





## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Female Reproductive System

#### Objectives:

Students will:

- Learn the names and functions of parts of the female reproductive system

#### Materials:

- Computer with Internet access
- “Female Reproductive System” handout
- Pen or pencil

#### Class Time:

- 20 minutes

#### Activity:

Baby girls are born with all the parts of their reproductive system in place - including hundreds of thousands of eggs that will lie dormant in their ovaries until puberty. That’s when the female sex hormones estrogen and progesterone begin stimulating all kinds of changes: breasts begin to grow, body shape changes, and ovulation begins. At that point, a girl will experience her first period (menarche), and from then on is capable of becoming pregnant if she has sex.

Let’s take a closer look at the female reproductive system by labeling its parts on the handout and briefly describing their functions.

#### Extensions:

1. Gametes are the sex cells (egg or ovum for females; sperm for males) that meet in the female’s reproductive system to create a new person. Write a paragraph describing the appearance, function, and unique properties of an egg cell.
2. Describe some of the unique features of the female body that enable it to grow a fetus and give birth to a baby.



## An Egg's Journey

### Objectives:

Students will:

- Write and illustrate a storyboard depicting the journey of an egg during the menstrual cycle

### Materials:

- Computer with Internet access
- “An Egg’s Journey” handout
- Paper and pen, colored pencils

### Class Time:

- 1 hour

### Activity:

It can seem hard to believe that all human life depends on a chance meeting between an egg that's 1/10 the size of a sesame seed and a sperm that's 1/600th of an inch in a tube that's as wide as a piece of spaghetti. But it does, and that's why menstruation is such an important milestone as girls become sexually mature women. Today we're going to learn more about menstruation by creating a storyboard that depicts an egg's journey after ovulation. Where does it go? How long does it take? What does the lining of the uterus do to prepare for its arrival? And what happens to that lining if the egg remains unfertilized?

### Extensions:

1. If the egg in your storyboard had been fertilized, your storyboard would have had a very different ending. Explain.
2. Research and write about the two ways twins might be formed during fertilization.

## Reproducible Materials

### Handout: Female Reproductive System

[TeensHealth.org/classroom/6to8/body/systems/female\\_reproductive\\_handout1.pdf](https://www.TeensHealth.org/classroom/6to8/body/systems/female_reproductive_handout1.pdf)

### Handout: An Egg's Journey

[TeensHealth.org/classroom/classroom/6to8/body/systems/female\\_reproductive\\_handout2.pdf](https://www.TeensHealth.org/classroom/classroom/6to8/body/systems/female_reproductive_handout2.pdf)

### Quiz: Female Reproductive System

[TeensHealth.org/classroom/classroom/6to8/body/systems/female\\_reproductive\\_quiz.pdf](https://www.TeensHealth.org/classroom/classroom/6to8/body/systems/female_reproductive_quiz.pdf)

### Answer Key: Female Reproductive System

[TeensHealth.org/classroom/classroom/6to8/body/systems/female\\_reproductive\\_quiz\\_answers.pdf](https://www.TeensHealth.org/classroom/classroom/6to8/body/systems/female_reproductive_quiz_answers.pdf)



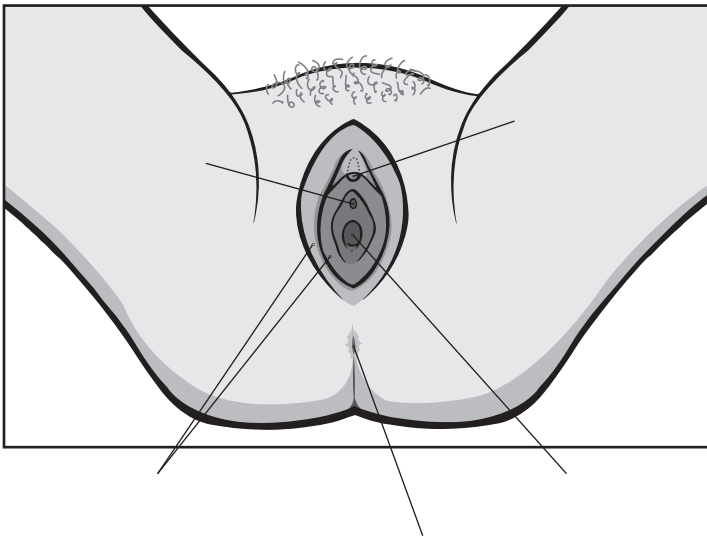
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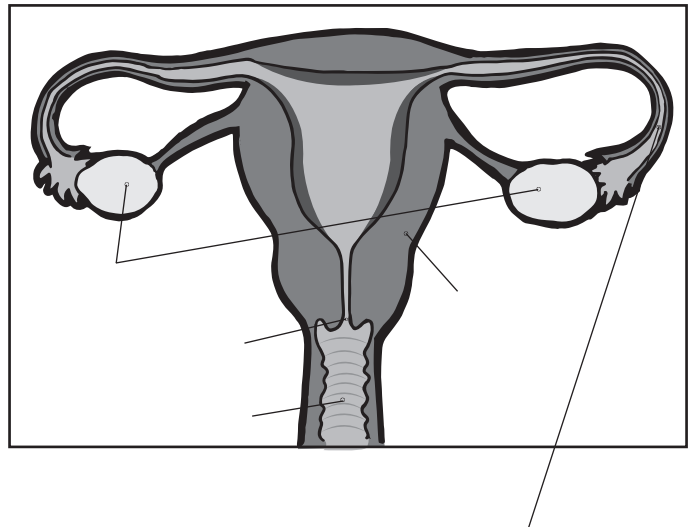
## Female Reproductive System

Instructions: Label the diagram and write the function of each part below.

External View



Internal View



Labia \_\_\_\_\_

Clitoris \_\_\_\_\_

Urethra \_\_\_\_\_

Vagina \_\_\_\_\_

Uterus \_\_\_\_\_

Fallopian tubes \_\_\_\_\_

Ovaries \_\_\_\_\_

Cervix \_\_\_\_\_



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## An Egg's Journey

Instructions: Use this storyboard to write and illustrate the journey of an egg from ovulation to menstruation.

A large empty rectangular box with a thick black border, intended for drawing an illustration.

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A large empty rectangular box with a thick black border, intended for drawing an illustration.

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. The two oval-shaped organs that produce, store, and release human eggs are called \_\_\_\_\_.
2. True or false: Females make millions of eggs every day.
3. Fertilization occurs in the:
  - a) uterus
  - b) fallopian tubes
  - c) labia
  - d) vagina
4. \_\_\_\_\_ occurs about two weeks before a woman's period.
5. The \_\_\_\_\_ is a thick, muscular organ that can expand to accommodate a developing baby.
6. True or false: The female sex hormone is called testosterone.
7. How long is an average menstrual cycle?
  - a) 1 week
  - b) 2 weeks
  - c) 28 days
  - d) 45 days
8. The \_\_\_\_\_ is the lower portion of the uterus that opens into the vagina.
9. An egg that has been fertilized by a sperm is called a \_\_\_\_\_.
10. True or false: A girl's first period is called menarche.



## Quiz Answer Key

1. The two oval-shaped organs that produce, store, and release human eggs are called                     ovaries                    .
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  - a) uterus
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6. True or false: The female sex hormone is called testosterone.
7. How long is an average menstrual cycle?
  - a) 1 week
  - b) 2 weeks
  - c) 28 days
  - d) 45 days
8. The                     cervix                     is the lower portion of the uterus that opens into the vagina.
9. An egg that has been fertilized by a sperm is called a                     zygote                    .
10. True or false: A girl's first period is called menarche.