

## Abstract:

The focus of my project was the physical and mental development differences between girls and boys during 6th through 8th grade.

In early development, middle development, and adolescent years, the girls become physically and mentally more mature at a young age but we start to see major shifts during 7th and 8th grade as the boys begin to mature and develop.

Hormones are the biggest cause of this. Girls' hormones start maturation much earlier and they develop at a younger age. When boys' hormones start and they mature through puberty, they develop at a faster rate. Boys usually end up surpassing physical demands more than girls. They mentally mature to about the same level.

When teaching and observing the 6th through 8th grade classes I noticed that the boys seem a lot more underdeveloped in the 6th grade classes and the girls usually tower over the boys. When you get into 7th grade you see a slight shift in the physical and mental growth between boys and girls.

The boys start to seem to start catching up to the girls and looking more mature. In 8th grade, there is a major change and this is when you can say the boys catch the girls and they start to understand and grow into their body much more. Boys start to lift and become stronger whereas the girls might have been that way in the previous years. 8th grade is usually when they start getting into lifting weights and being more physically demanding. You can see the matureness growing in both boys and girls. The boys, after a few months into the changes of puberty, will really start to grow. You will see them make tremendous physical changes in these years. They continue to grow for a longer duration than the girls.

My first lesson plan: I taught a lesson on how to do a proper hang clean. We did multiple workouts that imitate a hang clean and makes you stronger with them. We worked on form since this was newly introduced to the students. The students enjoyed the workout I put them through and gave me feedback such as "the lift seems much more simple to me" and "I understand the basic form because of some of the other workouts and how you broke it down to each step of a hang clean.

My second lesson plan was the mechanics behind passing and catching a ball. (football, baseball, and basketball) This was fun because it was with a large group of students since the sixth and seventh grade classes have about 40 students a piece. Having to add obstacles for the kids who were more advanced was interesting because you wanted to keep them challenged but not make others feel bad. With this class there are some special needs kids and it was especially fun to work with them and break it down super simple so they could understand and remember how to do it. They all got it pretty well and I even had a kid tell me thank you for being patient and working me through that. He enjoyed it and will remember how to throw and catch now.