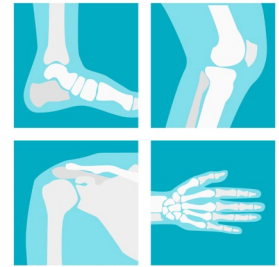


# LESSON NINE

## LIFE IS ACTIVE



### Week eleven of pregnancy (9 weeks from conception)

- A burst of growth between 9 and 10 weeks increases baby's body weight by over 75%.

### aim

- To understand the importance of joints and flexibility as part of the amazing way our human body works, and to understand the importance of exercise in keeping our body in full working order.
- To understand that some people are born, or later develop, disabilities, but that these need not be a barrier to achievement and living a fulfilled life.

### facts

- From 8 weeks, the baby's bones, joints, muscles, nerves, and blood vessels of the limbs closely resemble those of adults.
- At 9 weeks the baby is around 5cm long (from top of head to rump).
- From 9 weeks early muscular movement begins: the baby can grasp an object, move their head forward and back, open and close their jaw, move their tongue, sigh, and stretch. Nerve receptors in his/her face, the palms of their hands, and the soles of their feet can sense light touch. In response to a light touch on the sole of the foot, the baby will bend their hip and knee and may curl their toes.



### activities

- Stick Week 11 picture on timeline.
- Chose three or four pupils to attempt to walk across the classroom without bending their knees!
- Using **Worksheet 9.1**, identify the main joints in the human body.
- Show a video clip from the Paralympics.
- Paediatric Prosthetics - short videos of children helped.  
[www.armdynamics.com/our-care/prosthetics-for-children](http://www.armdynamics.com/our-care/prosthetics-for-children)



### talking points

- Discuss the Paralympics which show that having a disability doesn't mean you can't succeed in sports.
- Talk about the benefits of physical exercise, especially in keeping your joints healthy.
- How missing limbs do not need to hold you back in life. How we should react to those with prosthetics/disabilities. How can we promote respect for the disabled?
- Ask each child to bring in a baby photo for use in Lesson 10.