



Topic: Aerobic and Anaerobic Exercise

	Aerobic And Anaerobic	Progress		
Topic	Key ideas	R	A	G
	I can describe the terms aerobic exercise (in the presence of oxygen) and anaerobic exercise (in the absence of enough oxygen).			
	I can apply the use of aerobic and anaerobic exercise in practical examples of differing intensities.			
	I can explain Excess post-exercise oxygen consumption (EPOC).			

Lesson	Learning Focus	Assessment	Key Words
1	Aerobic and Anaerobic Exercise	Topic Test	Aerobic; Anaerobic; Lactic Acid; Glucose
2	Aerobic and Anaerobic Exercise	Topic Test	Aerobic; Anaerobic
3	Excess post-exercise oxygen consumption (EPOC)	Topic Test	Oxygen Debt; Lactic Acid
4	Exam Question Technique Practice	Peer and Teacher, Formative During lesson using model answers/KAI Scaffolding	Knowledge, Apply Impact
5	Topic Test	Summative	KAI