

Nova's Human Body Expedition: A Year 5 Science Challenge

Learning objective: To identify and describe the changes in humans as they develop to old age, including the stages of human growth and development.

Join Nova the Barn Owl on a flight through the stages of human development. Read each question carefully and use your knowledge of the human life cycle to answer. Aim for 10 out of 10!

Answer Key: 1. A (Infancy), 2. False, 3. Adolescence, 4. C (Puberty), 5. True, 6. True, 7. B (To grow and gain independence), 8. Infancy, 9. False, 10. D (All of the above).

Word bank: Infancy · Childhood · Adolescence · Adulthood · Puberty · Gestation · Elderly · Development

1. 1. Which stage of the human life cycle typically begins at birth and ends when a child starts to walk and talk? A) Infancy* B) Adolescence C) Adulthood D) Old Age (1 mark)

2. 2. True or False: Humans stop changing physically as soon as they reach adulthood. (1 mark)

3. 3. What is the name of the transitional stage between childhood and adulthood? (1 mark)

4. 4. During which process does the body undergo significant hormonal and physical changes? A) Infancy B) Gestation C) Puberty* D) Retirement (1 mark)

5. 5. True or False: As humans enter old age, their bodies often require more rest and recovery time. (1 mark)

6. 6. True or False: Every human develops at the exact same speed and reaches milestones at the exact same age. (1 mark)

7. 7. What is the primary biological purpose of the childhood stage? A) To learn to fly B) To grow and gain independence* C) To stop growing D) To become a grandparent (1 mark)

8. 8. In which stage does a human rely almost entirely on their caregivers for survival? (1 mark)

9. 9. True or False: Humans only start learning new skills during adulthood. (1 mark)

10. 10. Which of these changes occurs during the human life cycle? A) Increase in height B) Development of new skills C) Changes in hair colour D) All of the above* (1 mark)

Draw: Draw a 'Life Cycle Timeline' showing a human at four different stages: Infancy, Childhood, Adolescence, and Adulthood. Include one small object next to each stage that represents that time of life (e.g., a rattle for an infant, a school bag for a child).



Extension challenge: 1. Explain why the stage of adolescence is considered a 'transitional' period in human development. 2. Compare and contrast the physical abilities of a toddler and an adult. 3. Justify your answer: Why is it important for humans to develop social skills during childhood? 4. What might happen if humans did not go through the stage of infancy? 5. If you could create a new stage of life, what would it be called and what would humans be able to do during it? 6. Research and describe one way in which the skeletal system changes from infancy to adulthood.