

ANATOMY & PHYSIOLOGY

Lesson 5

5

LEARNER OUTCOME¹ W-5.3:

Identify the basic components of the human reproductive system, and describe the basic functions of the various components; e.g., fertilization, conception.



MATERIALS:

1. HANDOUT: [The Journey of an Ovum](#)
2. HANDOUT: [The Story of the Menstrual Cycle](#)
3. SLIDE: [The Menstrual Cycle](#)
4. ANSWER KEY: [Female Anatomy](#)



INTRODUCTION:

This lesson encourages students to examine the menstrual cycle in greater detail.



APPROACHES/STRATEGIES:

NOTES:

A. Ground Rules

Ensure ground rules are established before beginning this lesson. For classes that have already established ground rules, quickly reviewing them can promote a successful lesson.

(5 min)

B. The Menstrual Cycle

Students examine the menstrual cycle. Choose one of the following options:

(35 min)

Option One: Cloze Story

1. Distribute the handout [The Journey of an Ovum](#).
2. Encourage students to complete the activity by filling in the blanks with the appropriate terms. This can be accomplished individually or using a small group technique such as think-pair-square.
3. Correct the handout using the overhead [The Menstrual Cycle](#) and the [Female Anatomy](#) answer key.



You may want to make the answer key into overhead slide and use it as a visual aid during the discussion.

Option Two: Fill In The Blank Story

1. Distribute the handout The Story of the Menstrual Cycle.
2. Encourage students to read the story and determine which branch is true each time there is a story branch. This can be accomplished individually or using a small group technique such as think-pair-square.
3. Correct the handout using the slide The Menstrual Cycle and the Female Anatomy answer key.

C. Class Discussion

(10 min)

Students review their knowledge of the process of sperm production and the menstrual cycle.

1. What do you think is the most interesting thing about the menstrual cycle?
 - Encourage students to provide appropriate comments.
2. We have studied what happens when an ovum is unfertilized. What if a sperm had fertilized the ovum while in the fallopian tube?
 - Fertilization.
 - If the ovum is fertilized, it may implant in the uterine lining (implantation). This could result in a pregnancy.
 - Inform students that they will learn about fetal development in grade 6.
3. What needs to happen before a female is able to produce a baby?
 - A female needs to ovulate in order to produce a baby.
 - Because a female will ovulate before her first menstrual bleed, it is possible for her to become pregnant even if she has never had a period.
4. Who can you ask if you still have questions about sexuality?
 - Parent
 - Trusted Adult
 - Teacher or Guidance counselor
 - Doctor or Nurse



QUESTION BOX:

(10 min)

If time permits, address student questions.



SELF REFLECTION:

- During the lesson, were:
- Ground rules being followed?
 - Good practices established regarding group work and discussion?

What will you change for future classes with this group?

What will you change for future use of this lesson?



STUDENT ASSESSMENT:

During the lesson, did students:

- Knowledge:**
- Describe the menstrual cycle process?
 - Identify parts of the female reproductive anatomy using appropriate terminology?
- Skills:**
- Participate in class discussion and exemplify listening and appropriate speaking skills?
 - Identify support people?
- Attitudes:**
- Accept that menstruation is a normal part of puberty and maturation?
 - Accept that menstruation and sperm production could result in producing a pregnancy?

¹ Alberta Education. (2002). *Health and life skills, Kindergarten to grade 9*. Retrieved, from http://www.education.gov.ab.ca/K_12/curriculum/bysubject/healthpls/healthgi.asp.