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| Subject: Science Year: UKS2 Year 5NC/PoS: Describe the changes as humans develop to old age.  |
| Prior Learning (what pupils already know and can do)Can name and label the parts of the human body including the digestion system, skeleton and musclesNotice that animals, including humans have offspring which grow into adults. Know the basic needs of animals, including humans for survival is a balanced diet, water, air and shelter. Know humans need the right amounts of nutrition from the food groups. Know the life cycle of a human is birth, growth, reproduction and death. |
| End Goals (what pupils MUST know and remember)To know prenatal development has a germinal phase, an embryonic phase and a foetal phaseTo know animals have different gestation periodsTo know the stages in a human’s life include infancy, childhood, adolescent, adulthood and old ageTo know cell decline is part of becoming oldTo know animals have different lifespansTo know the changes that take place in boys and girls during puberty To know in the girls hormonal changes cause the ovaries to release eggs and the monthly menstrual cycle is triggeredTo know the boys muscles become more developed and facial and body hair begins to grow |
| Key Vocabulary: gestation, umbilical cord, sperm, egg, cell, germinal phase, embryonic phase, foetal phase, infancy, childhood, adolescence, adulthood, old age, dependent, independent, puberty, hormones, hormonal, ovaries, testes, breast, pubic hair, menstrual cycle, period, cell decline, lifespan |
| Session 1:Recap: what is the digestion system – name the parts and their function. What are the basic needs of all animals?Introduce careers: geriatric medicine <https://www.youtube.com/watch?v=584Eh0cXa1Y> paediatrician <https://www.youtube.com/watch?v=ZKKNQ_lA1HQ>Vocabulary: mouth, tongue, oesophagus, stomach, small intestine, large intestine, rectum, anus, water, air, food, shelter |
| Session 2:Recap: Name 4 muscles and how they help the body to moveLO: to research prenatal development in a human’s lifeWatch <https://www.youtube.com/watch?v=XEfnq4Q4bfk> * Before birth, a human must develop from a series of cells to a baby inside its mother.
* Germinal Phase – where cells develop and divide.
* Embryonic Phase – major organs and structure to the organism develops.
* Foetal Phase – when it takes on a recognisable human form and grows until it is ready to be born. This is called a foetus.

Vocabulary: gestation, umbilical cord, sperm, egg, cell, germinal phase, embryonic phase, foetal phase |
| Session 3:Recap: name the seven nutrition groups and foods within themLO: to research and compare the gestation periods of animals<https://www.youtube.com/watch?v=GFmgTfgf-P0> animals with longer gestationsChildren research gestation period of other animals. Plot results and evaluate what the graph shows. Are there any relationships between size and period of gestation?Vocabulary: gestation |
| Session 4:Recap: what is the purpose of the skeleton?LO: to research the development in the stages in a human’s life<https://www.youtube.com/watch?v=3RFir6WsLe0> how does the human body grow<https://www.youtube.com/watch?v=9d4ODP5n8Ps> stages in growth and development* Baby or infancy– they drink milk after they are born. They usually start eating solids when their teeth start to appear at about 6 months. Many can crawl by 9 months and begin to walk after they are 1.
* Child - running, talking and learning to read, write and count are all developing in a child. They are developing skills as well as developing socially, emotionally, physically and psychologically
* Adolescent - during the ages of 9-19, humans become more independent, begin puberty ready for reproduction and become ready for adulthood
* Adulthood - the human body is at its physical peak of fitness and strength and are able to be completely independent. This is when most humans reproduce.
* Late adulthood/ old age - body declines in fitness and health from 60 years onwards and there is an increased dependence on others to look after them as time goes on. The life cycle ends when a human dies.

Vocabulary: infancy, childhood, adolescence, adulthood, old age, dependent, independent |
| Session 5:Recap: what must an animal do to keep its body healthy? (exercise, drink water, eat balanced diet and sleep)Lo: to identify how a human’s body changes during pubertyWatch <https://www.youtube.com/watch?v=Z7zw3tLA3xU> What Happens During Puberty??? | [@Operation Ouch](https://www.youtube.com/channel/UCQJDFI9j8UeNoqra37p5OkA) | FULL EPISODE – 30 minutesPuberty is the process of physical changes through which a child's body matures into an adult body capable of reproduction. It is initiated by hormonal signals from the brain to  the ovaries in a girl and the testes in a boyChanges for girls: * The first physical changes during puberty are breast development and body growth.
* Growth of underarm and pubic hair.
* Increase in weight.
* Hormonal changes cause the ovaries to start releasing the eggs.
* trigger the monthly menstrual cycle

Changes for boys:  * Body growth and growth in the size of their sex organs.
* Their muscles become more developed.
* Acne and facial and body hair starts to grow

Vocabulary: puberty, hormones, hormonal, ovaries, testes, breast, pubic hair, menstrual cycle, period |
| Session 6:Recap: changes in boys and girls during pubertyLO: to identify why the body changes in old age<https://www.youtube.com/watch?v=vckbQvaZQkU> why do we get old? Up to 3.53Compare lifespans of other animals: research, collect data and present results<https://www.youtube.com/watch?v=LW5ERd8GUQk> lifespan comparison – shows a variety of animals to collect data fromVocabulary: cell decline, lifespan |
| Link to career:geriatric medicine <https://www.youtube.com/watch?v=584Eh0cXa1Y> paediatrician <https://www.youtube.com/watch?v=ZKKNQ_lA1HQ>  |
| Scientists who have helped develop understanding in this field: In Egyptian hieroglyphs, images for old age are associated with the outward curvature of the spine through osteoporosis |