

Disclaimers

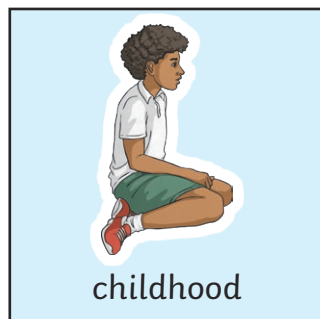
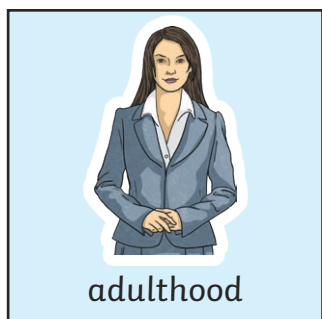
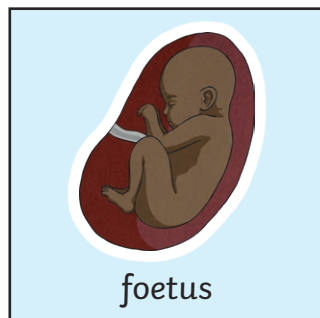
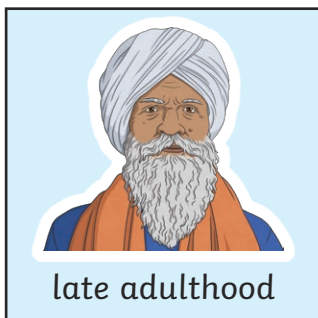
This unit covers the human life cycle and puberty is clearly an important stage of development. Children cannot be withdrawn from science lessons that cover statutory content of the national curriculum. However, it is essential that you consult your school's policies for Science and Sex and Relationships Education prior to teaching this lesson to ensure that the content of the lesson matches those policies.

This resource is designed to support teaching about biological attributes. You should consider whether this content is appropriate for all children in your class, especially children who have DSD/are intersex, or who are transgender.

Key Vocabulary Overview					
foetus	a baby who is still growing in the womb	toddler	a human in early childhood, from about one to three years old	life expectancy	the number of years a person would be expected to live
baby	a human from birth to the age of about one year old	child	a human below the age of about 12 years old, before puberty	gestation	the period of time during which a foetus is growing in the womb
adolescent	a human around the ages of 12–17	womb (uterus)	an organ in which a foetus develops	mammal	a group of vertebrate animals that are warm-blooded, covered in hair, produce milk and give birth to live young
adult	a human who is 18 years old or above	menstruation	the bleeding that occurs when the lining of the uterus sheds during the monthly cycle	offspring	the young produced by a living thing
older adult	someone who is older than about 65 years old	reproduce	to produce offspring	correlation	a relationship or connection between two or more factors
life cycle	a series of events that occur during the life of an organism	puberty	the period of change that adolescents go through as the body prepares for adulthood and reproduction	anomaly	a result that does not fit in with the pattern of the other results
placenta	an organ that grows within the womb during pregnancy	hormones	chemicals produced by the body that cause the changes that occur in the body		

Human Life Cycle

Human **life cycles** have six main stages.



Human Life Stages

foetus	' Foetus ' describes a baby still inside the womb . They develop very quickly over a period of about 40 weeks.
baby	Once the foetus is born, they are referred to as a baby until they are about one year old. Babies grow and develop rapidly, learning lots of new skills.
child	Childhood lasts from approximately 1 year old until about 12 years old. Children are still growing and learning at a very fast pace.
adolescence	Adolescence is the stage between childhood and adulthood, during which a person's body begins to change from a child's to an adult's .
adulthood	A person legally becomes an adult at 18. After this, their height and body structure rarely change much. Adults may choose to reproduce or start a family in other ways.
late adulthood	An older adult is someone over approximately 65 years old, a life stage called late adulthood. They may notice physical changes like greying hair or wrinkles.

Puberty

Puberty is the name of a process that gets the body ready for adulthood and **reproduction**. It is caused by the release of **hormones** in the body.

Changes in Both Males and Females

- increase in height
- body hair growth
- skin changes (e.g. acne)
- sweating
- emotional changes

Male Changes

- hair growth on the face and chest
- deepening of voice
- growth of the penis and testicles

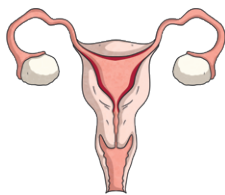


Female Changes

- breasts begin to develop
- hips widen and the waist becomes smaller
- the **menstrual** cycle begins

Menstruation








Menstruation, also known as a 'period', is the monthly shedding of the internal **womb** lining that results in a discharge of blood from the vagina each month.



Mammal Gestation Periods

The period during which the **foetus** develops inside the **womb** is known as the **gestation** period. The **gestation** period of a human is about 40 weeks, but different **mammals** have different **gestation** periods.



Name of Mammal	Length of Gestation (days)
 domestic cat	65
 goat	150
 black bear	210
 African elephant	660
 hare	36
 lion	108
 rhinoceros	480