



Year 5 – Animals including humans

Looking after your body when you are young gives you a better chance of having a healthy old age.

Humans grow at different rates and the rate can also be affected by diet, genes inherited from parents, and illness

ROCKET WORDS – learn these words and their definitions

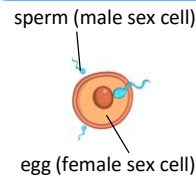
Key Word	Definition
sexual reproduction	A type of reproduction involving the joining of male and female cells. In animals this means that two parents are required to produce life.
asexual reproduction	A type of reproduction where new individuals come from a single parent.
foetus	An unborn baby of a mammal at the later stages of gestation.
puberty	When a child's body begins to grow, change and develop as they become an adult
adolescence	The social and emotional stages of development between childhood and adulthood.
gestation	The time when prenatal development takes place (pregnancy).
menstruation	When a female body discharges the lining of the uterus. This usually happens once a month and lasts for 2-7 days.

Gestation periods

The length of **gestation** varies depending on the **species**. (It often depends how **large** the animal is.)



Human ageing timeline

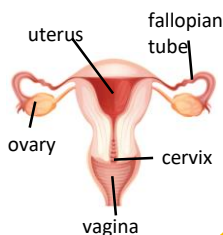


Fertilisation	Prenatal (before birth)	Infancy (0-1 years old)	Childhood (1-12 years old)	Adolescence (13-19 years old)	Adulthood (20-65 years old)	Old Age (65+ years old)
The male and female sex cells fuse together inside the mother's body.	The cells develop and grow into a foetus inside the mother's uterus. An average human pregnancy is about 9 months.	Rapid growth and development. Babies need to be fed (milk only at first), clothed and cleaned by a carer.	Children learn new skills and become more independent: they learn to walk, talk, feed, dress and clean themselves.	The body starts to change over a few years to enable reproduction during adulthood.	Humans have fully developed and stopped growing. Most have children of their own.	Humans are not as strong; eyesight and hearing may deteriorate; our memories fade and hair turns grey.

Puberty

Female

female reproductive system



breasts grow

hips widen

periods start (menstruation)

ovaries start to release **eggs**

Puberty usually starts **between** ages **8 - 14** in girls.

Both

Emotional changes

oily skin/ acne (spots)

hair grows under **armpits**

pubic hair

sweaty, body smell gets stronger

body growth (height and limbs)

Male

voice breaks (gets deeper)

shoulders widen

hair grows on **face, and chest**

penis and testicles develop and start to **produce sperm**

Puberty usually starts **between** ages **9 - 14** in boys.

male reproductive system

