

# PHYSICAL GROWTH AND DEVELOPMENT

5.29.2019

## Subject

SOCIAL STUDIES

## Prepared By

[Instructor Name]

## Grade Level

4

## Overview

This lesson plan covers teaching content for:

- 1.Characteristics of physical development at Pre-adolescent stage.
- 2.Factors that can hinder growth in children.
- 3.Calculating the body mass index.

## Objectives

By the end of this unit, students should be able to:

1. Describe the physical development of children through adolescence.
2. List factors that can hinder physical growth in children.
3. Calculate their Body Mass Index (BMI).

## Activity Starter/Introduction

1. Lead class discussion on physical development from pre-adolescent stages.
2. Guide students through various stages in a child's development.

## Teacher Guide

### Day 1/Lesson 1–10Mins

1. Using a picture showing the stages of a child's development, guide students on the physical development of their body through adolescence.
2. What changes should they expect?
  - Girls initially growing taller than boys
  - Growth of hairs in pubic region
  - Changes in the voice of boys

## Activity Starter/Introduction

1. Explain why students need to recognize changes in their bodies.

## Guided Practice

### Day 2/Lesson 2–20Mins

1. Lead students on a discussion of factors that can hinder the growth in children.
2. Let students state factors they feel can hinder growth.
3. Refine their answers to include things like;
  - Infections transferred from mother to child(HIV)
  - Poor feeding
  - Excessive Labour
  - illness
  - Heredity
  - Early childbearing

## Materials Required

- Picture showing a child's development
- Height Chart(m)
- Weighing scale(kg)

## Additional Resources

- <https://passnownow.com/classwork-ex-series-social-studies-jss2-harmful-subst>
- <http://www.schoolmattazz.com/2016/1/substances/>
- [https://www.diabetes.ca/managing-my-diabetes/tools---resources/body-mass-i\(bmi\)-calculator](https://www.diabetes.ca/managing-my-diabetes/tools---resources/body-mass-i(bmi)-calculator)

## Additional Notes

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**Day 3/Lesson 3–10Mins**

1. Guide students on daily routine to follow to ensure optimal growth. This should include things like;
  - Eating healthy foods
  - Regular exercise
2. Let students suggest ways they can ensure optimal growth.

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**Day 4/Lesson 3–20Mins**

1. Explain the significance of the body mass index.
  2. Let students file out in an orderly manner to check their heights and weights.
  3. Ensure each student takes note on their height and weight.
  4. Show students how to calculate their Body mass index using the formula;  $BMI = Kg/M^2$
  5. Explain that the healthy range is from 18.5 to 24.9
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**Assessment Activity**

1. List 5 features of physical development of children at pre-adolescent stages.
- 2.State factors that can hinder growth in children.

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**Assessment Activity**

1. Mention 4 ways to ensure optimal growth in children.
- 2.Explain the significance of having a good BMI.

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**Summary**

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