### Question 1

Include any other valid response.

- They work together to solve simple problems.
- They begin to take turns.
- They can share toys and take turns.
- They have more control over their body and are usually potty trained. Giving them greater freedom.
- When children reach the age of three they enjoy playing with other children.

**Cooperative Play**

<table>
<thead>
<tr>
<th>Marks</th>
<th>Up to 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

### Question 2

Include any other valid response.

- They play side by side doing similar activities without contributing to each other’s play.
- Young children aged two years enjoy the company of older children but have yet to learn the social skills such as sharing and taking.
- Babies play on their own as they explore their surroundings.

**Parallel Play**

<table>
<thead>
<tr>
<th>Marks</th>
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</tr>
</thead>
<tbody>
<tr>
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</tr>
</tbody>
</table>

### Question 3

Include any other valid response.

- Both fine and gross motor skills follow a predictable path (called milestones).
- The motor skills are similar to muscle groups that require precise movement.
- Motor skills emerge at different ages for each child.
- Gross motor skills such as running and walking together are scored for each task.
- For an extension, up to a maximum of 4 marks.

**Award 1 mark for definition of a gross motor skill and 2 marks for extension. Award 1 mark for extension on a fine motor skill and 2 marks for each feature.**

<table>
<thead>
<tr>
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<tbody>
<tr>
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<tr>
<td>0</td>
<td>No awarded marks</td>
</tr>
<tr>
<td>1</td>
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</tr>
<tr>
<td>2</td>
<td>The information shows some depth and there is some association between the relevant pieces of information, leading to supported inferences.</td>
</tr>
<tr>
<td>3</td>
<td>The information shows accuracy, knowledge, and understanding of the material. Marks should be awarded according to the mark scheme provided earlier.</td>
</tr>
</tbody>
</table>

Other suitable points should be awarded. A conclusion is needed. Some marks are available. 10 marks.)

Answers need to demonstrate the candidate's knowledge and understanding of the material. Marks should be awarded according to the mark scheme provided earlier. 5 marks.)

- Conclusion in response to the question.
- Use of relevant evidence to support the conclusion.
- Appropriate referencing and use of specialist terminology.
- Use of specific examples and supporting evidence.
- Relevant discussion of the implications of the findings.
- Clear and logical structure of the answer.
<table>
<thead>
<tr>
<th>Mark</th>
<th>Descriptor</th>
</tr>
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<tbody>
<tr>
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<td>The information shows depth and there is association between the relevant pieces of information, leading to supported conclusions.</td>
</tr>
</tbody>
</table>

**Inclusive of any other valid response**

- Although the disengagement theory follows a logical pathway there have not been any empirical studies to back it up.
- Frank is working through the grieving process. This is why he has disengaged - he is depressed.
- Disengagement occurs across cultures, although there may be some cultural differences.
- Disengagement occurs even in extended families, preferring the nuclear structure, and this can isolate the elderly people.
- High levels of knowledge and disengagement from their previous roles, fear mix, with people similar to themselves rather than mixing with a self-selected group of people.
- Our sense of community is less social contact.
- When using only one or two words, they often look at the home and family. Once these individual roles are made redundant they eventually become disengaged.
- The disengagement theory is generally preferred by the individual.
- The link between the expectations of the individual and the norms of the society. If the individual is ready, then society is ready. If the society is ready but the individual is not, then society becomes a vicious cycle.
- We work to statements like this, the less we socialise, the less likely we will stick to the norms and people won't want to socialise.
### Question 1

**Context:** A pregnant woman is having her child in a hospital. She has had previous children and is prepared for this delivery.

**Question:** What are the benefits and risks of this delivery? How can a woman prepare for a delivery in a hospital setting?

**Candidate's Response:**

- **Benefits:**
  - Experience of professionals.
  - Availability of medical equipment.
  - Support system in place.
  - Options for pain management.

- **Risks:**
  - Complications related to delivery.
  - Infection risks from hospital environment.
  - Potential for unexpected medical emergencies.

**Preparation Tips:**

- **Physical Preparation:**
  - Exercise regularly to strengthen muscles.
  - Learn breathing techniques.

- **Emotional Preparation:**
  - Discuss feelings with a partner or family.
  - Engage in relaxation techniques.

- **Practical Preparation:**
  - Pack a hospital bag with necessary items.
  - Familiarize yourself with the hospital policies.

---

### Question 2

**Context:** A new mother has just given birth to her child. She is trying to decide whether to breastfeed or formula feed.

**Question:** What are the advantages and disadvantages of breastfeeding and formula feeding? What factors should a mother consider when making this decision?

**Candidate's Response:**

- **Breastfeeding:**
  - **Advantages:**
    - Nutritious and beneficial for baby's immune system.
    - Less expensive compared to formula.
    - Provides emotional bond between mother and baby.
  - **Disadvantages:**
    - Requires a significant time commitment.
    - Can be challenging in public settings.

- **Formula Feeding:**
  - **Advantages:**
    - Easy to prepare and store.
    - Can be given in any setting.
  - **Disadvantages:**
    - More expensive than breastfeeding.
    - May not provide the same nutritional benefits.

**Factors to Consider:**

- Health of the mother and baby.
- Baby's needs and preferences.
- Availability of support.
- Personal preferences and circumstances.

---

### Question 3

**Context:** A mother is considering going on holiday with her child. She wants to ensure her child is safe and happy during the trip.

**Question:** What are the considerations a mother should make when planning a holiday with her child? How can she ensure her child's safety and enjoyment?

**Candidate's Response:**

- **Considerations:**
  - Age and health of the child.
  - Child's previous experiences.
  - Climate and weather.
  - Availability of child-friendly activities.

- **Safety Measures:**
  - Pack a first aid kit.
  - Teach the child basic safety rules.
  - Keep important documents and medications accessible.

- **Entertainment:**
  - Bring age-appropriate toys and games.
  - Include activities that can be done indoors.
  - Keep a schedule to ensure regular breaks.

---

### Question 4

**Context:** A mother is trying to decide what to do about her child's sleep patterns. She is concerned about the impact of sleep on the child's development.

**Question:** What are the implications of sleep patterns on a child's development? How can a mother help her child develop healthy sleep habits?

**Candidate's Response:**

- **Implications:**
  - Poor sleep can affect cognitive development.
  - Sleep patterns are linked to emotional regulation.
  - Sleep deficits can lead to academic challenges.

- **Strategies for Healthy Sleep:**
  - Establish a consistent bedtime routine.
  - Create a sleep conducive environment.
  - Encourage physical activity during the day.

---

### Question 5

**Context:** A mother is concerned about her child's eating habits. She wants to ensure her child is getting a balanced diet.

**Question:** What factors can influence a child's eating habits? How can a mother promote healthy eating in her child?

**Candidate's Response:**

- **Factors:**
  - Parental influence.
  - Advertising and marketing.
  - Availability of healthy and unhealthy foods.

- **Promoting Healthy Eating:**
  - Serve a variety of foods.
  - Model healthy eating habits.
  - Make it fun and engaging to eat.
  - Address any concerns about food aversions or preferences.

---

### Question 6

**Context:** A mother is considering enrolling her child in a new school. She wants to ensure the school is a good fit for her child.

**Question:** What are the considerations a mother should make when choosing a school for her child? How can she evaluate the school's suitability for her child's needs?

**Candidate's Response:**

- **Considerations:**
  - Size of the school.
  - Availability of resources.
  - School's educational philosophy.

- **Evaluation Process:**
  - Visit the school with the child.
  - Talk to teachers and staff.
  - Look at the school's performance metrics.
  - Consider the school's approach to inclusion and diversity.

---

### Question 7

**Context:** A mother is trying to decide whether to return to work after having her child. She wants to ensure she can balance work and family responsibilities.

**Question:** What are the considerations a mother should make when deciding to return to work? How can she balance work and family responsibilities effectively?

**Candidate's Response:**

- **Considerations:**
  - Child's age and development.
  - Availability of family support.
  - Financial situation.

- **Balancing Work and Family:**
  - Plan ahead for daycare arrangements.
  - Discuss work schedule with employer.
  - Make use of flexible work options.
  - Prioritize self-care to maintain mental and physical health.

---

### Question 8

**Context:** A mother is trying to decide whether to seek professional help for her child. She is concerned about her child's behavior and development.

**Question:** What are the considerations a mother should make when deciding to seek professional help for her child? How can she assess whether professional intervention is necessary?

**Candidate's Response:**

- **Considerations:**
  - Changes in behavior or development.
  - Impact on the child's quality of life.
  - Availability of resources.

- **Assessment:**
  - Consult with a pediatrician or child psychologist.
  - Consider a multi-disciplinary approach.
  - Be open to feedback and input from professionals.

---

### Question 9

**Context:** A mother is trying to decide whether to continue breastfeeding or switch to formula. She wants to ensure she makes the best choice for her child.

**Question:** What are the considerations a mother should make when deciding whether to continue breastfeeding or switch to formula? How can she determine which option is best for her child?

**Candidate's Response:**

- **Considerations:**
  - Child's health needs.
  - Availability of support.
  - Personal preferences.

- **Determination Process:**
  - Consult with healthcare providers.
  - Evaluate the child's nutritional intake.
  - Consider the long-term benefits of each option.

---

### Question 10

**Context:** A mother is trying to decide whether to stay home with her child or return to work. She wants to ensure she can meet her child's needs while also meeting her own personal and professional goals.

**Question:** What are the considerations a mother should make when deciding whether to stay home with her child or return to work? How can she ensure she can meet both her personal and professional goals?

**Candidate's Response:**

- **Considerations:**
  - Child's age and development.
  - Availability of family support.
  - Personal goals and aspirations.

- **Balancing Both Goals:**
  - Explore flexible work options.
  - Utilize daycare or family support.
  - Prioritize self-care and mental health.

---

### Question 11

**Context:** A mother is trying to decide whether to continue using a particular brand of baby product. She wants to ensure she is making an informed decision.

**Question:** What are the considerations a mother should make when deciding whether to continue using a particular brand of baby product? How can she ensure she is using the best product for her child's needs?

**Candidate's Response:**

- **Considerations:**
  - Safety and effectiveness of the product.
  - Cost and availability.
  - Personal preferences.

- **Informed Decision Making:**
  - Research reviews and ratings.
  - Consult with healthcare providers.
  - Test the product at home before making a decision.

---

### Question 12

**Context:** A mother is trying to decide whether to enroll her child in a specialized educational program. She wants to ensure the program is tailored to her child's unique needs.

**Question:** What are the considerations a mother should make when deciding whether to enroll her child in a specialized educational program? How can she ensure the program is the best fit for her child's needs?

**Candidate's Response:**

- **Considerations:**
  - Child's educational needs.
  - Availability of resources.
  - Program's reputation.

- **Tailoring the Program:**
  - Consult with educators and specialists.
  - Review the program's curriculum.
  - Ensure the program offers support and accommodations.

---

### Question 13

**Context:** A mother is trying to decide whether to participate in a community group or activity for parents. She wants to ensure she is making an informed decision.

**Question:** What are the considerations a mother should make when deciding whether to participate in a community group or activity for parents? How can she ensure she is meeting her needs and the needs of her child?

**Candidate's Response:**

- **Considerations:**
  - Personal goals and interests.
  - Availability of time.
  - Impact on family dynamics.

- **Informed Decision Making:**
  - Research the group or activity.
  - Attend an informational session.
  - Consider the benefits and drawbacks.

---

### Question 14

**Context:** A mother is trying to decide whether to make a change in her child's current routine. She wants to ensure she is making an informed decision about the potential impact on her child.

**Question:** What are the considerations a mother should make when deciding whether to make a change in her child's routine? How can she ensure she is making the best decision for her child's well-being?

**Candidate's Response:**

- **Considerations:**
  - Impact on child's health and development.
  - Availability of resources.
  - Personal goals and preferences.

- **Informed Decision Making:**
  - Consult with healthcare providers.
  - Review existing routines and schedules.
  - Consider child's feedback and preferences.

---

### Question 15

**Context:** A mother is trying to decide whether to purchase a particular baby product. She wants to ensure the product is safe and effective.

**Question:** What are the considerations a mother should make when deciding whether to purchase a particular baby product? How can she ensure she is making an informed decision about the product's safety and effectiveness?

**Candidate's Response:**

- **Considerations:**
  - Safety and effectiveness of the product.
  - Cost and availability.
  - Personal preferences.

- **Informed Decision Making:**
  - Research reviews and ratings.
  - Consult with healthcare providers.
  - Test the product at home before making a purchase.

---

### Question 16

**Context:** A mother is trying to decide whether to seek professional help for her child. She wants to ensure she is making an informed decision about the potential impact on her child.

**Question:** What are the considerations a mother should make when deciding whether to seek professional help for her child? How can she ensure she is making the best decision for her child's well-being?

**Candidate's Response:**

- **Considerations:**
  - Impact on child's health and development.
  - Availability of resources.
  - Personal goals and preferences.

- **Informed Decision Making:**
  - Consult with healthcare providers.
  - Review existing routines and schedules.
  - Consider child's feedback and preferences.
Include any other valid response.
- Elderly people on average are more content with their life
- Contribute to the arts by visiting museums, galleries and theatres
- Elderly people are less likely to commit crimes
- Not all old people have poor health
- Older people will be able to help out with childcare
- Older people contribute more to the community
- Less money will need to be spent on schools and children’s services

**Conclusion**

The retirement age will need to be raised.
- More accommodation for the elderly will need to be built, more community facilities produced for their care, specialist equipment, etc.
- People and communities will need to offer more flexible working practices to ensure as many people as possible who can work will work.
- Economic growth.
- There may be a reduction in capital investment if more money is going into pension funds to support our retirement. This will lead to lower rates of interest. People will have less money to invest in new business, leading to stagnation in economic growth.
- More people will be employed in sectors that require less physical activity and can work at a lower age.
- Higher tax rates to compensate could cause some workers to look for alternative work, resulting in a loss of production and profits.
- It is unfair to compensate managers who perceive they have no alternative but to work while others have no choice.

**Other Suitable Options Should be Attempted**

Answers need to demonstrate the candidate's knowledge and understanding of the material. Marks should be awarded according to the marks

<table>
<thead>
<tr>
<th>Marks Up To</th>
<th>Response</th>
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<td>(t)</td>
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<tr>
<td>4</td>
<td>Age Uk (t)</td>
<td>(t)</td>
</tr>
<tr>
<td>5</td>
<td>Friends and Family</td>
<td>(t)</td>
</tr>
</tbody>
</table>

Include any other valid response.
- Incorrect answers will be penalised.
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**Note:**
include any other valid response.
### Health and Social Care GCSE Practice Exam Papers – Unit 1

<table>
<thead>
<tr>
<th>6</th>
<th>Award 1 mark for the identification, and 1 mark for an extension up to maximum of 3 marks for each one.</th>
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<tbody>
<tr>
<td>10-12</td>
<td>The conclusion shows logical reasoning evidenced through: specific terminology and technical language used consistently.</td>
</tr>
<tr>
<td>7-9</td>
<td>The conclusion shows logical reasoning evidenced through: specific terminology and technical language used consistently.</td>
</tr>
<tr>
<td>4-6</td>
<td>The conclusion shows logical reasoning evidenced through: specific terminology and technical language used consistently.</td>
</tr>
<tr>
<td>1-3</td>
<td>The conclusion shows logical reasoning evidenced through: specific terminology and technical language used consistently.</td>
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### DESCRIPTORS

<table>
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<th>Descriptor</th>
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<td>0</td>
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</tr>
<tr>
<td>5</td>
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<td>The conclusion does not answer the question.</td>
</tr>
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<td>4</td>
<td>2</td>
<td>The information shows some depth, but there is some omission between the relevant pieces of information. Leading to supported judgments.</td>
</tr>
<tr>
<td>3</td>
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<td>6</td>
<td>The information shows some depth, but there is some omission between the relevant pieces of information. Leading to supported judgments.</td>
</tr>
</tbody>
</table>

- **Include any other valid response. Award up to 6 marks.**
- **He feels that his health is improved and that his progress is improving.**
- **He is able to manage his medication and his mood has improved.**
- **He can keep up with his daily activities and enjoy his hobbies more.**
- **He has more energy and is able to participate in more activities.**
- **He has more confidence and is able to socialise more.**
- **He is able to communicate his needs and wants more clearly.**
- **He has more energy and is able to participate in more activities.**
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- **He is able to communicate his needs and wants more clearly.**
<table>
<thead>
<tr>
<th>7-10</th>
<th>Specialized knowledge has been used, demonstrating logical reasoning with clarity. The information shows depth and there is a clear association between the various pieces of information, leading to supported judgments. The evaluation is balanced, demonstrating knowledge of complex arguments. The information shows extensive knowledge and understanding, conclusions will be more nuanced.</th>
</tr>
</thead>
<tbody>
<tr>
<td>6-4</td>
<td>Specialized knowledge has been used, demonstrating logical reasoning with clarity. Some conclusions have been made, but they may be unsupported. The information shows some depth and there is some association between the various pieces of information, leading to supported judgments.</td>
</tr>
<tr>
<td>3-1</td>
<td>The conclusion does not answer the question. There is no evidence of specialized knowledge and the response may lack clarity. The conclusion is a general statement rather than an assessment of accumulated information. They have described rather than evaluated the information. The information lacks depth and there is little or no association between the various pieces of information.</td>
</tr>
<tr>
<td>0</td>
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</tbody>
</table>

**Mark**

### Conclusion

Inadequate knowledge and abilities are inferred. They cannot develop in isolation. Intelligence and abilities are inferred. They cannot develop in isolation.

### Nature

Inadequate knowledge and abilities are inferred. They cannot develop in isolation. Intelligence and abilities are inferred. They cannot develop in isolation.

### Nutute

He has inherited high intelligence. Hand-eye coordination will develop faster as he will be more imaginative.

### Level

At this stage, skills are mostly inherited and enable him to develop.

### Inducement

Hobbies and skills are mostly inherited and enable him to develop.

### Review

General factors are inferred and conclusions are reinforced. By being able to fit in, to accept himself, and to relate to others, he will have improved his intelligence.

### Points

Points should be credited.

### Other Suitable Answers

Answers need to demonstrate the candidate's knowledge and understanding.