



## The Human Body (Biology)

### Year 5

#### End Points:

- Recognise the first stages of human growth: gestation, birth and infancy.
- Humans have a gestation period of nine months.
- Human body experiences changes as it goes through puberty.
- Hormones released into the bloodstream cause physical, mental and emotional changes.
- Physical and mental changes happen to the body from adulthood to old age.
- All living things follow a life cycle of birth, growth, reproduction and death.

In this unit, children will study how the human body changes from birth to old age. We strongly advise that teachers check the content aligns with their schools PSHE/SRE policies and curricula before teaching this unit. It might be useful to teach this unit alongside or after children have been taught about puberty and have been given the time to discuss this.

In this unit, building on their knowledge of how our bodies work and how we care for them, pupils will study the changes that happen to the human body from conception through to old age. They will cover the period of growth known as adolescence and will learn about the changes to the human body including muscles and bones growing larger, the growth of hair in armpits and around genitals, menstruation and voices breaking. This substantive knowledge will support their understanding of changes within their own bodies and will enable them to understand and support their peers.

Pupils will compare the different gestational periods of animals, including humans, and will understand that human infants need care and attention for many years before they are independent. They will consider growth stages and the features of these for animals and humans. Recognising that all living things have growth stages is important scientific knowledge that will support fundamental understanding of biology as children move through the KS2 curriculum and beyond.

Pupils will learn about changes to the human body in old age and the importance of a healthy lifestyle at all ages. This content must be taught with sensitivity towards any children that may have suffered a bereavement. It is important that children understand that even with the healthiest of lifestyles, the aging process cannot be stopped altogether.

Pupils will undertake research to complete an extended piece of writing to describe the main stages of human growth; from conception to old age. A lesson is dedicated to preparing for this extended piece of writing to allow pupils to gather data, present it in tables or create diagrams to enhance their writing.

The content of this unit will be built upon in Year 6 when children study reproduction in plants, animals and humans.

### **Lesson Sequencing:**

In lesson one, children will learn about the first stages of human growth, looking at gestation, birth and infancy. Children will learn about the changes to the human body during puberty in lesson two. Lesson three will build on the understanding of changes to the human body by looking at adulthood to old age. Lesson four will further develop the understanding of gestation by comparing humans to animals. In lesson five and six, children will explore the stages of growth for humans from conception to old age, explaining what occurs during each stage.

### **Misconceptions:**

- Only males grow armpit hair.
- Puberty starts at the same time for everyone.

### **Working Scientifically criteria met in this unit:**

- recording data and results of increasing complexity using scientific diagrams and labels, classification keys, tables, scatter graphs, bar and line graphs
- reporting and presenting findings from enquiries, including conclusions, causal relationships and explanations of and a degree of trust in results, in oral and written forms such as displays and other presentations
- identifying scientific evidence that has been used to support or refute ideas or arguments
- planning different types of scientific enquiries to answer questions, including recognising and controlling variables where necessary