



Activity: 3-4.7.1

Key Messages

- There are definitive stages of human development that are shared by all humans.
- The nature of these changes are predictable, however, the timing will vary from person to person.

Activity Details

Victorian Curriculum

Health & PE Explore strategies to manage physical, social and emotional change
VCHPEP089

Time 60 minutes

Levels 3 & 4

Equipment

- large sheets of paper
- textas

Timeline of human growth and development

Purpose

To develop an understanding of human development across the lifespan.

Teaching notes

This is a small group activity that can be used as a literacy lesson.

Please note: when discussing the stage of death, it is important to be mindful of individual students who may have experienced recent loss in their lives.

Procedure

1. Draw a long line on the board and place the word 'beginning' at one end and the word 'end' at the other.
2. Ask students to brainstorm all the different stages in a human being's life, such as conception, pregnancy, birth, all the way to death.
3. Divide students into groups and allocate each group with one stage of life.
4. Each group is to list and illustrate all the changes that occur at their allocated life stage. They should record these changes on paper.
5. Once complete, all work can be shared with the class. When debriefing, emphasise that this is a guideline to life stages and the changes are predictable, but timing will vary from one person to another.

