## Instructional Unit Title: Human Growth and Development

The teacher may introduce the topic of human maturation and reproduction so students can discuss why this topic can be embarrassing, funny, intimidating, etc.



The teacher may introduce the structure and function of the male reproductive system, including changes that occur during puberty so students can begin to analyze the components of this body system.



The teacher may introduce the structure and function of the female reproductive system including changes that occur during puberty so students can begin to analyze the components of this body system.



The teacher may bring in resources (videos, texts, etc.) explaining the function of the sperm and the egg, so students can begin to comprehend the process of fertilization.



The teacher may use various texts focusing on physical changes in the male body that occur during puberty so students can associate these changes with personal development.



The teacher may use texts/images to introduce hormone production so students can describe the function of hormones and their effects on the body.



The teacher may use texts/images that illustrate the stages of human growth and development so students can anticipate future changes in their personal growth and development.



The teacher may use texts/images that illustrate the stages of fetal growth so students can make connections to their own human growth and development.



The teacher may use various texts focusing on physical changes in the female body that occur during puberty so students can associate these changes with personal development.



The teacher may use videos and scenarios to explore emotional experiences/changes that occur during puberty so students can begin to consider the emotional aspects associated with times of physical change.



**PERFORMANCE ASSESSMENT:** As a guest student-health magazine columnist, you have been asked to create a "guide" for your peers in the form of a friendly advice letter. The "guide" is intended to help your peers better understand some of the physical (and emotional) changes associated with maturation and puberty. Your letter should address the following questions:

- What are some changes that happen to your body during puberty?
- Why does puberty begin and end at different ages for different people?
- Why are some aspects of puberty "embarrassing"?

This unit was authored by a team of Colorado educators. The unit is intended to support teachers, schools, and districts as they make their own local decisions around the best instructional plans and practices for all students. To see the entire instructional unit sample with possible learning experiences, resources, differentiation, and assessments visit <a href="http://www.cde.state.co.us/standardsandinstruction/instructionalunitsamples">http://www.cde.state.co.us/standardsandinstruction/instructionalunitsamples</a>.