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| **GCSE PE Unit 1.2 Cardio Respiratory System** | **Unit Navigator** |
| In this unit you will investigate the cardio-respiratory system. The aims are as follows:**LG1**: Knowledge**LG2**: Application**LG3**: Skills | Assessment Grades |  |  |
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| **Lesson Title.** | **Learning Goals/Outcomes/Content** |  |  |  |
| 1.  **Intro to Cardiovascular system** | LG1 - To know the functions of the heartLG1 - To know the names of the chambers of the heart |  |  |  |
| 2.  **Blood Vessels** | LG1 - To know the differences between veins, arteries and capillariesLG2 - To be able to apply the ‘rules’ of blood vessels to name the 4 major blood vessels in and out of the heart |  |  |  |
| **3.**  **Pathway of blood through the body** | LG1 – To know the pathway of blood through the bodyLG2 – To be able to apply the knowledge of vascular shunt to describe what happens during rest/exercise and explain why |  |  |  |
| 4.  **Measuring your CVS** | LG1 - To know the terms heart rate, stroke volume and cardiac output and the relationship between themLG2 – To apply knowledge of the CVS to be able to draw a graph, showing HR at rest, anticipatory rise and exerciseLG1 – To know the immediate and long term effects of training on the cardiovascular system |  |  |  |
|  **5.**  **Intro to Respiratory system** | LG1 - To know the components of the Respiratory SystemLG1 – To know what gaseous exchange isLG2 – To apply knowledge of gaseous exchange to explain how GE could be made more efficient |  |  |  |
|  **6.**  **Mechanics of breathing** | LG1 - To know the difference between inspiration and expirationLG1 - To know the different measurements of lung capacity and breathing.LG2 – To apply knowledge of the RS to be able to draw a spirometer trace, showing TV, IRV, ERV and RV at both rest and exerciseLG1 -To know the immediate, short and long term effects of exercise on your respiratory system |  |  |  |
|  **7.**  **Aerobic and Anaerobic exercise** | LG1 - To know the difference between aerobic and anaerobic respirationLG1 – To know the terms Lactic Acid, Oxygen Debt (EPOC) and Recovery processLG2 – To be able to apply knowledge on the recovery process by applying the relevance of different methods to different sporting activities |  |  |  |
|  **8. Test Preparation / Revision**  | LG2 – To be able to apply knowledge gained over unit to practice exam style questions |  |  |  |
|  **9. TEST COMPLETION**  | LG3 – To demonstrate understanding of topics taught in this unit to complete an end of unit test |  |  |  |
| 10.  **TEST REVIEW**  | LG3 – To skilfully evaluate the unit covered and identify areas of strength/weakness |  |  |  |

**Links:**

LG1: Basic knowledge of the respiratory system forms the basis of future topics such as components of fitness and fitness testing.

LG2: Application is a vital skill at GCSE, but also in understanding how the heart and lungs work together to create physical exertion

LG3: Revision and analysis skills are crucial for pupils to be able to identify errors and learn from mistake to ensure a stronger future grade