

The Journey of Human Development with Nova

Learning objective: To describe the changes as humans develop to old age, including the main stages of the human life cycle.

Read each question carefully and use your knowledge of the human life cycle to provide detailed answers. Nova the owl is here to help you think about biological growth!

Nova is observing the life cycle of humans from the stars above. Humans go through many distinct stages of growth and development, each bringing new physical and emotional changes.

Word bank: infancy · childhood · adolescence · adulthood · old age · puberty · development · independence

1. List the five main stages of the human life cycle in the correct chronological order, starting from birth. (2 marks)

2. During which stage of the human life cycle does puberty usually occur, and what is the primary purpose of this change? (2 marks)

3. How does a human's level of independence change as they transition from childhood to adulthood? Give one specific example. (2 marks)

4. Nova notices that humans in old age may move more slowly than children. Explain one reason why the body might change as a person reaches the final stage of the life cycle. (2 marks)

5. Compare infancy to adulthood. State one physical difference and one difference in the types of tasks a person can perform. (3 marks)

Draw: Draw a timeline across your page showing the five stages of human development. Above each stage, draw a simple icon or object that represents that part of a person's life.

A large, empty rectangular box with a thin black border, intended for a student to draw a timeline of human development. The box is wide and tall, providing ample space for the drawing.

Extension challenge: Research and write a short paragraph about how human growth is influenced by a healthy diet and regular exercise. How do these factors help us during the adolescence stage?