

# L26 - Types of Life Event

## Revision

What is a life event?

They can be expected, or unexpected. What is the difference between the two? Write your own definition:

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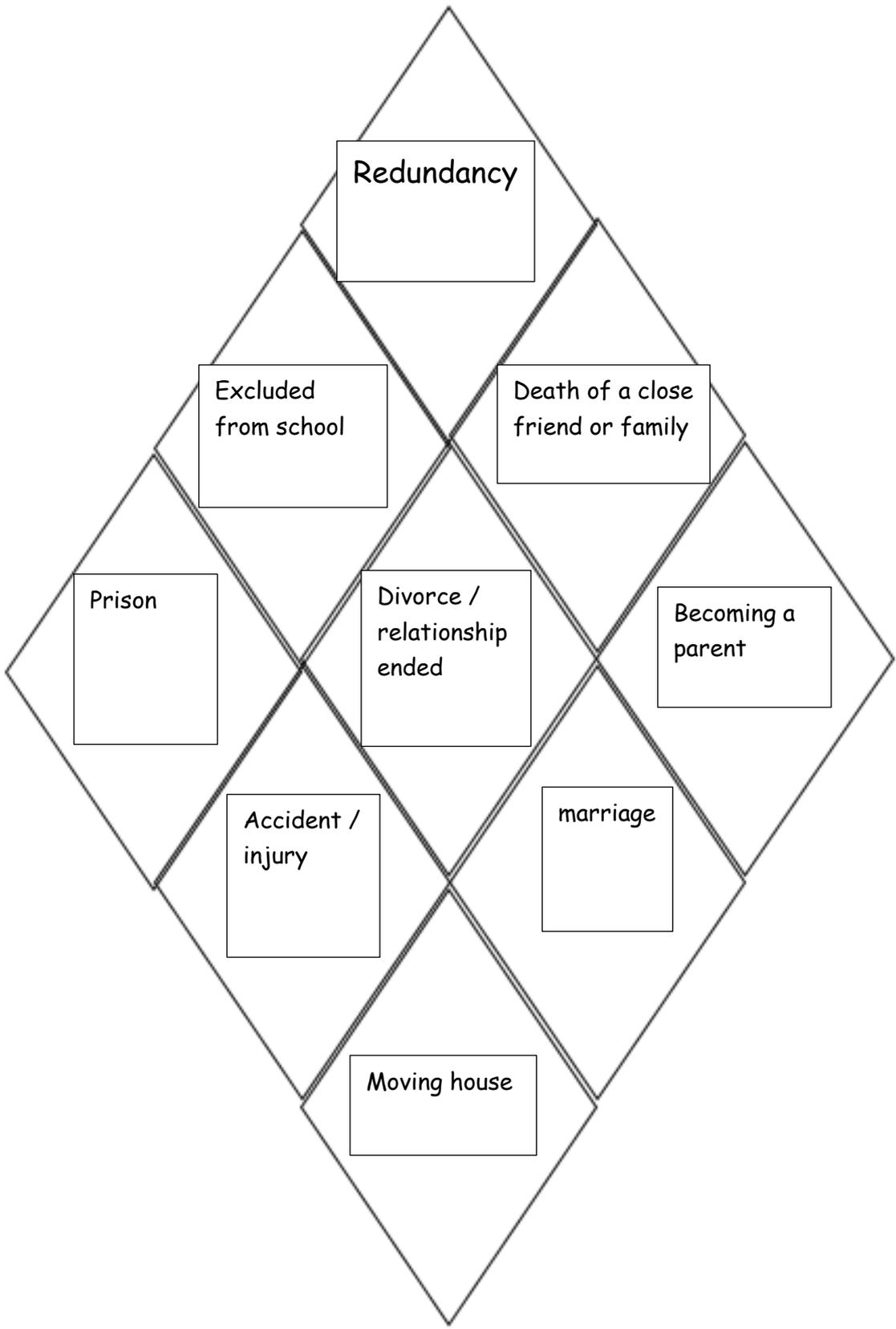
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Identify a list below of expected and unexpected life events:

Expected	Unexpected

On the diamond below, rank each event, from 1 - 9.

1 having the most impact, 9 having the least impact. Add your reasons around the side.



Extension task: How does a life event affect a person?

Compare the impact of an expected life event versus an unexpected life event. Choose one of each from the table on page 1. Identify the ones you have chosen in the columns provided.

Area of development	Expected life event:	Unexpected life event:
Physical		
Intellectual		
Emotional		
Social		

Physical events: Accident/injury, ill health

Physical events are often unexpected. It is something that happens that can affect your physical development, for example a car accident, or being unexpectedly diagnosed with a disease such as cancer.

Ed Jackson is an example of how a physical event can affect you.

Rugby player Ed broke his neck after diving into the shallow end of a swimming pool.

He was told he would never walk again, and had no movement or feeling from the neck downwards.

### Case study: Ed

Read the newspaper article below about Ed and his injuries.

Wales rugby player breaks his NECK jumping into SHALLOW END of swimming pool

The Express, Thursday May 4<sup>th</sup> 2017

A TOP rugby player broke his neck jumping into the shallow end of a swimming pool at a family barbecue.

Ed Jackson, 28, was in intensive care after the freak accident when he hit his head on the pool bottom.

The Newport Gwent Dragons star was pulled from the water by his father and a friend but left with no feeling in his legs and arms.

Mr Jackson was rushed to hospital in Bristol for surgery to remove a shattered vertebrae and insert a metal disk.

The former Wasps, Doncaster and London Welsh player faces an uncertain future after revealing he was left with no feeling below his neck other than limited movement in his right arm.

**'After hitting my head on the bottom I realised I couldn't swim to the surface because I'd lost movement in my legs and power in my arms'**

Ed Jackson - Newport Gwent Dragons

The powerful back row star has launched a blog about his accident in a hope to share his recovery with fans.

He launched it with a picture of himself three days after the accident, in a hospital bed wearing a neck brace and gown.

Speaking about the accident for the first time, Mr Jackson said: "At a family friends BBQ I dived into the shallow end of a swimming pool.

"After hitting my head on the bottom I realised I couldn't swim to the surface because I'd lost movement in my legs and power in my arms.

"My dad, a retired GP, and friend Daffyd immediately knew something was wrong, pulled me to the surface and stabilised me in the pool until the ambulance came.

"I was transferred to Southmead Hospital with a fracture dislocation at the C6/7 joint.

"After a number of MRI scans and X-Rays the doctors decided to operate at 2am to stabilise my neck as pressure was being put on my spinal cord.

"In surgery they removed my shattered disc, relocated my vertebrae and fixed it in place with a metal plate.

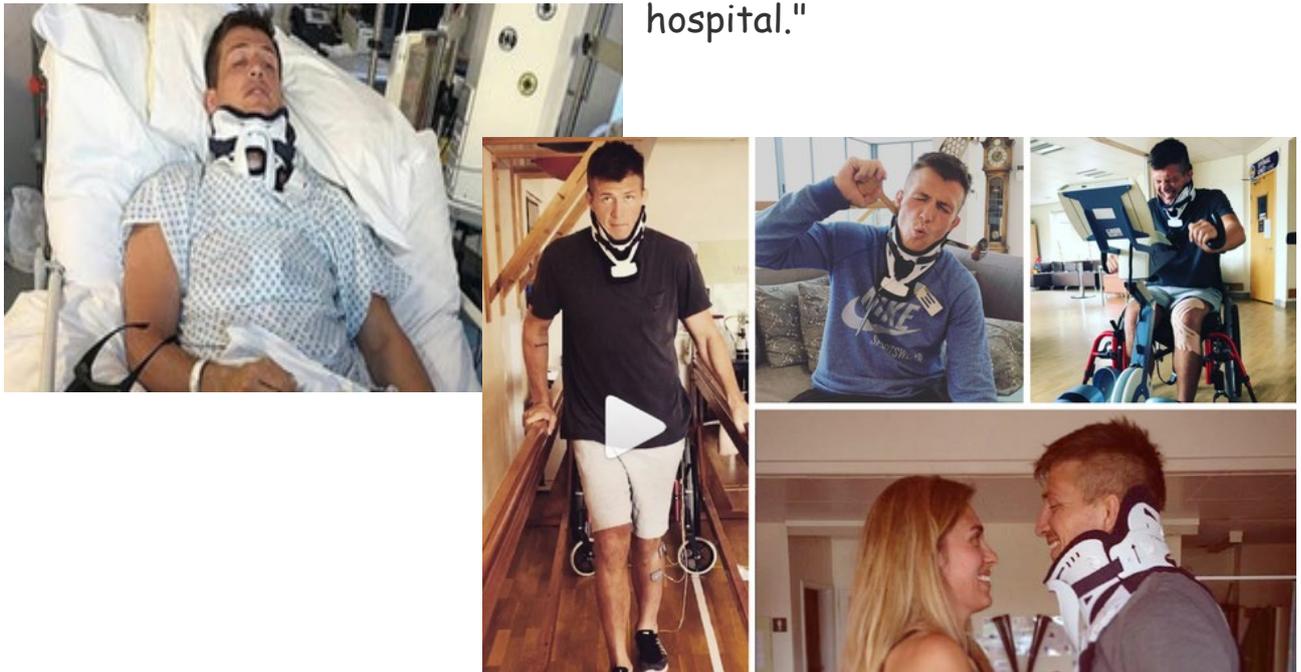
"I woke up in ICU, luckily completely coherent, however no feeling below my neck other than limited movement in my right arm.

"You never think this is ever going to happen to you, but it did, now I've got to deal with it. This is my road to recovery."

At the time of the accident on April 8 his club, Newport Gwent Dragons said: "Ed Jackson suffered a non-rugby related injury.

"He has undergone a neck operation, which was a success, and the surgeons are satisfied with the results.

"Ed is making significant progress and is currently recovering in hospital."



1. Can you identify what type of life event is this?
2. Can you describe the impact the injury has had on Ed's physical and emotional development?
3. Can you explain how Ed has adapted, and how he has been supported?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



## Relationship changes

- Entering into relationships
- Marriage
- Divorce
- Parenthood
- Bereavement

We will all experience relationship changes throughout our lives. Some will have significantly positive effects on our lives, whilst others will unfortunately have a negative impact. Even something positive such as marriage can come with its challenges, such as losing close friendships, and the cost of a wedding causing stress and worry.

Once you have completed the carousel activity, you are going to choose one of the following celebrities/couples.

You are going to write a paragraph, explaining how their relationship change has affected their health and wellbeing (PIES).





## Peer assessor:

Exp	Give evidence/examples
?	Query this
Sp	Spelling
T	Tense
^	Add extra information
	Reword/Rephrase
	On track

Use this marking code to comment on your peer's work.

Explain the evidence you can find that your peers have put effort into their work.	
How can your peers improve their thinking?	
What can your peers do to improve their work?	