

The Incredible Journey of Human Growth

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

Read the passage below carefully. Use your scientific knowledge and the information provided to answer the questions in full sentences.

Nova the owl observed the park through her keen eyes, noting the humans at different stages of their life cycle. A tiny infant was cradled in a pushchair, entirely dependent on its parents for survival. Nearby, a group of children played, their bodies growing stronger and their coordination improving daily. Nova knew that soon, these children would enter adolescence. During this phase, their bodies will undergo significant biological changes, known as puberty, as they transition toward adulthood. This is a period of rapid physical maturation and emotional development. As humans reach adulthood, their physical growth slows, though they continue to learn and adapt. Eventually, humans reach old age. During this final stage, known as senescence, the body's systems may gradually become less efficient. Throughout this entire journey, from the moment of birth until the end of life, the human body is a marvel of constant change. Each stage is essential, preparing the individual for the challenges and responsibilities of the next chapter in their personal life cycle.

Word bank: gestation · infancy · adolescence · puberty · adulthood · senescence · development · maturation

1. Identify two physical changes that happen during adolescence, as mentioned in the text. (2 marks)

2. At what stage of the human life cycle is a person entirely dependent on others for their survival? (1 mark)

3. Explain why Nova describes the human body as a 'marvel of constant change' throughout the life cycle. (3 marks)

4. What might happen if a human skipped the adolescence stage of their development? Justify your reasoning. (3 marks)

5. Compare and contrast the needs of an infant with the needs of an adult. Why are these differences necessary? (4 marks)

Draw: Draw a multi-panel storyboard showing a human at four different stages of the life cycle: infancy, childhood, adulthood, and old age. Label each stage clearly.



Extension challenge: Research the average age range for the onset of puberty in the UK. Create a persuasive poster explaining why the changes during adolescence are a natural and positive part of growing up. Include a section on how to maintain a healthy lifestyle during these years.