

**STRAND:** Human Growth and Development

**SUB STRAND:** Growth and Changes

**CONTENT LEARNING OUTCOME** Differentiate growth spurts in males and females and its effect on their growth.

## LESSON NOTES

### GROWTH & CHANGES

#### Early Childhood

- Birth to 8 years. This stage starts when a baby is born. During this stage a child begins to develop mentally and physically. The baby then begins to learn how to walk, talk and to eat independently. The child begins schooling and learns how to read and write

#### Middle childhood

- When a child reaches this stage they are able to read, write, talk and dress independently. The child is also able to differentiate between right and wrong, good from bad.

#### Adolescence

- At this stage the child is trying to get an identity for himself. His choices will be influenced by his family, circumstances and peer pressure

### GROWTH SPURTS AND PATTERNS

When boys and girls reach the age of 10 or 11, their bodies start to change from the body of a child into the body of an adult

#### Changes boys experience during puberty

- Shoulders and chest broaden
- Voice deepens and breaks
- Hair grows on face, chest, armpits and pubic area.
- Pimples and skin problems may occur

#### Changes girls experience during puberty

- hair grows in armpits and pubic area
- breasts grow bigger
- hips broaden
- menstruation begins
- pimples and skin problems may occur

## ACTIVITIES

1. What is growth spurt? When boys and girls reach the age of 10 or 11, their bodies start to change from the body of a child into the body of an adult
2. List down three changes that occur in boys during puberty?
  - Shoulders and chest broaden
  - Voice deepens and breaks
  - Hair grows on face, chest and armpits
3. List down three changes that occur in girls during puberty?
  - hair grows in armpits and pubic area
  - breasts grow bigger
  - hips broaden