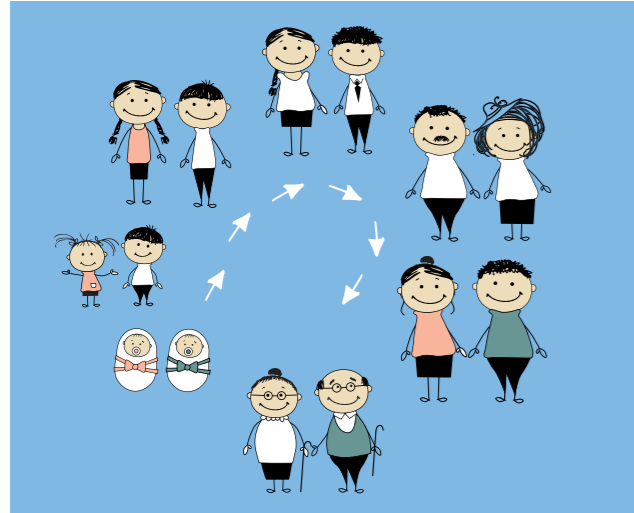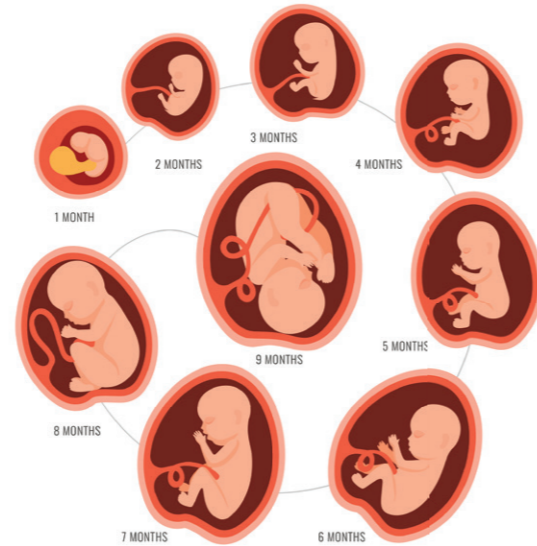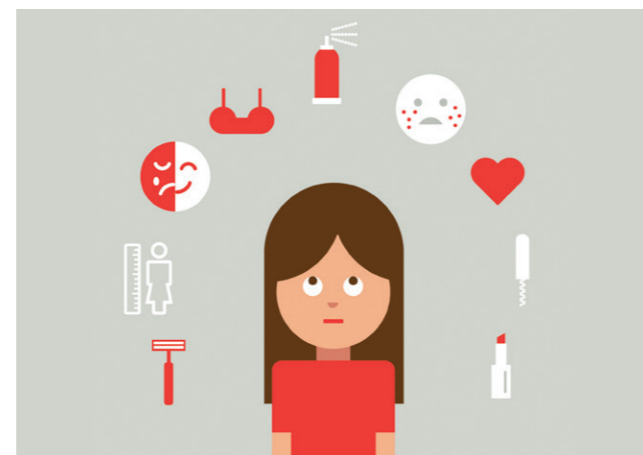All living things have a life cycle. A human's life cycle involves different stages of development. All humans go through the same stages of aging. They can be broken down into six stages.

	Foetus
	Baby/Toddler
	Childhood
	Adolescence
	Adulthood
	Old age

A baby starts the life cycle in the womb. It starts as an embryo and develops into a foetus before it is born.

Both males and females go through puberty. Puberty occurs around the ages of 11, however this can start as young as 8. Males and females experience puberty differently. Everyone's body changes, acne might start and girls experience periods.

Glossary		
1	**adolescence**	the stage of being a teenager
2	**behaviour**	how someone acts
3	**development**	changes through a lifetime
4	**embryo**	the stage before foetus
5	**emotion**	how people feel, usually unseen
6	**fertilisation**	when an egg and sperm meet, it can lead to a baby
7	**foetus**	a baby before it is born is called a foetus
8	**gestation**	the time when a female is pregnant with a foetus
9	**independence**	how much support someone or something needs
10	**life cycle**	the changes humans go through as they age
11	**life expectancy**	how long a group of people are expected to live
12	**litter**	the number of offspring born at the same time
13	**mammal**	a warm-blooded animal with fur that gives birth to live young
14	**offspring**	the babies from all animals including humans
15	**periods/menstrual cycle**	a cycle that lasts around 28 days for females
16	**puberty**	changes that occur during adolescence
17	**toddler**	the stage when a baby becomes more independent
18	**umbilical cord**	the link between foetus and mother. How a foetus gets its nutrition
19	**uterus/womb**	the space in a female's body where a foetus will develop
20	**viviparous**	an animal that gives birth to live young

Old age — All humans experience old age where they might notice changes such as wrinkles, less muscle strength, change in bone density and mental changes.

There are also emotional, behavioural and intellectual changes during puberty.