



LESSON 1 of 2

CONTENT AREA: Human Growth and Development

GRADE LEVEL: Grade 5 GIRLS

Key Concepts

This lesson will address human growth, adolescent physiological and emotional changes, and the human reproductive system. Students will understand their own physical, emotional, and mental development, especially in reference to gender specific anatomy and changes in puberty using appropriate vocabulary.

Pennsylvania Health State Standards

10.1.6

A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

- Education
- Socioeconomic

B. Identify and describe the structure and function of the major body systems.

- Endocrine
- Reproductive

C. Analyze nutritional concepts that impact health.

- Healthful food selection

D. Identify health problems that can occur throughout life and describe ways to prevent them.

- Diseases (e.g., cancer, diabetes, STD/HIV/AIDS, cardiovascular disease)
- Preventions (i.e. do not smoke, maintain proper weight, eat a balanced diet, practice sexual abstinence, be physically active)

Objectives

The students will be able to:

- identify and discuss the many changes that occur during puberty
- discuss male and female reproductive systems
- become more independent in caring for our bodies
- share all materials from Human Growth and Development program with their families.

Time Requirements

One 60-minute session.

Materials & Preparation

Parent letter sent to parents prior to instruction

Student packet (one for each student)

Teacher packet

Presentation station

PowerPoint presentation on Intranet

Teaching Steps

1. Introduce the topic of human growth and development and the expectations during this instruction.
 - a. Use proper terminology. (Do not use slang.)
 - b. Participate seriously.
 - c. Share today's information with your parents. (Do not share this information with younger students...it's not their time.)
 - d. Human growth and development can be a difficult topic for some students. We need to show respect for our differing comfort levels.
2. Ask students what they know about puberty and adolescence.
3. Discuss all of the different signs of puberty and adolescence.
 - a. Hormone increase
 - b. Breast development
 - c. Pubic hair
 - d. Hair under arms
 - e. Menstrual periods
 - f. Body shape and size
 - g. Oily skin and sweat production
 - h. Vaginal discharge
 - i. Acne
 - j. Independence from parents
 - k. Peer influence and acceptance becomes important
 - l. Peer relationships
4. Students will learn the different anatomy parts of the female reproductive system and their function.
 - a. Uterus: Pear-shaped female reproductive organ in which the fetus grows and develops; also called the womb.
 - b. Fallopian Tubes: Either of a pair of tubes that transport the egg cells from the ovary to the uterus.
 - c. Ovary: One of the female sex organs that produce egg cells and hormones.
 - d. Cervix: The lower opening of the uterus where it connects to the vagina.

- e. Vagina: Passageway leading from the uterus to the outside of the body in a female.
5. Discuss the five different female stages of development. (refer to Image on powerpoint)
 - a. Stage 1: Up to ages 8-12
 - b. Stage 2: May begin ages 8-14
 - c. Stage 3: May begin in ages 9-15
 - d. Stage 4: May begin in ages 10-16
 - e. Stage 5: May begin in ages 12-19
6. After reviewing the female reproductive system, students will participate in a calendar activity on page four of the student packet.
7. After completing the calendar activity, students will watch the video, "Always Changing-About Puberty and Stuff".
8. Students will be assigned the, "puberty quiz" and a parent signature by next class.

Closure:

Puberty is something that occurs in everyone, but at different times. It is important to understand your body and how to take care of it to stay healthy. Next class we will go over your "Puberty Quiz" and learn about the male anatomy.

Essential Question:

What are the physical, social and emotional issues experienced during puberty?



LESSON 2 of 2

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Teaching Steps

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 - b. Participate seriously.
 - c. Share today's information with your parents. (Do not share this information with younger students...it's not their time.)
 - d. Human growth and development can be a difficult topic for some students. We need to show respect for our differing comfort levels.
10. Students will open their packets to page four and go over the answers to the "Puberty Quiz" that was assigned as homework (refer to PowerPoint).
11. Students will learn the different anatomy parts of the male reproductive system and their function.
 - a. Seminal Vesicle- A sac-like structure in the male that produces a thick fluid that is part of the semen.
 - b. Bladder- A small, elastic sac in the body that stores urine.
 - c. Prostate Gland- A gland in males that produces a fluid that liquefies semen.
 - d. Vas Deferens- One of the small tubes through which sperm pass from the testes to the urethra
 - e. Urethra- The canal that carries urine from the body. Seminal fluid can also pass through this canal.
 - f. Scrotum- External pouch of skin that contains the testicle and is located behind the penis.
 - g. Penis- Male sex organ which discharges urine and semen.
 - h. Testicles- One of the two male sex organs that are contained in the scrotum; after puberty they produce mature sperm cells.
 - i. Epididymis- Ducts that carry sperm from the testes to the vas deferens

Closure:

Puberty is something that occurs in everyone, but at different times. It is important to understand your body and how to take care of it to stay healthy.

Essential Question:

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