

Nova's Life Cycle Journey: Understanding Human Growth

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

Nova the owl has been observing humans from her tree. She has jumbled up the stages of human growth and development. Use the word bank to fill in the blanks for each stage, then place the stages in the correct chronological order from birth to old age.

Word bank: Infancy · Childhood · Adolescence · Adulthood · Old Age · Puberty · Independence

1. 1. During _____, a baby relies entirely on their parents or carers for food, warmth, and protection. (1 mark)

2. 2. In _____, humans grow physically and learn important skills like reading, writing, and socialising at school. (1 mark)

3. 3. _____ is a time of big changes when the body begins to develop into an adult, often starting with a stage called _____. (2 marks)

4. 4. In _____, humans are fully grown and often gain more _____, such as living in their own homes and working. (2 marks)

5. 5. Finally, in _____, the body may become less strong and people may retire from their jobs to enjoy more leisure time. (1 mark)

Draw: Draw a timeline across the bottom of your page. At each mark, draw a simple character representing that stage of life (e.g., a baby, a school-aged child, a teenager, an adult, and an elderly person).



Extension challenge: Choose two stages of the human life cycle. Write a short paragraph explaining one major physical difference between those two stages and one major change in what a person can do independently.