

Understanding the Life Cycle of a Plant Lesson Plan



Summary

Content Area Science/STEM

Grade Level Grades 3-5

Topic / Unit of Study Gardening: Understanding the Life Cycle of a Plant

Objective Students will be able to:

- Describe the four main stages of the plant life cycle: germination, growth, reproduction, and seed dispersal.
- Understand how plants grow and reproduce through each stage.
- Observe the changes that occur during plant growth and development in the playground garden.

Duration 60 Minutes

Implementation

- Materials**
- Plants in the playground, [Planter](#) or [Raised Garden Bed](#)
 - Plant life cycle diagram (poster or digital image)
 - Variety of seed packets
 - Worksheets with plant life cycle diagrams for labeling and description ([Diagram 1](#) · [Diagram 2](#))
 - A variety of seeds or fruits for seed dispersal examples (e.g., dandelions, apples)

Instruction

1. Begin with a brief discussion on what students know about plants. Ask questions like, “How do plants grow?” and “How do new plants come from old ones?”
2. Use the plant life cycle diagram and fruit/dandelion visuals to introduce the four main stages:
Germination: The seed begins to grow and develop roots and shoots.
Growth: The plant grows stems and leaves.
Reproduction: The plant produces flowers and seeds.
Seed Dispersal: Seeds are spread to new locations to grow into new plants.
3. Lead students to the playground garden. With guidance, allow students to plant varieties of vegetable and flower seeds according to the directions on the seed packets.
4. Discuss how students will care for the plants and what to expect as they observe their growth. Use fruit/dandelions to demonstrate seed dispersal. Talk about the role of animals and wind in this process.
5. Hand out worksheets with a plant life cycle diagram for students to label and describe each stage. Students should describe what happens during each stage and draw or color the stages.

Assessment

1. Students will accurately label the four main stages of the plant life cycle: germination, growth, reproduction, and seed dispersal.
2. Students will verbalize how seeds are dispersed and the role of animals and wind in this process.
3. Students will observe the changes that occur during plant growth and development in the playground garden and accurately identify each stage.