

What I need to know...

Each stage of human development in the human life cycle.
 That changes happen as humans develop to old age.
 What is meant by the term 'gestation period' and how these differ between mammals.
 The stages of growth of a foetus in the womb.
 The meaning of puberty and what will happen to my body during this period of development.

Puberty

Puberty is an important stage of development, as it prepares the body for the human life cycle to continue. Puberty is the time when a boy or girl's body begins to develop and change as they become an adult.
 Boys develop a deeper voice and start to grow hair on their body. Girls develop breasts and start their periods. Puberty normally happens between the ages of 10 and 19, but it is different for every individual.

Vocabulary

Gestation	The process or period of developing inside the womb between conception and birth.
Foetus	A foetus is the stage that an organism goes through before it is born as a baby.
Puberty	Puberty is the time when a boy or girl's body begins to develop and change as they become an adult, in order for reproduction to occur.
Hormones	Hormones are vital to enable sexual reproduction in humans. There are a range of hormones that interact to cause puberty in males and females and prepare a woman's reproductive system for pregnancy.
Centile	A child's BMI tells us if their weight is right for their height, and the result is given as a centile

Stages of Human Development

Prenatal: Prenatal means before birth. This stage of development is from the time of fertilisation to the time of birth.

Infancy: This stage of development is from birth to 2 years old.

Childhood: This stage takes place between the ages of 3 and 10.

Adolescence: An adolescent is between 10 and 19. This stage of life is when puberty takes place.

Early Adulthood: This stage of development takes place from the ages of 18/19 to 39.

Middle Adulthood: This stage of development takes place between 40 and 59 years of age.

Late Adulthood/Old Age: This is the last stage of human development and takes place after the age of 60

