
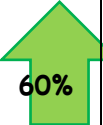

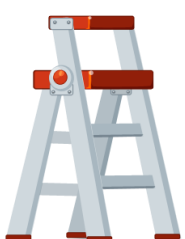




%	I can ...	Prove it!
	Apply practical examples of aerobic and anaerobic activities in relation to intensity and duration.	<ol style="list-style-type: none"> <li>1) Explain whether a 100M sprint is a mainly aerobic or anaerobic activity, linking it to intensity and duration.</li> <li>2) Explain why basketball uses both aerobic and anaerobic energy systems.</li> <li>3) Explain whether a marathon is a mainly aerobic or anaerobic activity, linking it to intensity and duration.</li> </ol>
	Apply practical examples of aerobic and anaerobic activities.	<ol style="list-style-type: none"> <li>1) Give three sports which involve a combination of the aerobic and anaerobic systems.</li> </ol>
	<p>Understand the pathway of blood through the heart.</p> <p>Understand the pathway of air through the respiratory system.</p>	<ol style="list-style-type: none"> <li>1) Describe the pathway of blood through the heart, starting from the right atrium.</li> <li>2) Describe the pathway of air through the respiratory system, starting from the mouth and nose.</li> </ol>

**Key Terms:**

Arteries    Capillaries    Veins    Atria    Ventricles  
 Diaphragm    Intercostals    Aerobic    Anaerobic



%	I can ...	Prove it!
 <p>40%</p>	<p>Know the definitions and roles of the different muscles.</p> <p>Know the definitions of stroke rate, Heart rate and cardiac output.</p> <p>Know the definitions of breathing Rate, tidal volume and minute ventilation.</p>	<p>1) Briefly describe the role of the following in a muscle movement:</p> <ul style="list-style-type: none"> <li>i) Agonist</li> <li>ii) Antagonist</li> <li>iii) Fixator</li> </ul> <p>2) What is the difference between stroke rate and cardiac output?</p> <p>3) What is the difference between tidal volume and minute ventilation?</p>
 <p>30%</p>	<p>Know the name and location of the major muscle groups in the body.</p> <p>Know the different types of blood vessel.</p> <p>Know the role of red blood cells.</p> <p>Know the definitions of aerobic and anaerobic exercise.</p>	<p>1) Name five muscles in the upper body.</p> <p>2) Name four muscles located from the waist downwards.</p> <p>3) Briefly describe the role of each blood vessel.</p> <p>4) What is the main role of red blood cells?</p> <p>5) What is the difference between aerobic and anaerobic exercise?</p>

