

Nova's Life Cycles: The Human Journey

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

Join Nova the owl to investigate how humans grow and change. Use this fact-file to map out the different stages of a human life. Think carefully about the physical and independence-related changes that happen at each milestone.

Word bank: infancy · childhood · adolescence · adulthood · elderly · development · independence · puberty · growth

1. The Early Years: Describe the needs and physical characteristics of a human during infancy and childhood. (3 marks)

2. The Transition: Explain what happens during adolescence and why this is a significant period of change. (3 marks)

3. Adulthood: What are the main responsibilities and physical changes associated with becoming an adult? (2 marks)

4. The Later Years: Reflect on how a human's lifestyle or physical abilities might change when they reach the elderly stage. (2 marks)

5. Comparing Stages: Choose two stages of the life cycle and explain one major difference between them. (2 marks)

Extension challenge: Imagine you are interviewing someone from a different life stage. Write three questions you would ask them to find out what their daily life is like.