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| **Y8 Theory – Cardio respiratory system** | **Unit Navigator** |
| In this unit you will develop a knowledge and understanding of the cardiovascular and respiratory systems, the key components and functions of the systems. **LG1**: Knowledge**LG2**: Application**LG3**: Skills |
| Assessment Grades |  |
| **Lesson Title.** | **Learning Goals/Outcomes/Content** |  |  |  |
| **1. The heart and cardiovascular system** | LG1 - To know what is meant by the cardio respiratory systemLG1 - To know the components of the heartLG2 – To apply the knowledge of the CV system to give examples of its functions |  |  |  |
| 2.  **Blood vessels and the pathway of blood** | LG1 - To know the names of the major blood vessels in the cardio vascular systemLG2 - To apply an understanding of the CV system to explain the pathway of blood through the body |  |  |  |
| **3. Respiratory system and gas exchange** | LG1 - To know the structures of the respiratory system and their functions.LG1 - To know how gases are exchanged during breathing. |  |  |  |
| 4.  **Mechanics of breathing and lung volumes** | LG1 - To know the different measurements of lung volume LG2 - To apply a knowledge of mechanics of breathing to be able explain the process |  |  |  |
|  **5. Test Completion** | LG3 – To demonstrate a knowledge of the cardiovascular and respiratory systems to complete an end of unit test. |  |  |  |

**Links:**

LG1: Basic knowledge of cardiovascular and respiratory systems, the key components and functions of the systems.

LG2: Applying the basic knowledge of the key topics to specific sporting examples helps with a greater understanding and developing higher exam answers.

LG3: Being able to demonstrate knowledge of the key topics allows for evaluation, comparison and analysis.