


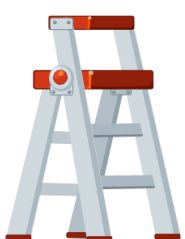




%	I can ...	Prove it!
	Apply practical examples of aerobic and anaerobic activities in relation to intensity and duration.	<ol style="list-style-type: none"> 1) Explain whether a 100M sprint is a mainly aerobic or anaerobic activity, linking it to intensity and duration. 2) Explain why basketball uses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

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"> i) Agonist ii) Antagonist iii) Fixator <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>

