

LESSON PLAN

SUBJECT	SCIENCE	CLASS – VIII	NO. OF PERIODS REQUIRED : 7
LESSON TO BE TAUGHT	Chapter : 10 — Reaching the age of Adolescence		
MY FOCUS	1. Adolescence and puberty 2. Changes at puberty 3. Secondary sexual characters 4. Role of hormones in initiating reproductive function 5. Reproductive phase of life in humans 6. Determining the sex of the baby 7. Hormones other than sex hormones 8. Role of hormones in completing the life history of insects and frogs 9. Reproductive health		
STUDENT ACTIVITY	Group discussion on : 1. Changes children are observing in themselves- physical as well as emotional. 2. How much connected they are to their parents and elders? 3. How they make decisions? 4. Girls and boys relationship- friendly, full of respect, equal status		
PRACTICE ASSESSMENT	Q1. At which stage in a child life does he/she become an adolescent? What marks the end of adolescence? Ans. When a child reaches puberty, he/she becomes an adolescent. When the person reaches the age of 18 or 19 years, after which there is no further growth in the body, it marks the end of adolescence.		
	Q2. Name four body processes that hormones control. Ans. Growth, development, behaviour and reproduction.		
	Q3. What determines the sex of a baby? Ans. The sex of the baby is determined by which sperm, one containing the X or the Y chromosome, fertilizes the egg.		
ADDITIONAL INFORMATION	Deficiency of thyroxine causes hypothyroidism (weight gain) and excess of it causes hyperthyroidism (weight loss).		
CAN DO STATEMENTS	1. Students are able to understand that at what age a child reaches puberty and he/she becomes an adolescent. The period of transition from a child to an adult is known as adolescence. 2. Students are able to understand changes at puberty –increase in height, change in body shape, voice change, increase activity of sweat and sebaceous glands, development of sex organs ,reaching mental, intellectual and emotional maturity. 3. Students are able to understand that the ovaries in female produces the female sex hormone oestrogen and the testes in male produces the male sex hormone testosterone. 4. Students are able to understand the menstrual cycle which means the cycle of producing and releasing a mature egg, the thickening of the uterus wall, and its shedding if fertilization does not occur. 5. Students are able to understand that the sex of the baby is determined by which sperm (one containing the X or the Y chromosome) fertilizes the egg. 6. Students are able to understand that looking after physical and mental health at the adolescent stage is very important due to the rapid physical and mental growth at this stage.		