

**LESSON PLAN****SPECIFIC OBJECTIVES**

The students will learn about

- ✧ adolescence and puberty
- ✧ changes occurring at puberty
- ✧ menstruation, menarche and menopause
- ✧ endocrine system
- ✧ reproductive health
- ✧ drug abuse

**TEACHING AIDS**

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

**LESSON PLAN**

- ✧ The teacher will start the lesson with 'Science Vocabulary' section by telling the meaning/definition of new terms which are used in the chapter.
- ✧ Now, the teacher should define adolescence and puberty, and explain changes which occur at puberty.
- ✧ The teacher should explain secondary sexual characters, mental, intellectual and emotional maturity and hormonal changes at puberty.
- ✧ The teacher should discuss menstruation, menarche and menopause.
- ✧ The teacher should discuss the endocrine system in human beings.
- ✧ The teacher should define reproductive health and discuss the health-related issues.
- ✧ The teacher should discuss the drug abuse and its harms.
- ✧ Students should be asked to solve Check Point 1.
- ✧ The teacher will help the students to solve the questions given in exercises under the head 'Let's Drill Our Skills' and to complete the flowchart given under the head 'Let's Memorise'.

### **BOOST UP**

- ✧ The teacher should encourage the students to maintain their reproductive health and advise them to refrain from drug abuse.
- ✧ Students should be asked to learn the facts given in 'Beyond the Horizon'.

### **EXPECTED LEARNING OUTCOMES**

The students know about

- ✧ adolescence and changes occurring at puberty.
- ✧ secondary sexual characteristics.
- ✧ hormones and pubertal changes.
- ✧ menstruation, menarche and menopause.
- ✧ significance and benefits of reproductive health.
- ✧ endocrine system.
- ✧ harms of drug abuse.

### **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.