

# The Knowledge

Supporting the National Curriculum



Knowing More

Remembering More

Learning More

# Animals Including Humans



**ARDLEIGH GREEN**  
JUNIOR SCHOOL

Year 5  
Science

# Human Life Cycle



baby



toddler



child



teenager



adult



senior

## Baby

- cannot walk
- cannot talk
- cannot control bladder
- mostly drink milk

## Toddler

- start to talk
- start to crawl
- start to walk
- begin to explore the world around

## Child

- grow and learn
- start school
- learn new skills
- lose their “baby” teeth

## Teenager

- go through lots of changes
- bodies change
- spots may develop
- puberty

## Adult

- finished growing
- responsibilities
- can still learn

## Senior

- fitness levels decline
- may struggle with everyday activities
- may grow grey hair
- final stage of the human life cycle

# In The Womb

Women have a special organ called a **womb** which they grow the **foetus** in until the baby is ready to be born. Human babies develop for **9 months** in the womb.



# Puberty

Puberty is a time in our lives when our **bodies change** from a **child** into an **adult**. This time happens during our **teenage** years.

- You may **sweat** more. When sweat mixes with bacteria on your skin, it can smell or cause **bad odour (BO)**. It is important to wash regularly.
- You may develop **spots** on your face, neck, back or chest. Some people develop lots of spots and some hardly any. It is completely normal.
- **Hair grows** in new places such as under your armpits. Boys also grow facial hair like beards and moustaches.
- Puberty can be a very **emotional time** due to the changes in hormones in your body. We may feel more upset or angry than usual. It is important to talk about these emotions with someone you trust.



# Key Vocabulary

**Birth** - when your life starts as a **physically** separate being

**Death** - when the **life cycle ends**

**Develop** - to **grow**, to become more **mature** or advanced

**Foetus** - a **baby** that is still developing in the **womb**

**Puberty** - a time in the human life cycle when the body goes through changes to become an adult

**Offspring** – a **child** or young animal

**Dependent** – offspring needing others to **look after** it

## Test Yourself

- What are the key stages of a human's life cycle?
- What do babies need to grow?
- Why do animals have different gestation periods?
- How does a foetus develop?
- What is the hand span of differently aged children?
- What changes happen during puberty?
- What changes do humans experience in old age?