

Time Traveller

Human life cycle

- 1. Before birth**
Human life begins when an egg inside a female’s uterus is fertilised by a sperm cell from a male. This single cell multiplies into many cells that eventually grow into a baby.
- 2. Infancy and early childhood (birth–4 years)**
A baby is born after growing for nine months in its mother’s body. A baby grows into an infant quickly, learning how to crawl, walk, talk and behave with others. Infants rely on adults for personal care, love and protection.
- 3. Childhood (5–12 years)**
Children learn new skills quickly, including how to read, write and make friends. They become more independent and start to care for themselves.
- 4. Adolescence (13–19 years)**
During the teenage years, humans go through puberty and develop into adults. They live more independently and start to make decisions about the future.
- 5. Adulthood (20–64 years)**
Adulthood is when humans become fully independent, taking on responsibilities, such as a career, buying a house, getting married and having children.
- 6. Older adulthood (over 64 years)**
Older adults usually retire from work and experience physical changes such as grey hair and wrinkles due to old age. They may also grow physically frail and suffer from loss of eyesight, hearing and memory. Some may need to be cared for by others.

Puberty

Puberty is a period of time when young people change and develop into adults.

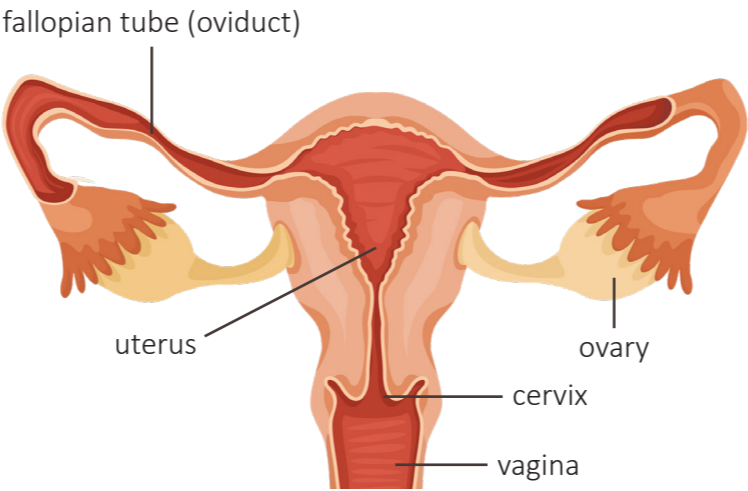
Girls

When girls go through puberty, their breasts develop, periods start, body and pubic hair begins to grow, mood swings increase, acne may develop, sweat and body odour increases and growth spurts occur.

Boys

When boys go through puberty, their penis and testicles develop, voice deepens or ‘breaks’, facial, body and pubic hair begins to grow, mood swings increase, acne may develop, sweat and body odour increases and growth spurts occur.

Female reproductive system



The two **ovaries** hold millions of eggs and one is released every month.

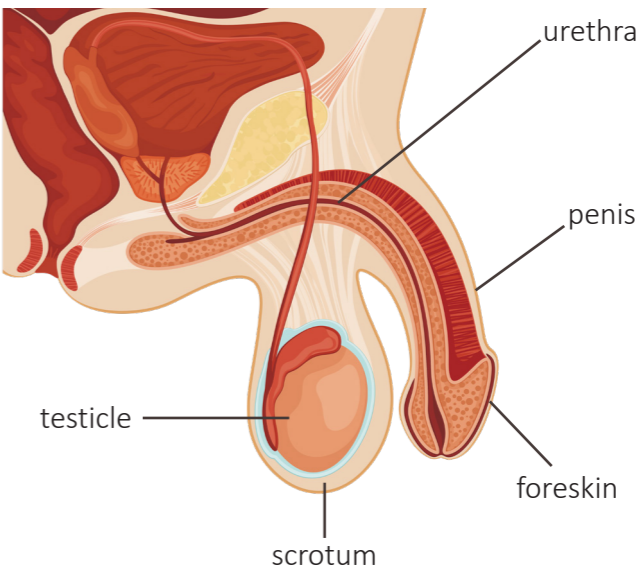
The **fallopian tubes** allow eggs to travel to the uterus.

The **uterus** has a thick lining that either protects a growing baby or comes away during a period.

The **cervix** is the neck of the uterus.

The **vagina** leads to the cervix.

Male reproductive system



The **scrotum** holds the testicles.

The two **testicles** store millions of sperm cells.

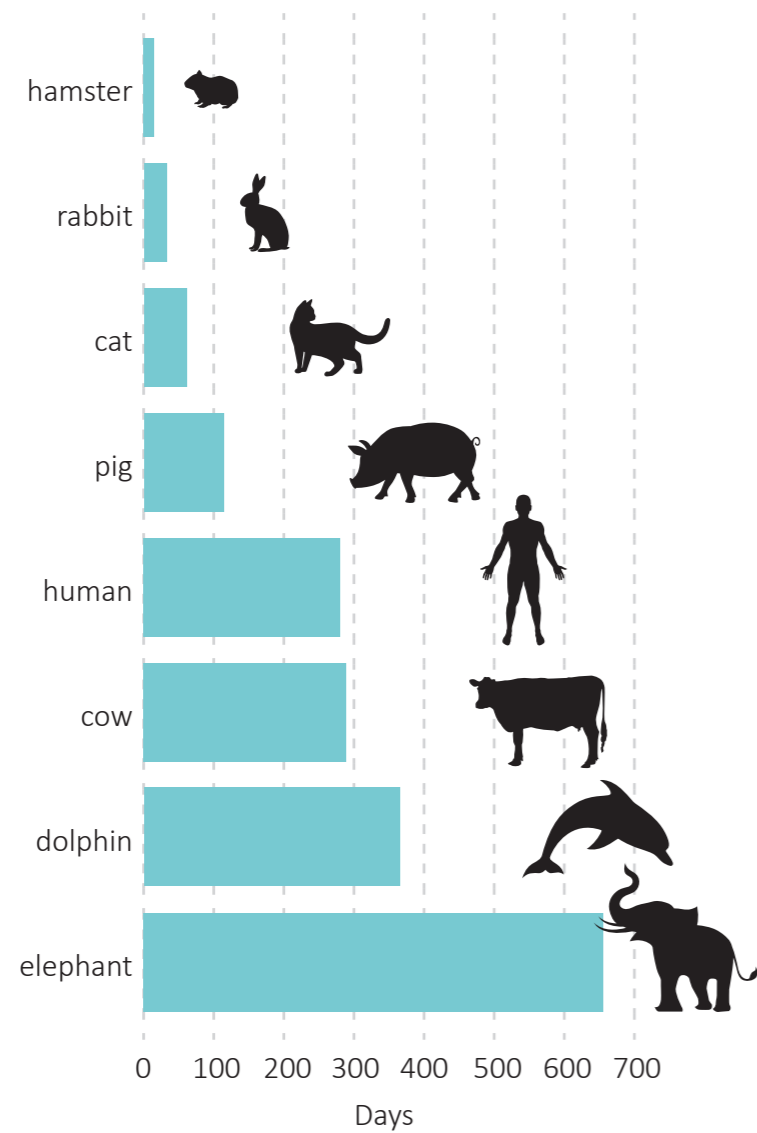
The **penis** transfers sperm cells to the female reproductive organs.

The **urethra** carries the sperm in a liquid called semen.

The **foreskin** covers the end of the penis.

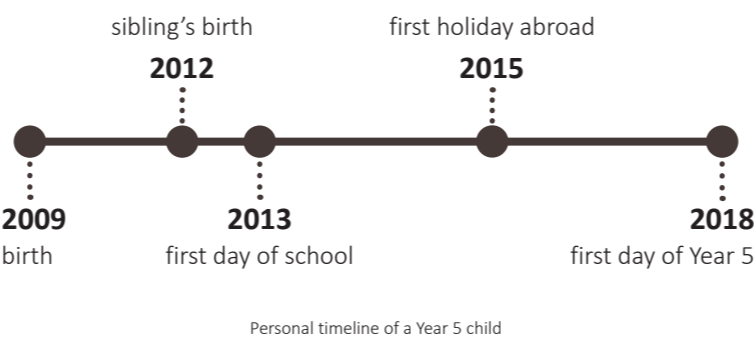
The gestation period

A gestation period is the length of time that a female mammal carries her offspring inside her body, before giving birth. The length of gestation is different for different mammals and is affected by the size of a mammal. Larger mammals usually have longer gestation periods than smaller ones. The chart below shows the gestation periods of different mammals.



Timelines

Timelines are used to show change and development that has happened over time, such as improvements in technology or historical time periods. People also make personal timelines that show their own, or their family’s, history.



Time quotes

Many people have written about the importance and passage of time.

‘The time is always right to do what is right.’

Martin Luther King Jr

‘It’s really clear that the most precious resource we all have is time.’

Steve Jobs

‘Better three hours too soon than a minute too late.’

William Shakespeare

‘It is not that we have a short time to live, but that we waste a lot of it.’

Seneca

‘If time travel is possible, where are the tourists from the future?’

Stephen Hawking

Glossary

acne	Spots that usually appear on the face and neck, especially during adolescence.
adolescence	The stage in someone’s life when they are developing from a child into an adult.
egg	A female cell that might develop into a baby if fertilised with sperm from a male.
fertilise	To cause a baby to develop by joining a female egg with a male sperm cell.
growth spurt	A rapid increase in weight and height.
life cycle	A sequence of important changes or events that happen to living things during their life.
mammal	An animal where the female feeds her young on milk from her body.
offspring	A person’s baby or child, or the young of an animal or plant.
period	The bleeding from a woman’s uterus that happens once a month when she is not pregnant.
puberty	The time when children develop into adults and become capable of having children.
reproduction	The production of offspring by humans, animals and plants.
retire	Leave work because of age or ill health.
sperm	A male cell that can combine with a female egg to produce a baby.