

The Incredible Human Life Cycle

Learning objective: To describe the changes as humans develop to old age.

Read the text carefully and answer the questions below using full sentences. Use your knowledge from Year 5 science lessons.

Nova the barn owl often watches humans from her high branch, fascinated by how they change over time. The human life cycle begins at infancy, where babies rely entirely on their parents for food, movement, and protection. As they grow into childhood, they develop basic skills like walking and speaking. By the time they reach adolescence, their bodies start to change significantly. During this stage, known as puberty, young people experience growth spurts and emotional changes as they transition towards adulthood. Once a person reaches adulthood, they achieve full physical maturity and become independent, often taking on roles like working or raising a family. Finally, humans enter old age. While their bodies might become less active, their minds often remain full of wisdom and memories. Throughout every stage, from being a tiny baby to reaching their golden years, humans are constantly learning and adapting. It is a remarkable journey of physical and mental growth that Nova finds truly breath-taking to observe from the night sky.

Word bank: puberty · adolescence · independent · maturity · development · infancy

1. According to the text, what is the main characteristic of the infancy stage of the human life cycle? (2 marks)

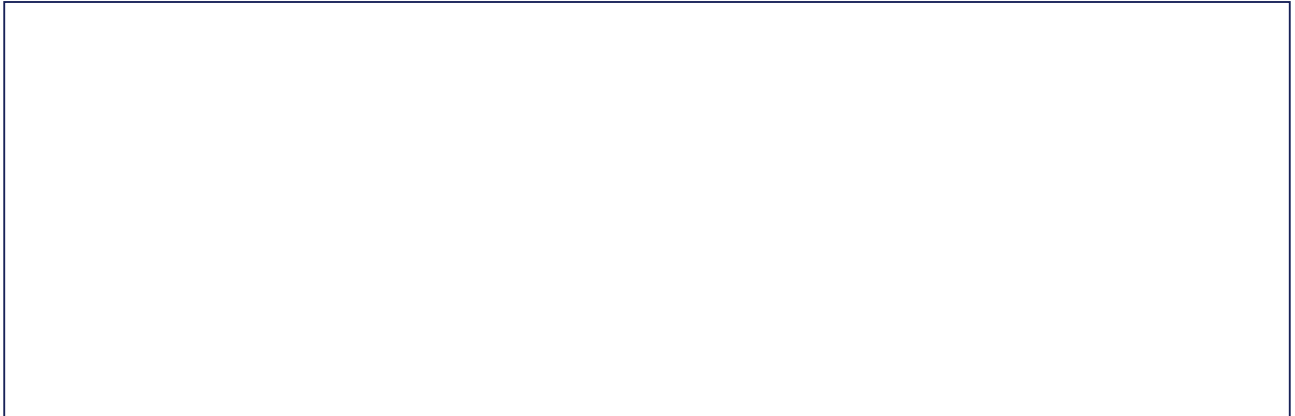
2. What does the text suggest happens to the body during the stage of puberty? (2 marks)

3. Why might a person in old age be described as having 'wisdom' compared to someone in childhood? (2 marks)

4. What is the key difference between an adolescent and an adult, based on the information provided? (2 marks)

5. Nova finds the human life cycle 'remarkable'. Which stage of the human life cycle do you think is the most important for learning new skills, and why? (3 marks)

Draw: Draw a timeline of a human life, showing four different stages: infancy, childhood, adolescence, and adulthood.



Extension challenge: Research the average age range for the 'puberty' stage in humans and write a short paragraph explaining why this transition is a necessary part of the life cycle.