**Year 7 Block 5 Week 1 – Energy Systems**

When you exercise you need to supply energy for muscle contractions. This energy is provided through 2 main energy systems: **Aerobic energy system (aerobic respiration) and anaerobic energy system (anaerobic respiration)**

**Task 1 – Define Aerobic energy system**

**Fill in the blanks to complete the definition of Aerobic Energy – using the key words below**

**The aerobic energy system is used in activities which are \_\_\_\_\_\_\_ to medium levels of exertion.**

**Energy is produced using glucose and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Examples of aerobic activities are \_\_\_\_\_\_\_\_\_\_\_\_\_ or jogging.**

**Waste products from aerobic respiration are \_\_\_\_\_\_\_\_\_\_ (which leaves the body as sweat) and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (which is breathed out of the body)**

**Walking Carbon Dioxide Low Oxygen Water**

**Year 7 Block 5 Week 2 – Energy Systems**

When you exercise you need to supply energy for muscle contractions. This energy is provided through 2 main energy systems: **Aerobic energy system (aerobic respiration) and anaerobic energy system (anaerobic respiration)**

**Task 1 – Define Anaerobic energy system**

**Fill in the blanks to complete the definition of Anaerobic Energy – using the key words below**

**The aerobic energy system is used in activities which have \_\_\_\_\_\_\_ levels of exertion.**

**Energy is produced using \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_only, oxygen is not used**

**Examples of anaerobic activities are \_\_\_\_\_\_\_\_\_\_\_\_\_ or jumping.**

**Waste products from aerobic respiration are \_\_\_\_\_\_\_\_\_\_ which can cause cramp when it builds up**

**Sprinting High Lactic Acid Glucose**

**Year 7 Block 5 Week 3 – Energy Systems**

When you exercise you need to supply energy for muscle contractions. This energy is provided through 2 main energy systems: **Aerobic energy system (aerobic respiration) and anaerobic energy system (anaerobic respiration)**

**Task 1 – The chemical equation for Aerobic respiration**

**Fill in the blanks to complete the chemical equation for the process of Aerobic Energy (respiration)**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Energy Carbon dioxide Glucose Water Oxygen**

**Year 7 Block 5 Week 4 – Energy Systems**

When you exercise you need to supply energy for muscle contractions. This energy is provided through 2 main energy systems: **Aerobic energy system (aerobic respiration) and anaerobic energy system (anaerobic respiration)**

**Task 1 – The chemical equation for Anaerobic respiration**

**Fill in the blanks to complete the chemical equation for the process of Anaerobic Energy (respiration)**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Energy Lactic Acid Glucose**

**Year 8 Block 5 Week 1 – Energy Systems**

When you exercise you need to supply energy for muscle contractions. This energy is provided through 2 main energy systems: **Aerobic energy system (aerobic respiration) and anaerobic energy system (anaerobic respiration)**

Task 2 – Complete the table by ticking in the appropriate box whether the activity is **mainly aerobic** (*low intensity*) **anaerobic** (*high intensity*) or a **mixture of both.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Aerobic** | **Anaerobic** | **Mixture** |
| 100m Sprint |  |  |  |
| Marathon |  |  |  |
| Rugby |  |  |  |

**Task 1 – Define Aerobic energy system**

**Fill in the blanks to complete the definition of Aerobic Energy – using the key words below**

**The aerobic energy system is used in activities which are \_\_\_\_\_\_\_ to medium levels of exertion.**

**Energy is produced using glucose and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Examples of aerobic activities are \_\_\_\_\_\_\_\_\_\_\_\_\_ or jogging.**

**Waste products from aerobic respiration are \_\_\_\_\_\_\_\_\_\_ (which leaves the body as sweat) and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (which is breathed out of the body)**

**Walking Carbon Dioxide Low Oxygen Water**

**Year 8 Block 5 Week 2 – Energy Systems**

When you exercise you need to supply energy for muscle contractions. This energy is provided through 2 main energy systems: **Aerobic energy system (aerobic respiration) and anaerobic energy system (anaerobic respiration**

Task 2 – Complete the table by ticking in the appropriate box whether the activity is **mainly aerobic** (*low intensity*) **anaerobic** (*high intensity*) or a **mixture of both.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Aerobic** | **Anaerobic** | **Mixture** |
| Long Jump |  |  |  |
| Tour de France |  |  |  |
| Football |  |  |  |

**Task 1 – Define Anaerobic energy system**

**Fill in the blanks to complete the definition of Anaerobic Energy – using the key words below**

**The aerobic energy system is used in activities which have \_\_\_\_\_\_\_ levels of exertion.**

**Energy is produced using \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_only, oxygen is not used**

**Examples of anaerobic activities are \_\_\_\_\_\_\_\_\_\_\_\_\_ or jumping.**

**Waste products from aerobic respiration are \_\_\_\_\_\_\_\_\_\_ which can cause cramp when it builds up**

**Sprinting High Lactic Acid Glucose**

**Year 8 Block 5 Week 3 – Energy Systems**

When you exercise you need to supply energy for muscle contractions. This energy is provided through 2 main energy systems: **Aerobic energy system (aerobic respiration) and anaerobic energy system (anaerobic respiration)**

**Task 1 – The chemical equation for Aerobic respiration**

**Fill in the blanks to complete the chemical equation for the process of Aerobic Energy (respiration)**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Energy Carbon dioxide Glucose Water Oxygen**

Task 2 – Complete the table by ticking in the appropriate box whether the activity is **mainly aerobic** (*low intensity*) **anaerobic** (*high intensity*) or a **mixture of both.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Aerobic** | **Anaerobic** | **Mixture** |
| Pole Vault |  |  |  |
| Tennis |  |  |  |
| Shot Put |  |  |  |

**Year 8 Block 5 Week 4 – Energy Systems**

When you exercise you need to supply energy for muscle contractions. This energy is provided through 2 main energy systems: **Aerobic energy system (aerobic respiration) and anaerobic energy system (anaerobic respiration)**

**Task 1 – The chemical equation for Anaerobic respiration**

**Fill in the blanks to complete the chemical equation for the process of Anaerobic Energy (respiration)**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Energy Lactic Acid Glucose**

Task 2 – Complete the table by ticking in the appropriate box whether the activity is **mainly aerobic** (*low intensity*) **anaerobic** (*high intensity*) or a **mixture of both.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Aerobic** | **Anaerobic** | **Mixture** |
| Javelin |  |  |  |
| Trampolining |  |  |  |
| Handball |  |  |  |

**Year 9 Block 5 Week 1 – Energy Systems**

When you exercise you need to supply energy for muscle contractions. This energy is provided through 2 main energy systems: **Aerobic energy system (aerobic respiration) and anaerobic energy system (anaerobic respiration)**

Task 2 – Complete the table by ticking in the appropriate box whether the activity is **mainly aerobic** (*low intensity*) **anaerobic** (*high intensity*) or a **mixture of both.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Aerobic** | **Anaerobic** | **Mixture** |
| 100m Sprint |  |  |  |
| Marathon |  |  |  |
| Rugby |  |  |  |

**Task 1 – Define Aerobic energy system**

**Fill in the blanks to complete the definition of Aerobic Energy – using the key words below**

**The aerobic energy system is used in activities which are \_\_\_\_\_\_\_ to medium levels of exertion.**

**Energy is produced using glucose and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Examples of aerobic activities are \_\_\_\_\_\_\_\_\_\_\_\_\_ or jogging.**

**Waste products from aerobic respiration are \_\_\_\_\_\_\_\_\_\_ (which leaves the body as sweat) and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (which is breathed out of the body)**

**Walking Carbon Dioxide Low Oxygen Water**

Task 3 - Draw an arrow to show where the 3 sports would be on the **line of continuum**

**50% Anaerobic**

**50% Aerobic**

**100% Aerobic**

**100% Anaerobic**

**Rugby**

**Marathon**

**100m Sprint**

**Year 9 Block 5 Week 2 – Energy Systems**

When you exercise you need to supply energy for muscle contractions. This energy is provided through 2 main energy systems: **Aerobic energy system (aerobic respiration) and anaerobic energy system (anaerobic respiration**

**Task 1 – Define Anaerobic energy system**

**Fill in the blanks to complete the definition of Anaerobic Energy – using the key words below**

**The aerobic energy system is used in activities which have \_\_\_\_\_\_\_ levels of exertion.**

**Energy is produced using \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_only, oxygen is not used**

**Examples of anaerobic activities are \_\_\_\_\_\_\_\_\_\_\_\_\_ or jumping.**

**Waste products from aerobic respiration are \_\_\_\_\_\_\_\_\_\_ which can cause cramp when it builds up**

**Sprinting High Lactic Acid Glucose**

Task 2 – Complete the table by ticking in the appropriate box whether the activity is **mainly aerobic** (*low intensity*) **anaerobic** (*high intensity*) or a **mixture of both.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Aerobic** | **Anaerobic** | **Mixture** |
| Long Jump |  |  |  |
| Tour de France |  |  |  |
| Football |  |  |  |

Task 3 - Draw an arrow to show where the 3 sports would be on the **line of continuum**

**50% Anaerobic**

**50% Aerobic**

**100% Aerobic**

**100% Anaerobic**

**Football**

**Tour de France**

**Long Jump**

**Year 9 Block 5 Week 3 – Energy Systems**

When you exercise you need to supply energy for muscle contractions. This energy is provided through 2 main energy systems: **Aerobic energy system (aerobic respiration) and anaerobic energy system (anaerobic respiration)**

**Task 1 – The chemical equation for Aerobic respiration**

**Fill in the blanks to complete the chemical equation for the process of Aerobic Energy (respiration)**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Energy Carbon dioxide Glucose Water Oxygen**

Task 3 - Draw an arrow to show where the 3 sports would be on the **line of continuum**

Task 2 – Complete the table by ticking in the appropriate box whether the activity is **mainly aerobic** (*low intensity*) **anaerobic** (*high intensity*) or a **mixture of both.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Aerobic** | **Anaerobic** | **Mixture** |
| Pole Vault |  |  |  |
| Tennis |  |  |  |
| Shot Put |  |  |  |

**50% Anaerobic**

**50% Aerobic**

**100% Aerobic**

**100% Anaerobic**

**Shot Put**

**Tennis**

**Pole Vault**

**Year 9 Block 5 Week 4 – Energy Systems**

When you exercise you need to supply energy for muscle contractions. This energy is provided through 2 main energy systems: **Aerobic energy system (aerobic respiration) and anaerobic energy system (anaerobic respiration)**

**Task 1 – The chemical equation for Anaerobic respiration**

**Fill in the blanks to complete the chemical equation for the process of Anaerobic Energy (respiration)**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Energy Lactic Acid Glucose**

Task 2 – Complete the table by ticking in the appropriate box whether the activity is **mainly aerobic** (*low intensity*) **anaerobic** (*high intensity*) or a **mixture of both.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Aerobic** | **Anaerobic** | **Mixture** |
| Javelin |  |  |  |
| Trampolining |  |  |  |
| Handball |  |  |  |

Task 3 - Draw an arrow to show where the 3 sports would be on the **line of continuum**

**50% Anaerobic**

**50% Aerobic**

**100% Aerobic**

**100% Anaerobic**

**Handball**

**Trampolining**

**Javelin**