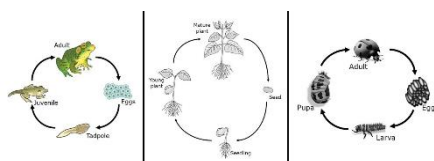




## Life Cycles (including humans)

### We will learn...

- Researching changes that happen as we age, creating a visual timeline of key events in the human life cycle.
- Exploring gestation periods and foetal development – identifying patterns in growth.
- Identifying the changes that boys and girls go through during puberty, sorting changes into physical and emotional, as well as boys, girls and both genders.
- Identifying the impact of healthy and unhealthy diets and lifestyle choices on the human body; including looking at diet and exercise.
- Exploring our circulatory system through investigating the effect of exercise on our heart rate, as well as looking at how nutrients and water are transported around our body through our blood stream.



## Life Cycles

### Human Life cycle



- **New-born** - this is a baby that has just been born.
- **Infancy** - this is a period of rapid change. Many toddlers learn to walk and talk at this stage.
- **Childhood** - children learn new things as they grow. They become more independent.
- **Adolescence** - this is when the body starts to change and prepare itself for adulthood. Hormonal changes take place over a few years. This is also known as puberty.
- **Early adulthood** - this is when humans are usually at their fittest and strongest. Normally the time where reproduction happens.
- **Middle adulthood** - changes such as hair loss may happen. There are also some hormonal changes again and the ability to reproduce decreases.
- **Late adulthood** - there is a decline in fitness and strength.

### Key vocabulary:

<b>foetus</b>	an animal or human being in its later stages of development before it is born.
<b>infancy</b>	the period of your life when you are a very young child.
<b>adolescence</b>	the period of your life in which you develop from being a child into being an adult.
<b>adulthood</b>	the state of being an adult.
<b>development</b>	the gradual growth or formation of something.
<b>growth</b>	an increase in something
<b>life cycle</b>	the series of changes that an animal or plant passes through from the beginning of its life until its death.
<b>gestation</b>	the process in which babies grow inside their mother's body before they are born.
<b>Puberty</b>	the stage in someone's life when their body starts to become physically mature.
<b>hormones</b>	a chemical, usually occurring naturally in your body, that makes an organ of your body do something.
<b>reproduction</b>	when an animal or plant produces one or more individuals similar to itself.

### Key Questions:

- How are animal and human life cycles different?
- What do all life cycles have in common?
- What is puberty?
- What is a gestation period?