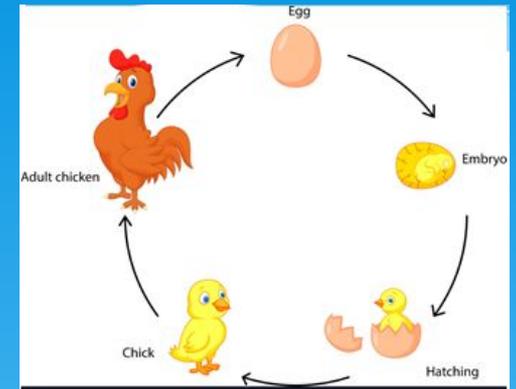
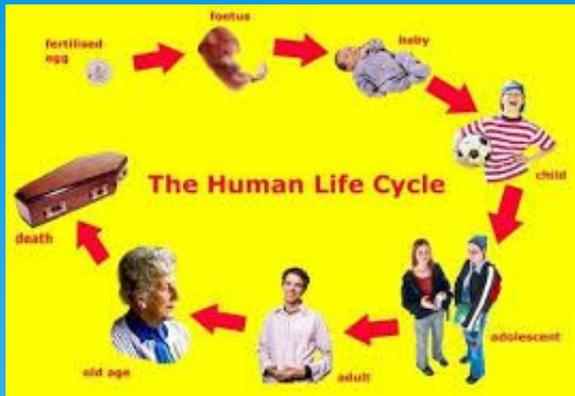


## Lesson 1

# What is a life cycle?



Watch the clip.

<https://www.bbc.co.uk/teach/class-clips-video/the-life-cycles-of-different-organisms/zvh8qp3>

A clear explanation...

All living things follow a life cycle specific to their species. Some are as short as a few hours or days while others last for hundreds of years. Because it is a cycle, there is no start or end point, but rather a continuous flow that includes fertilisation, birth, growth and reproduction. Some species produce offspring that are very similar to the adult form, such as most mammals, birds and reptiles. Others produce a larval form that undergoes a complete metamorphosis before emerging as an adult form that is capable of reproduction.

# What is a life cycle?

## Activity

- \* Walk around your garden or go on a family walk as part of your daily exercise. Could you even go to UEA lake or the river to spot living things close to water? **What different living things can you see?** Think about animals, plants and insects.
- \* Can you see any evidence of the life cycles that they are part of? For example, can you see a bud, a flower and a dead flower head of the same plant? Can you see a caterpillar and a butterfly?
- \* Take photos, draw pictures or list them in your learning journal when you get home.

Ongoing activity- Start this soon to give it a chance to grow!

# Planting a seed to observe and measure



# Planting a seed to observe and measure

## Activity:

Can you find a seed to plant in a pot? In class, we were going to investigate what a broad bean seed needs, in order to **germinate and grow healthily**. We were going to plant our seed in a sandwich bag using cotton wool instead of soil (see below). You can do this, or use a plant pot with soil or even an empty jam jar! If you don't have any seeds, can you find a seed within food and have a go at planting that- for example, an apple, pepper, cress or orange?

Measure it with a ruler every few days (or less depending on growth) and record the height in a table in your learning journal (see next slide). You will be given the opportunity to plot this into a line graph in a few weeks time so try to remember to measure it!



# Measuring growth of the seed



Measure with a ruler and record in a table. This may be every day or every few days depending on how quickly it grows.

Day	Height (mm)
1	
3	
5	

**Extra challenge:** You could plant a few seeds in different places to see which germinates first and which grows more healthily. What do seeds need to germinate? What do plants need to grow healthily?