|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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 system  LG1 - To know the components of the heart  LG2 – 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 system  LG2 - 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.