

## Key Knowledge

To know and understand the six stages of the human life cycle and how humans grow and develop. Look at the key features of each stage and explore in more detail  
To understand that babies, children and adolescents grow rapidly in terms of mass and height, they tend to reach their peak in their growth when they become an adult. Babies are dependant on adults for food, warmth and comfort. Most babies and toddlers hit certain milestones in their first two years of life. Puberty is the process that prepared humans for reproduction. Key changes that happen during male and female puberty include spots and mood swings. A person is classed as an adult from 18 onwards and elderly from 65 onwards. The human body gradually changes at this stage, for example: skin loses elasticity causing wrinkles, bones become weaker and height decreases.

## Key Skills

Describe the changes as humans develop to old age

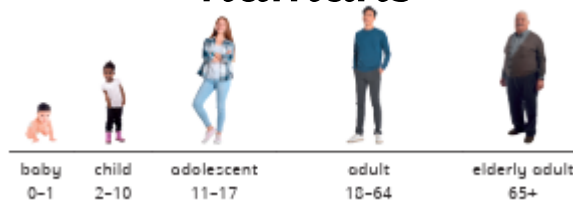
Record data and results of increasing complexity using scientific diagrams and labels, classification keys, tables, scatter graphs, bar and line graphs.

Use relevant scientific language and illustrations to discuss, communicate and justify scientific ideas

## Small steps:

1. The human lifecycle
2. Babies and children
3. Adolescence and puberty
4. Adults and the elderly
5. Gestation periods of mammals
6. Gestation periods and lifespan

## Science: Animals including humans



## Key Questions

1. What are the six stages of the human lifecycle?
2. Where does the foetus grow and develop?
3. Around what age will most babies start to crawl?
4. When does a foetus become a baby?
5. How do babies communicate their needs?
6. What is puberty and why is it important?
7. What are hormones?
8. What key changes happens to boys and girls during puberty?
9. What age is a human classed as an adult?
10. What advice would you give to an elderly person to help them stay healthy?
11. What is gestation?
12. Are there patterns linking gestation periods and lifespans?

## Vocabulary

**Adolescent** – the stage between early childhood and adulthood from around age 11-17

**Foetus** - an unborn baby growing inside the mother's womb

**Womb** – the organ in mammals in which a baby develops

**Milestone** - a significant event in a person's life

**Period** – normal bleeding from the vagina that is part of a female's monthly cycle

**Reproduce** – to produce offspring

**Puberty** – the process that prepares humans for reproduction

**Hormone** – a chemical released by the body that causes physical and emotional changes

**Gestation** – the period of time that a foetus develops in its mother's womb

**Offspring** – the young of a living thing