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Reaching the Age of Adolescence

LESSON PLAN

SPECIFIC OBJECTIVES

The students will learn about

- ✧ adolescence and puberty
- ✧ changes occurring at puberty
- ✧ reproductive phase in human life
- ✧ menstruation, menarche and menopause
- ✧ sex determination
- ✧ reproductive health
- ✧ endocrine system

TEACHING AIDS

Pictures/charts/models/animations on Adam's apple; sex determination, teenagers doing physical exercises; endocrine system, etc.

LESSON PLAN

- ✧ The teacher should start the chapter with Gear Up and ask students the questions given in this section.
- ✧ Now, the teacher should define adolescence and puberty, and explain changes which occur at puberty. Teacher should also demonstrate Activities 1 and 2.
- ✧ The teacher should explain secondary sexual characters, mental, intellectual and emotional maturity and hormonal changes at puberty.
- ✧ The teacher should discuss reproductive phase in human life, i.e., menstruation, menarche and menopause. Teacher should explain the process of sex determination in human beings.
- ✧ The teacher should define reproductive health and discuss the health-related issues.
- ✧ The teacher should discuss the endocrine system in human beings.
- ✧ Students should be asked to solve Check Points 1 and 2.
- ✧ At last, the teacher will sum up the lesson by going through the points given under the head 'Wrap Up Now'.

- ✧ The teacher will help the students to solve all the questions given in exercises under the head 'Practice Time' and will also discuss the topics given under the head 'Formative Tasks'.

BOOST UP

- ✧ Teacher can give Activity 3 for home assignment and discuss the results in the class.
- ✧ The teacher should encourage the students to maintain their reproductive health and advise them to refrain from drug abuse.

EXPECTED LEARNING OUTCOMES

The students know about

- ✧ adolescence and changes occurring at puberty.
- ✧ secondary sexual characteristics.
- ✧ hormones and pubertal changes.
- ✧ menstruation, menarche and menopause.
- ✧ reproductive phases in human beings.
- ✧ significance and benefits of reproductive health.
- ✧ endocrine system.

EVALUATIVE QUESTIONS

The teacher may ask the following questions for evaluating the understanding of students:

1. Define adolescence.
2. What is puberty? List the changes in the body which occur at puberty.
3. What are secondary sexual characters?
4. Define hormones.
5. How many chromosomes do humans have?
6. Which element is needed to make haemoglobin?
7. Write the symptoms of goitre.