**Year 9 GCSE PE CORID 19 Work (After May Half term)**

Week 9: 15/06/20 – 19/06/20 **(Respiratory System) Part 3 – Aerobic and Anaerobic Exercise**

**Learning Objective** – To understand what is meant by the term aerobic and anaerobic exercise and be able to provide practical examples for each.

What is Aerobic Respiration?

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Equation for Aerobic Respiration =

…………………. + …………………… …………………. + ………….... …………………. + …………………

Provide three different sporting examples/athletes who would you Aerobic Exercise. Explain your reasons for this.

Sport 1 ………………………………….

Justification …………………………………………………………………………………………………………………………………………………………………………………………………………

Sport 3 …………………………………….

Justification …………………………………………………………………………………………………………………………………………………………………………………………………………

Sport 2 …………………………………

Justification …………………………………………………………………………………………………………………………………………………………………………………………………………

What is Anaerobic Respiration?

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Equation for Anaerobic Respiration =

…………………. …………………. + …………………….

Provide three different sporting examples/athletes who would you Anaerobic Exercise. Explain your reasons for this.

Sport 1 ………………………………….

Justification …………………………………………………………………………………………………………………………………………………………………………………………………………

Sport 3 …………………………………….

Justification …………………………………………………………………………………………………………………………………………………………………………………………………………

Sport 2 …………………………………

Justification …………………………………………………………………………………………………………………………………………………………………………………………………………



Picture 1 – Weightlifter

Aerobic / anaerobic (please circle)

Justify your chosen answer …………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………...

1

2

4

3

Picture 2 – 200m sprinter

Aerobic / anaerobic (please circle)

Justify your chosen answer …………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………...

Picture 4 – Cricket bowler

Aerobic / anaerobic (please circle)

Justify your chosen answer …………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………...

Picture 3 – Tour de france cyclist

Aerobic / anaerobic (please circle)

Justify your chosen answer …………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………...

Explain a sporting example where an athlete would use both aerobic and anaerobic respiration? (justify your answer)

Sport/activity ………………………………………………………….

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Challenge Question. Describe what the ATP-PC System is and how it differs from the Anaerobic System

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