

student will learn about Hormones using the usborne first encyclopedia of the human body pages 40 and 41. student will watch video at <https://www.bbc.co.uk/bitesize/topics/zqbxqfr/articles/zsfj4xs> and take the coordinating multiple choice quiz. / Lesson Planner / LearningCorner.co

Objective

By the end of this lesson, the student will understand what hormones are, their functions in the body, and how they affect growth and development. The student will also be able to identify some key hormones and their roles through engaging activities and a quiz.

Materials and Prep

- Usborne First Encyclopedia of the Human Body (pages 40 and 41)
- Access to the internet for the video on BBC Bitesize
- Notebook and pencil for taking notes

Before the lesson, ensure that the student has access to the Usborne encyclopedia and can watch the video. It may be helpful to preview the video to gauge its content and length.

Activities

- **Reading and Discussion:** Start by reading pages 40 and 41 of the Usborne encyclopedia together. After reading, discuss what hormones are and why they are important for our bodies.
- **Video Learning:** Watch the video on BBC Bitesize about hormones. Encourage the student to take notes on any interesting facts or questions that arise while watching.
- **Quiz Time:** After watching the video, take the corresponding multiple-choice quiz together. Discuss the answers and clarify any misunderstandings.
- **Creative Drawing:** Ask the student to draw a picture of a hormone and label its function. This can help reinforce their understanding in a fun and creative way.

Talking Points

- "Hormones are like tiny messengers in our bodies. They travel through our blood and tell different parts what to do!"
- "Did you know that hormones help control things like our growth, mood, and even how hungry we feel?"
- "Some hormones are really important during puberty because they help our bodies change as we grow up!"
- "Can you think of any examples of hormones? For instance, insulin helps control our blood sugar!"
- "It's interesting how even small amounts of hormones can have a big impact on how we feel and act!"