

5th Grade Human Growth and Development (Boys)

3 Days-35 Minutes per Day (4th Day Can be added if Needed)

Objectives

- I will develop positive feelings about myself and my growing body
- I will be able to explain the physical, emotional, and social changes that my body will go through during puberty
- I will be able to appreciate the importance of my family on my individual development
- I will be able to identify and briefly explain the different systems of the body
- I will be able to use accurate terms to explain the structure and function of the male reproductive system
- I will be able to identify and explain the role of the pituitary gland
- I will be able to identify the characteristics that help maintain lasting friendships
- I will be able to analyze the difference between assertiveness and aggression
- I will acquire responsible decision-making skills

Day 1-Stages of Life, Body Systems, Pituitary Gland, Hormones, Puberty

1. Explain Goals of the unit
 - a. Explain what puberty is and the changes that occur to your body that are associated with puberty.
 - b. How the objectives relate to the unit.
2. Create a life line to show the different changes our body goes through as we age. Identify the different stages of change.
 - a. Baby
 - b. Child
 - c. Adolescent
 - d. Adult
 - e. Older Adult
3. Identify and explain the different systems of the body
 - a. Skeletal-bones (structure)
 - b. Muscular-muscles (assist with movement)
 - c. Integumentary- hair, skin, nails (protection)
 - d. Nervous-brain, nerves (command center)
 - e. Endocrine- glands and hormones (functions of body)
 - f. Digestive- system of multiple organs (breakdown nutrients and help fuel body)
 - g. Cardiovascular/Circulatory-blood, heart, blood vessels (transport system of nutrients)
 - h. Respiratory-Lungs, nose, mouth, and airway (breath for life)
 - i. Urinary-kidneys, bladder, urethra (waste excretion)
 - j. Reproductive System-scrotum, testes, spermatic ducts, accessory glands, penis (help in the production of new life)
 - k. Immune-Special organs, cells (Fight infection)

4. Focus on the Endocrine System
 - a. Hypothalamus
 - b. Pituitary Gland
 - c. Testis
5. Pituitary gland and its role in the reproductive system
 - a. Review of glands
 - b. Where is it located? (diagram)
 - c. What is its function?
 - d. How does this affect me?
6. What is a hormone?
7. Male Sex Hormone
 - a. Testosterone
8. What is Puberty?
9. When does it happen?
10. Introduce changes associated with puberty
 - a. Physical
 - b. Emotional
 - c. Social

Day 2-changes associated with puberty, video, diagram and terms associated with male reproductive system

1. Review Pituitary Gland
 - a. How do hormones travel
2. Review Physical changes associated with puberty (develop at different rates and times)
 - a. Growth
 - b. Muscle Mass
 - c. Voice Changes
 - d. Skin Changes –sweat, oil, acne (sebaceous glands)
 - e. Hair growth-pubic, under arms, facial (funny back hair)
 - f. Reproductive growth
3. Review Emotional Changes
 - a. Mood Swings-angry to happy to sad
 - b. Increased awareness of the opposite sex
 - c. Increased feelings of independence (friction may occur)
 - i. Important to respect each other's feelings
 - d. Behavior shifts back and forth (mature to childish)
4. Review Social Changes
 - a. More aware of things and people around you
 - i. Cliques
 - ii. Remember that respect is deserved by EVERYONE
 - iii. Everyone changes and different times and at different rates
5. Boys Puberty Education Video

6. Introduce diagrams and terminology of Male reproductive system
 - a. Terms
 - i. Scrotum
 - ii. Testes
 - iii. Sperm cells
 - iv. Penis
 - v. Urethra
 - vi. Epididymis
 - vii. Vas deferens
 - viii. Seminal vesicles
 - ix. Prostate gland
 - x. Semen
 - xi. Nocturnal emission
 - b. Diagram and discuss the process

Day 3-Finding Support/Friends, Assertive vs. Aggressive, Respect for Family, Making Good Choices

1. Review Male reproductive system discussion (diagram and terms)
 - a. Terms
 - i. Scrotum
 - ii. Testes
 - iii. Sperm cells
 - iv. Penis
 - v. Urethra
 - vi. Epididymis
 - vii. Vas deferens
 - viii. Seminal vesicles
 - ix. Prostate gland
 - x. Semen
 - xi. Nocturnal emission
 - b. Diagram and discuss the process
2. Finding support-friends
 - a. Make list of characteristics of self
 - b. Class generate list of characteristics of good friends
 - c. Compare class generated list of good friend characteristics to list of self
 - d. Evaluate themselves and set goals to be better friends
 - e. Importance of friendships
3. Discuss assertiveness and aggression
 - a. What is the difference?
 - i. Aggressive- hostile or violent attitude or behavior towards another. Shows disrespect by name-calling, interrupting, pushing, shoving, etc.
 - ii. Assertive- to state or declare in a confident and positive manner. Done in an honest, not threatening manner.

- b. Scenarios:
 - i. Telling a classmate that you don't want them to play with you at recess.
 - ii. Being mean to a classmate who is not good at something.
 - iii. Telling your teacher a side of a conflict between you and another student.
 - iv. You don't want to do something your parents ask you to do.

4. Importance of Family during puberty

- a. Group you share what is happening as well as memories
- b. Praise you, encourage you, listen to you, make you feel important
- c. Make you feel special-build self-confidence-helps you feel good about yourself with others
- d. Family Environment-how family treats each other affects health
- e. Family Values- beliefs a person feels are important in life (as you watch their behavior, you learn their values)
- f. Family guidelines-a rule that helps you know how to act (time spent on internet, games)
 - i. Guidelines when parents are away (developing independence-trustworthiness)

6. Create a list of at least 5 family values and 5 family guidelines.

- a. Discuss how you can work together to express the importance of these guidelines and values

7. Making Responsible Choices

- a. Making Tough Choices with Kid President

Body Systems

Body System	Structure(s)	Function
Skeletal System	Bones, Ligaments, Tendons, Cartilage	Framework of the body
Muscular System	Skeletal, Smooth, Cardiac	Aid in movement, blood flow and other bodily functions
Integumentary System	Skin, Hair, Nails	Protects the body
Nervous System	Brain, Spinal Cord, Nerves	Transmit nerve impulse to rest of body
Endocrine System	Collection of Glands	Regulates mood, growth and development
Digestive System	Mouth, Esophagus, Stomach, Intestines	Breaks down food, extracts nutrients, excretes waste
Cardiovascular/Circulatory System	Heart, Lungs, Arteries, Veins	Flow of blood, nutrients, oxygen, and hormones to and from cells
Respiratory System	Airway, Lungs	Brings in oxygen, expels carbon dioxide
Urinary System	Kidneys, Bladder	Eliminate waste products from the body
Reproductive System	Combination of bodily organs and tissues	Sexual function, urination
Immune System	Special organs, cells, and chemicals	Fight infection

Male Reproductive System Terms

Scrotum	A pouch of skin containing the testicles
Testicles	Oval shaped organs that produce sperm and testosterone
Sperm Cells	Sex cells that are produced in the testicles and contain 23 chromosomes.
Penis	Male genital organ, used for reproduction and elimination of urine
Urethra	Located in the center of the penis; tube through which sperm and urine leave the body
Epididymis	Long coiled tube on top of the testicles that store sperm
Vas Deferens	Transports sperm from the epididymis
Seminal Vesicles	Pair of glands which open into the Vas Deferens and secrete semen
Prostate Gland	Produce the fluid that nourishes and transports sperm
Semen	Male reproductive fluid that contains sperm
Nocturnal Emission	Involuntary discharge of semen during sleep