

### **PHYSICAL AND HEALTH EDUCATION 3**

(1) What do you understand by the term Puberty?

Puberty is a stage in adolescence where the child reaches sexual maturity and become capable of reproduction. It can also be said to be the time when a boy or girl becomes sexually mature. It is a process that usually happens between ages 10 and 14 for girls and ages 12 and 16 for boys. It causes physical changes, and affects boys and girls differently.

(2) Mention at least five signs of Puberty in male and female.

#### **SIGNS OF PUBERTY IN MALE**

- (i) Development of deep and cracking voice.
- (ii) Development of broad shoulders.
- (iii) Changes in body appearance like weight, height and muscles.
- (iv) Enlargement of testes and penis.
- (v) Production of spermatozoa or sperm.

#### **SIGNS OF PUBERTY IN FEMALE**

- (i) Starting of menstruation.
- (ii) Development of wide or large hips and pelvic.
- (iii) Development of enlarged breast.
- (iv) Increase in weight and height.
- (v) Appearance of pimples on the face.