

Vocabulary

1	Adolescence	The time when a child develops into an adult.
2	Embryo	A newly fertilised egg in the womb.
3	Foetus	Offspring that has developed from an embryo.
4	Gestation Period	The length of time a mammal spends in its mother's womb.
5	Hormones	Substances in our blood, influencing our mood.
6	Menstruation	The process in a woman when the womb sheds its lining.
7	Testosterone	A hormone that helps the development of the male characteristics in the body.
8	Puberty	The time during which adolescents reach sexual maturity and become capable of reproduction.
9	Life Expectancy	A statistical measure of the average time an organism is expected to live
10	Sexual Maturity	The capability of an organism to reproduce.



Growth and Development of Animals

Humans	House Mice	African Elephants	Saltwater Crocodiles	Blue Whales
Gestation Period: 9 months	Gestation Period: 20 days	Gestation Period: 22 months	Gestation Period: 2-3 months	Gestation Period: 10-12 months
Sexual Maturity: 11-17 years	Sexual Maturity: 4-6 weeks	Sexual Maturity: 10-12 years	Sexual Maturity: 10-12 years	Sexual Maturity: 10 years
Life Expectancy: 80 years	Life Expectancy: 1 year	Life Expectancy: 60 years	Life Expectancy: 70 years	Life Expectancy: 90 years

The Growth of a Foetus

A foetus grows and develops inside a mother's womb during the gestation period.



The changes as humans develop

As humans grow, they undergo many physical and emotional changes. As a child, we learn new skills such as walking and talking and as we develop into old age, we may get wrinkles and greying hair. These changes are all part of the human life cycle.



What is puberty?

Puberty is when a child's body begins to grow, change and develop as they become an adult.

In humans, puberty normally begins around age 11-12, however it can take place anytime from age 8-14. Puberty happens when the pituitary glands begin to release hormones.

What changes happen during puberty?

- Boys grow taller.
- They develop more muscle mass, and their chest and shoulders broaden.
- Boys' voices become deeper. Their skin becomes oilier, meaning they may get spots.
- Hair begins to grow on their faces and bodies.
- The testicles begin to make millions of sperm.
- Girls grow taller.
- They develop breasts, and their hip bones widen.
- The body becomes curvier.
- Menstruation begins. Girls begin to have periods



Ageing to Old Age

- Muscle mass decreases and muscles lose strength.
- Wrinkles develop on the skin, and it loses its elasticity.
- Hair begins to turn grey/ white and some men lose their hair.
- Fertility decreases (more quickly for women).
- People begin to shrink in height- bones and cartilage become worn.
- Organs begin to lose their effectiveness and the senses weaken

