



Course Materials for use in
TLS3008, TLS6036, and TLS6065 only
Lesson Design Thinking Project (TDG)



Lesson Plan

Subject: General Studies

Group: Group C

Supervisor: Dr Lam Bick Har

Topic: Physical changes during puberty

Level: Primary 5, 28 students, a mixed gender class

Time of lesson: 60 mins (a double lesson)

Context:

The students are in an age where - sooner or later - they enter puberty. Some of them might have older siblings who have already passed this stage of human development. Therefore, the teaching subject is accurate in time and theme.

Prior knowledge:

- 1) The students know briefly the body parts, the organs and changes in puberty.
- 2) The students have a brief concept of puberty and know that the body of adolescent boys and girls will experience tremendous changes.
- 3) The students have suffered some puberty problems and also have some troubles with it.

Objectives:



Upon completion of the lesson, students are able to


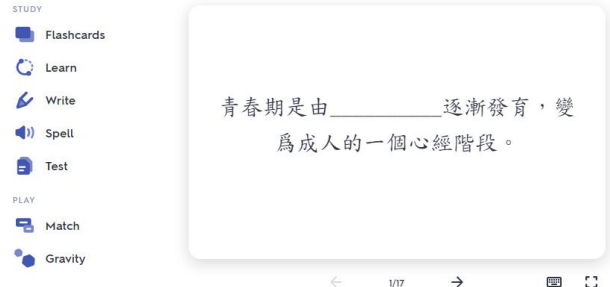
- 1) understand the concept of puberty
- 2) identify the changes of human body during puberty for both women and men, e.g. height, weight and voice changes, and the development of sexual characteristics.
- 3) recall strategies to deal with problems which occur during puberty, e.g. dealing with pimples, fatty hair or feeling weird.

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Purpose of teaching/ Stage	Teaching sequence and activities	Resources
<p>Introduction</p> <ul style="list-style-type: none"> □ To gain students attention to the class □ To arouse students' interests in the topic <p>Time: 15 mins</p>	<ol style="list-style-type: none"> 1. Teacher welcomes the students to the lesson. 2. Teacher informs the students about the lesson plan and goals. 3. Teacher plays the video of ETV (Educational Television) to students. 	<ul style="list-style-type: none"> □ ETV <p>https://www.youtube.com/watch?v=Nlp9Jx3gVLI</p> 
<p>Input phase</p> <ul style="list-style-type: none"> □ To present stimulus to students <p>Time: 35 mins</p>	<ol style="list-style-type: none"> 1. Teacher provides instructions on the upcoming activity. 2. Teacher plays another video which introduces the concept of puberty, the physical changes which occur at puberty and ways to cope with them. 3. Teacher pauses the instructional video accordingly. Students fill in the blanks in the spaces provided in the textbook. 4. Teacher checks answers with students and asks if they have further questions to ask. 	<ul style="list-style-type: none"> □ Instructional video 1  <p>https://www.youtube.com/watch?v=in7w0FSW9_Q</p>

		<p>□ Instructional video 2 https://www.youtube.com/watch?v=VisQAjxAIw0</p>  <p>常識科 五年級 第一冊 第2課 青春期的生理衛生</p>
<p>Wrap-up □ To enhance students retention and check their understanding Time: 10 mins</p>	<ol style="list-style-type: none"> 1. Teacher shows the flashcards (refer to Appendix 1) with blanks to students. 2. Teacher invites some students to provide their answers. 3. Teacher shows the answers / keywords to students. 4. Teacher assigns homework (refer to Appendix 2) to students. 	<p>□ Quizlet: Flashcards (Refer to Appendix 1) 常識_5A冊_6_青春期的生理和心理變化_17題</p> 

Homework (Refer to Appendix 2)

姓名：_____ 總分：_____ /100

班別：_____ () 日期：_____

一、選擇題 選出正確答案，在 _____ 上填上代表答案的字母。

下列哪項不是影響身體發育的因素？ _____

- A. 遺傳
- B. 性格
- C. 飲食
- D. 運動

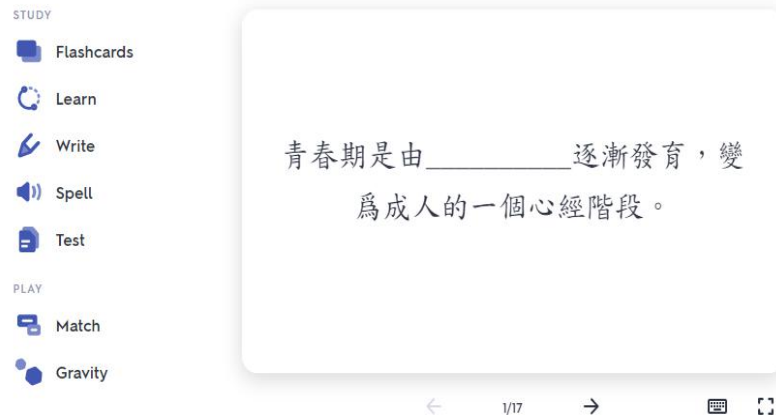
下列哪個器官負責製造精子？ _____

- A. 睪丸
- B. 陰囊
- C. 輸精管
- D. 陰莖

Appendix 1: Quizlet (Flashcards)

https://quizlet.com/hk/267857063/%E5%B8%B8%E8%AD%98_5a%E5%86%8A_6_%E9%9D%92%E6%98%A5%E6%9C%9F%E7%9A%84%E7%94%9F%E7%90%86%E5%92%8C%E5%BF%83%E7%90%86%E8%AE%8A%E5%8C%96_17%E9%A1%8C-flash-cards/

常識_5A冊_6_青春期的生理和心理變化_17題



STUDY

- Flashcards
- Learn
- Write
- Spell
- Test

PLAY

- Match
- Gravity

← 1/17 →

常識_5A冊_6_青春期的生理和心理變化_17題

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STUDY

- Flashcards
- Learn
- Write
- Spell
- Test

PLAY

- Match
- Gravity
- Live

← 1/17 →

接納	每個人的身體發育情況都不一樣，我們要學會_____自己的特點。	★ 🔊
運動；足夠	適量的_____，均衡的營養和_____的休息，有助青少年身體的發育。	★ 🔊
異性	進入青春期的青少年開始對_____產生興趣，喜歡和他們結交朋友。	★ 🔊
自立；困擾	少年進入青春期後會渴望_____但因為欠缺人生經驗而屢遭挫折，感到_____。	★ 🔊
積極	青少年應學習接受自己，以及用_____的態度處理問題。	★ 🔊

Terms in this set (17)

兒童	青春期是由_____逐漸發育，變為成人的一個心經階段。	★ 🔊
生育	踏入青春期的男女，生理上會逐漸成熟，具備_____的能力。	★ 🔊
精液；夢遺	踏入青春期的男孩子，睡夢中可能會因受刺激而射出_____，這種現象稱為_____。	★ 🔊
月經	踏入青春期的女孩子生殖系統成熟便會出現_____的現象。	★ 🔊
油脂；汗液	青春期的男女由於_____和_____分泌較多，容易長暗瘡和出現體臭。	★ 🔊

情緒	尋求家長，師長或朋友的支持和關懷有助青少年紓緩_____。	★ 🔊
性騷擾	青春期的男女要懂得保護自己，遇到_____時要馬上拒絕和離開。	★ 🔊
<p>Ad closed by Google</p> <p>Upgrade to remove ads Only HK\$30.84/month</p>		
形象；品德	青少年比較注重自己的外表。打扮和_____，但也不應該忽略_____的重要。	★ 🔊
朋輩；自我價值	青少年很重視朋友的看法，設法取得_____的認同，這是青少年追求_____的一種方法	★ 🔊

遺傳	_____因素會影響我們身體的發育。	★ 🔊
11 - 19 歲	青春期大約屬於_____的年齡階段。	★ 🔊
28 天	女孩子月經週期大約是_____。	★ 🔊

Appendix 2: Homework

姓名：_____

總分：_____ /100

班別：_____ ()

日期：_____

一. 選擇題 選出正確答案，在 _____ 上填上代表答案的字母。

下列哪項不是影響身體發育的因素？

- A. 遺傳
- B. 性格
- C. 飲食
- D. 運動

下列哪個器官負責製造精子？

- A. 睪丸
- B. 陰囊
- C. 輸精管
- D. 陰莖

體臭容易在身體哪些部分出現？ _____

- A. 胸部和臀部
- B. 頭髮和臉部
- C. 肩部和喉嚨
- D. 陰部和腋下

二. 填充題 在 _____ 上填上答案。(18)

1. 青春期的指兒童長大至 _____ 的過渡期。

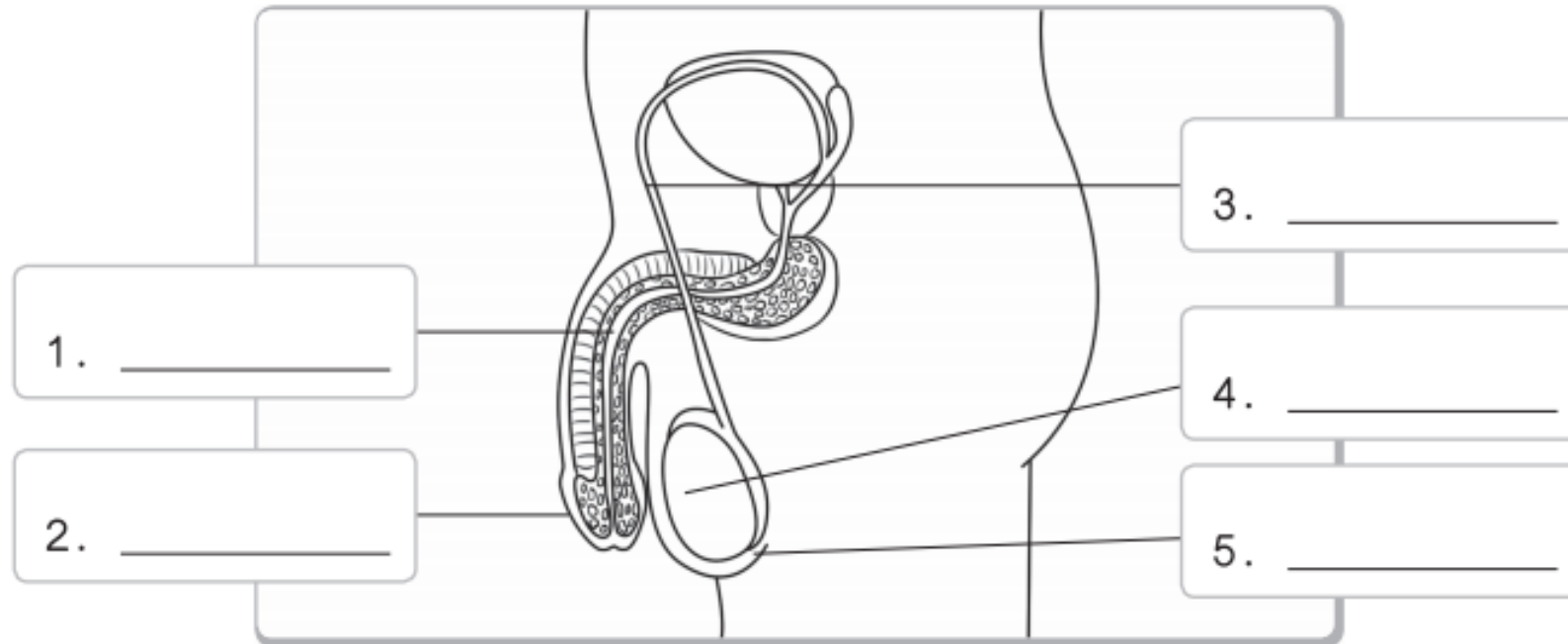
在月經期間要保持身體清潔，並要勤換 _____。

女生到了青春期的時候，生殖系統會逐漸成熟，卵巢開始排出卵子，約每
_____ 天出現月經一次。

青春期的青少年由於 _____ 及汗液分泌較多，所以較容易長出暗瘡。

三 填圖題 把正確的答案寫在 _____ 上。(10分·每題1分)

I. 寫出男性生殖系統主要器官的名稱。



上學期

健康與生活

子房	ovary	陰道	vagina
子宮	uterus	陰囊	scrotum
月經	menstruation	異性	opposite sex
生殖器官	reproductive organ	喉結	Adam's apple
失聰	deafness	暗瘡	acne
卵子	egg	精子	sperm
卵巢	ovary	睾丸	testis
尿道	urethra	精液	semen
青春期	puberty	夢遺	wet dream
受精卵	fertilised egg	獨立	independence
性別定型	gender stereotype	衛生巾	sanitary pad
乳房	breast	輸卵管	oviduct
胸部	chest	輸精管	sperm duct
陰毛	pubic hair	遺傳	heredity
陰莖	penis	臀部	hip