

Y5 Science

Animals including humans

I can describe what happens when I am a senior.



Thinking Time...

Can you remember the 6 stages of the human life cycle?

Can you describe what happens at each stage?

Discuss with your partner before we discuss as a class.

Thinking Time...



baby



toddler



child



teenager



adult



senior

Seniors

Today we are going to look at what happens when we are a senior.

We usually class people as a senior when they are over 60 years old.

As we get older, lots of changes happen to us.

Do you know any changes that happen as you get older?



Old Age

As we get older, **our bodies do not work as well as they used to**.

The cells in our body become **weaker** which makes it **more difficult to fight off illnesses** and recover from injuries.

FACT

Everyone is different so not everyone will grow old in the same way.

FACT

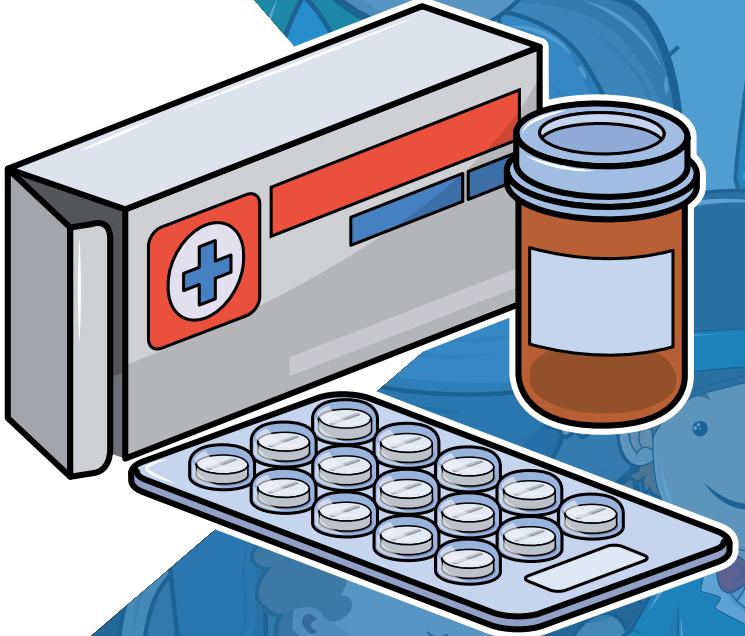
Just because you are old, does not mean you are incapable of doing anything.

Lots of changes can happen as you grow older.

Let's have a look at a few of them...

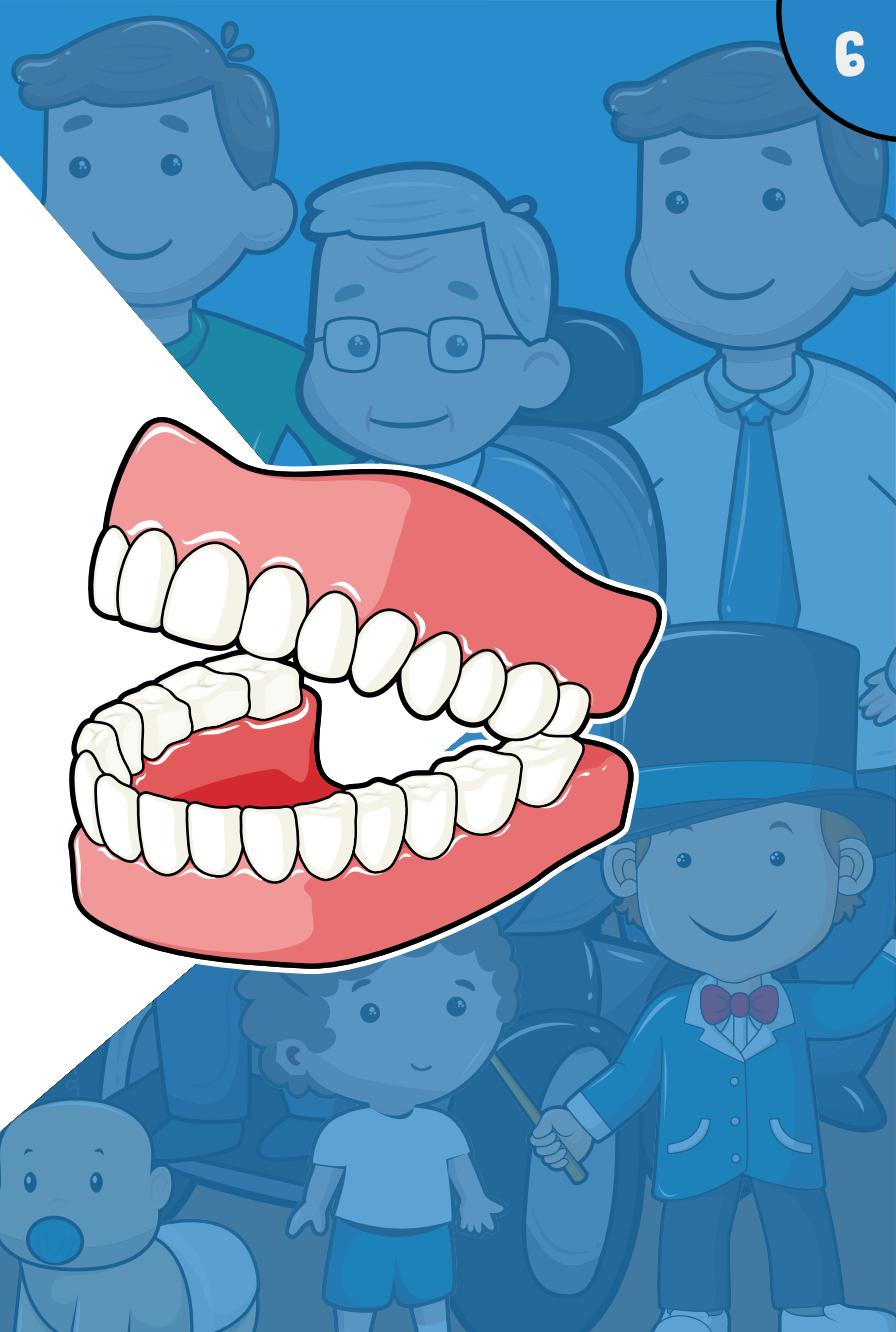
Illness

As you get older, you may suffer from **common illnesses** more than when you were younger. **This is due to our cells becoming weaker. Older people can have injections** such as the flu jab to prevent them from getting serious illnesses. **Not everyone will become ill when they are older. Some people are very physically fit** so are able to fight off illnesses better than others. Everyone grows old in different ways.



Teeth

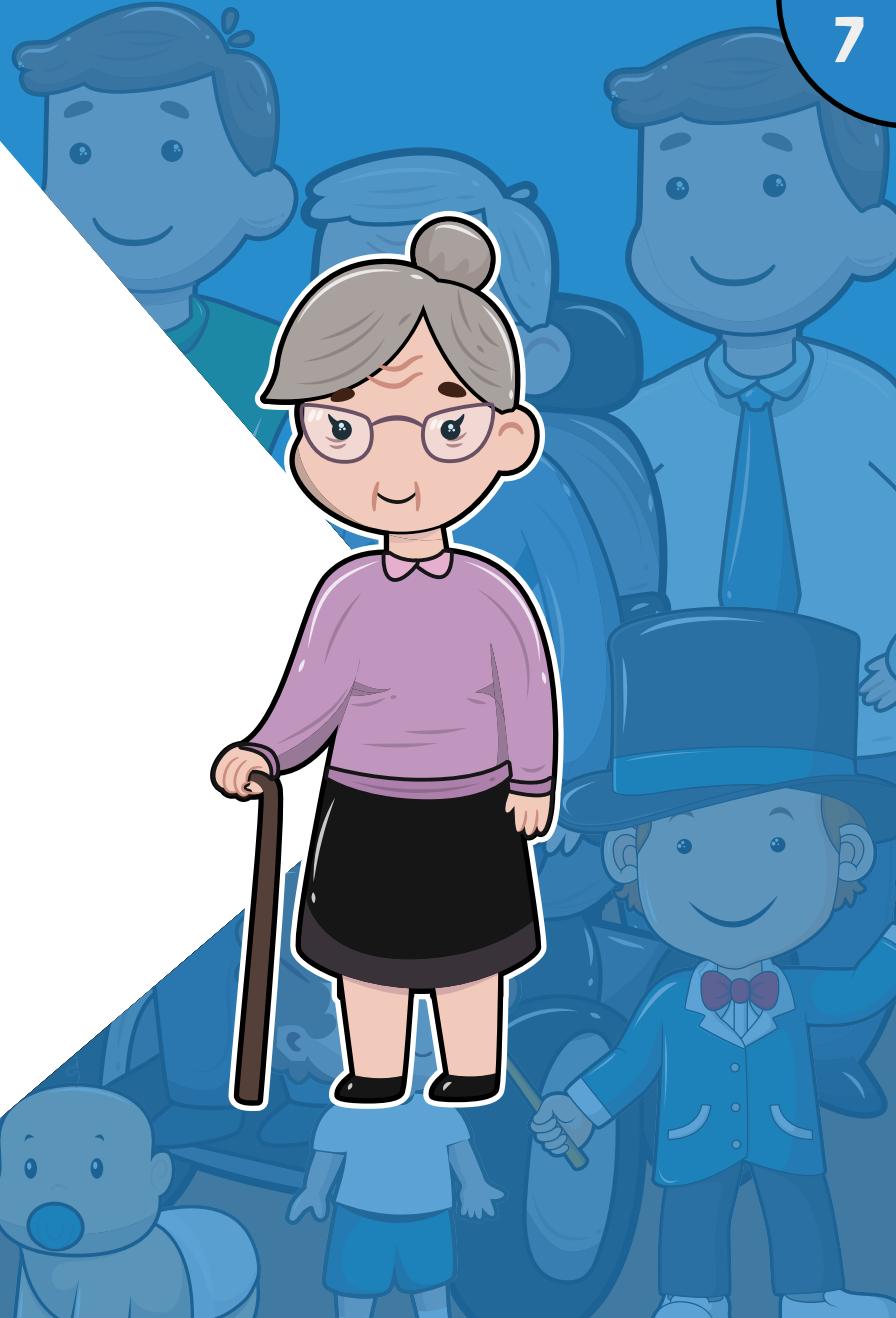
You may notice that **a lot of older people have false teeth**. However, this is **not necessarily what happens** when you grow old. Think about it – that **person has had those teeth since they were a child!** That is a long time! If we look after our adult teeth throughout our life, there is nothing to say that we will not be able to keep them in our senior years too!



Fitness

As we grow **older**, we are **not as fit as we used to be**. Our **bones and muscles** can become **weaker** which can make it **more difficult to do our daily activities** like walking up and down stairs or simply standing up after being sat on the sofa.

Again, not all older people need help with daily activities. **Some** **remain fit and active** well into their senior years. Everyone is different. There may be **some people who need a lot of help** and support and **others that don't need any help at all!**



Independent Activity

Your task now is to write an information text about old age.

Think about everything we have discussed and try to include as much detail as you can.



What did we find out?

Think about these questions and discuss with your partner before feeding back to the class.

1. Tell me 2 things that you have learnt today.
2. Tell me one thing you already knew.