

Wednesday 23rd June 2021

Can I explore and understand the stages of
the human life cycle?

Can you think of some of the ways you have changed since you started school?

Did you think of any of these?

- You have grown older**
- You are taller**
- You are heavier**
- You have changed shape**
- Your brain has grown and developed**

**There are many, many factors which affect the rate at which your body grows!
These are just a few...**

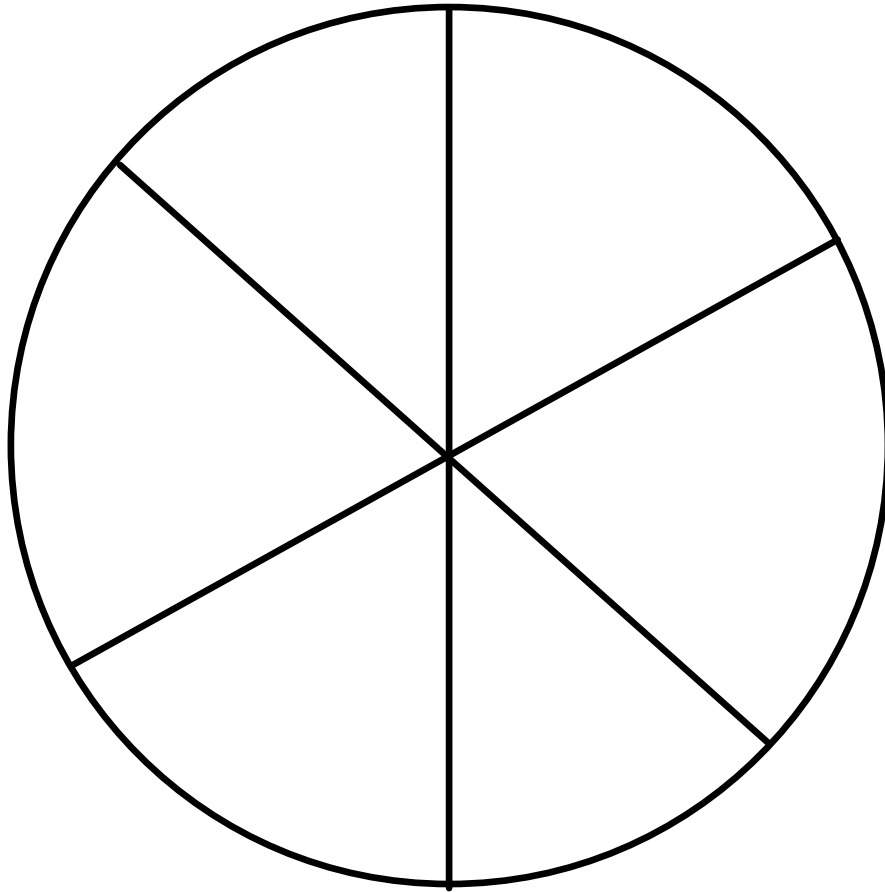


- How much rest you get**
- What exercise you do**
- What you eat**
- The height and size of your parents**

Lots of changes happen to humans at different stages in their life cycle.

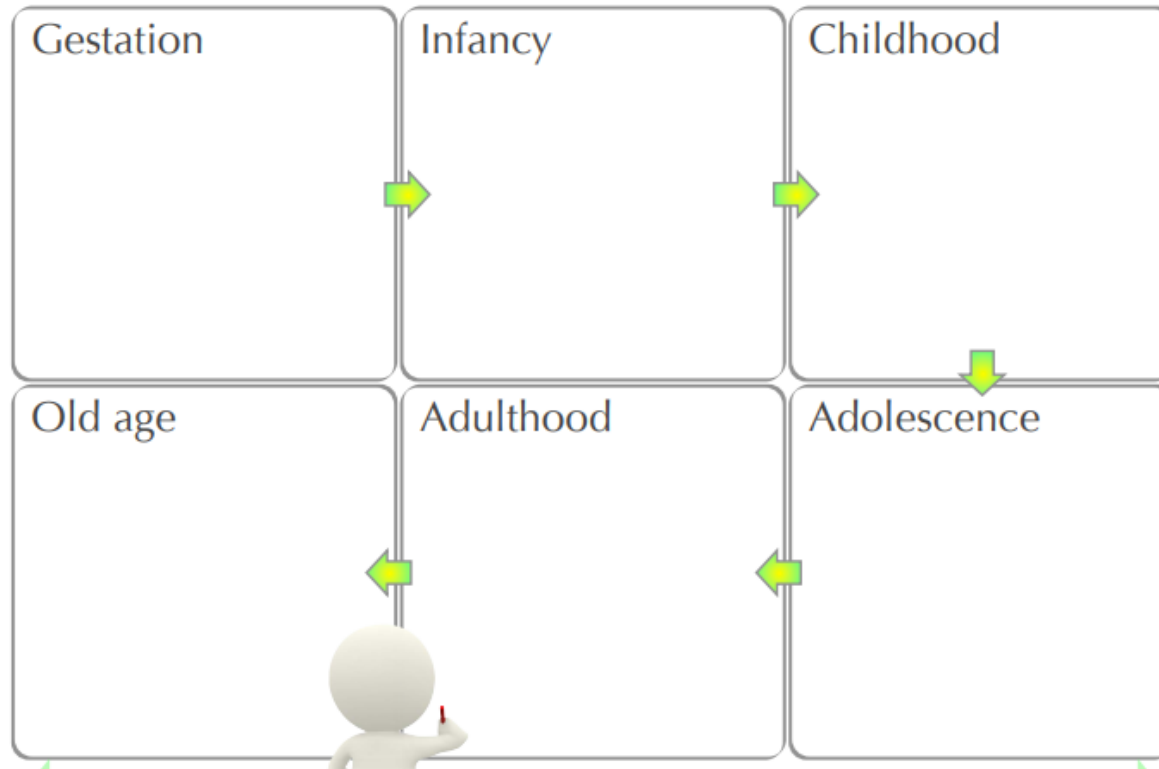
Just like plants and other animals, humans have a life cycle.





These are the stages of the human life cycle, can you order them correctly?

- childhood
- old age
- adolescence
- infancy
- adulthood
- gestation



What happens in each of these stages?

1) Gestation

New life begins as a microscopic egg cell inside the mother's womb. The cell divides and grows, getting bigger and bigger. To begin with it is called an embryo, then after around 40 days it is called a fetus. Finally, after about 37 weeks it is ready to be born.



2) Infancy

Babies rely on their parents for everything at first. After a few months, they can move on their hands and knees. Infants grow very quickly at this stage. By the time they are four years old, toddlers have learned to walk, talk and read a few words



3) Childhood

From around the ages of four to nine, growth slows down a bit, but not much! Your bones and muscles continue to strengthen and grow more slowly, and your brain grows and develops as you learn and play. Another big growth spurt is just around the corner...



4) Adolescence

Puberty occurs at the start of this stage. This is where humans mature. Girls' bodies grow and change to get ready for having a baby, and boys' bodies change too. There are also many other changes that occur at this stage.



5) Adulthood

By this stage, adults are fully grown. Their brains are fully developed and their bodies are ready to reproduce and have children. They are fitter and stronger than they have ever been, or ever will be...



6) Old Age

As humans get older, their bodies are not as good at renewing and repairing themselves. Muscles, bones and eyesight (among other things) can gradually weaken, and our appearance changes. Lots of people choose to retire at this stage in the life cycle so they can benefit from resting their bodies and enjoying life!



On a whiteboard write at what age you think these stages happen in a human life cycle



Where would you place each stage in the life cycle of humans on the timeline above? How long do you think each stage lasts? Discuss your ideas. Does everyone agree? If not, why not?

