.g., calm, supportive, encouraging).</p>

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<p><b>13</b> 17.03.25</p>	<p>Create a table summarizing the <b>advantages</b> and <b>disadvantages</b> of each method of pain relief when in labour</p> <table border="1"> <thead> <tr> <th>Pain relief method</th> <th>Advantages</th> <th>Disadvantages</th> </tr> </thead> <tbody> <tr> <td>Epidural</td> <td></td> <td></td> </tr> <tr> <td>Gas &amp; Air</td> <td></td> <td></td> </tr> <tr> <td>Pethidine</td> <td></td> <td></td> </tr> <tr> <td>TENS</td> <td></td> <td></td> </tr> </tbody> </table>	Pain relief method	Advantages	Disadvantages	Epidural			Gas & Air			Pethidine			TENS			<p>Based on the advantages and disadvantages you reviewed, which pain relief method do you think would be the best option for a mother who wants minimal intervention? Why?</p>
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<p><b>14</b> 24.03.25</p>	<p><a href="#">Watch this video to support your learning</a></p> <p>Make notes on the information on this page</p>	<p>Make Flashcards &amp; Recap</p> <p>Create flashcards for each of the three stages of labour:</p> <ul style="list-style-type: none"> <li>• One side: "Stage 1, 2, or 3 of Labour."</li> <li>• Other side: A description of what happens in that stage and why it's important.</li> </ul> <p>Once your flashcards are ready, test yourself on each stage.</p>															
<p><b>15</b> 31.03.25</p>	<p>Imagine you're explaining these methods to a friend who is about to give birth and wants to know about assisted delivery options.</p> <p>Write out your explanation as if you're talking directly to them.</p> <p>Describe each method, how it's performed, and why it might be used.</p>	<p>Answer questions <a href="#">Birth EQ.docx</a></p>															
<p>EASTER BREAK (WEEK 1)</p>	<p>Create two lists on a piece of paper:</p> <ul style="list-style-type: none"> <li>• <b>List 1:</b> Write the names of the postnatal checks (Apgar Score, Skin, Weight, Length, Head Circumference).</li> <li>• <b>List 2:</b> Write the purpose of each check (without naming it) and shuffle them around.</li> </ul> <p>Match each postnatal check in <b>List 1</b> to its correct purpose in <b>List 2</b>.</p> <p>Once you have matched each correctly, write a short paragraph summarizing why postnatal checks are essential for a newborn baby's health.</p>	<p>Answer questions <a href="#">Postnatal EQ.docx</a></p>															



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<b>EASTER BREAK (WEEK 2)</b>	<p>Draw and Label a Newborn Body Diagram</p> <ol style="list-style-type: none"> <li>1. Draw a simple outline of a baby's body on a piece of paper.</li> <li>2. Label each area that is checked during the physical examination (Feet, Fingers, Hips, Eyes, Heart, Testicles, Fontanelle).</li> <li>3. Next to each label, write a short note about why that part is checked (e.g., "Hips: checked for hip dysplasia").</li> <li>4. Finally, add a small note about the heel prick test, what it's used for, and why it's done.</li> </ol>	
<b>16 21.04.25</b>	<p>Create a Mind Map of Health Visitor Support</p> <ol style="list-style-type: none"> <li>1. In the centre of a page, write "Health Visitor Support and Advice."</li> <li>2. Branch out with three main sections:             <ol style="list-style-type: none"> <li>a. Safe Sleeping: Add information on key points for reducing SIDS risk.</li> <li>b. Family &amp; Friends Support: Note the different ways partners, family, and friends can help with physical and emotional support.</li> <li>c. Mother's 6-Week Postnatal Check: Include details on what the GP checks (physical health, emotional well-being, family planning).</li> </ol> </li> </ol>	<p>Review your mind map and cover each area out loud, explaining what each piece of advice or check involves and why it's important.</p>
<b>17 28.04.25</b>	<p>Make a Developmental Needs Chart</p> <ol style="list-style-type: none"> <li>1. Create a chart with two columns: "Developmental Need" and "How to Meet This Need."</li> <li>2. List each developmental need in the first column.</li> <li>3. In the second column, write a brief explanation of how that need can be met (refer to the explanations above).</li> <li>4. Review the chart and try to cover each need in your own words to reinforce understanding.</li> </ol>	<p><a href="#">Watch this video to support your learning</a></p>



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<b>18</b> 05.05.25	<p>Create flash cards that cover the key signs and symptoms and treatment of:</p> <ul style="list-style-type: none"> <li>• Mumps</li> <li>• Measles</li> <li>• Meningitis</li> <li>• Tonsillitis</li> <li>• Chickenpox</li> <li>• Common cold</li> <li>• Gastroenteritis</li> </ul>	<p>Create a leaflet for new parents on the key signs and symptoms of when to seek emergency medical help. Use the information below to help.</p> <table border="1"> <thead> <tr> <th>Emergency Sign</th> <th>Immediate Action Needed</th> </tr> </thead> <tbody> <tr> <td>Breathing Difficulties</td> <td>Call emergency services immediately</td> </tr> <tr> <td>Unresponsive</td> <td>Check airway, breathing and circulation, call emergency service</td> </tr> <tr> <td>Limp</td> <td>Ensure airway is clear, call emergency services</td> </tr> <tr> <td>High fever</td> <td>Call a doctor if not reduced by medication; emergency if accompanies by other severe symptoms</td> </tr> <tr> <td>Seizures/fitting</td> <td>Protect from injury, call emergency services if lasts more than 5 minutes</td> </tr> </tbody> </table>	Emergency Sign	Immediate Action Needed	Breathing Difficulties	Call emergency services immediately	Unresponsive	Check airway, breathing and circulation, call emergency service	Limp	Ensure airway is clear, call emergency services	High fever	Call a doctor if not reduced by medication; emergency if accompanies by other severe symptoms	Seizures/fitting	Protect from injury, call emergency services if lasts more than 5 minutes
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<b>19</b> 12.05.25	<p><b>Create a “Care Plan Grid”</b></p> <p>Divide a sheet of paper into four quadrants. Label each section as:</p> <ul style="list-style-type: none"> <li>• Physical Needs</li> <li>• Social Needs</li> <li>• Emotional Needs</li> <li>• Intellectual Needs</li> </ul> <p><b>Quick Notes and Examples</b></p> <p>Spend 5 minutes on each quadrant, jotting down 3–4 key points or examples for how to meet that specific need.</p>	<p>Write a short paragraph explaining the importance of maintaining a hazard-free environment for children. Highlight why prevention and the use of safety equipment are essential.</p>												
<b>20</b> 19.05.25	<p>Make a set of flashcards, either on paper or digitally. On one side, write the name of the safety label (e.g., BSI Kite Mark), and on the other side, write its meaning and importance. Use these for quick recall and practice.</p>													