Subject: GCSE Physical Education

2 Week Independent Learning plan Week 7 & 8

**Email queries to: nbaker@waseleyhills.worcs.sch.uk**

Teacher: Mrs Dodds and Mr Boot

Year: 10 Topic/theme: Preparation for Mock Examination – Cardio Respiratory System

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| Lesson  | What you need to take from this lesson  | Resource to use or hyperlink | Suggested task  |
| 1 | **Ensure for who haven’t already, submit completed Coursework into the following emails ensure you save your document as your first and last name:**Mrs Dodds Group: edodds@waseleyhills.worcs.sch.uk Mr Boots Group: aboot@waseleyhills.worcs.sch.uk * Identify the key components of the heart
* Explain the pathway of the blood through the heart
 | **All files are located in the following area:** **Home Access+****Coursework (S drive)****Mrs Dodds and Mr Boot GCSE PE** **Covid-19 Home Schooling** **Week 7 and 8**<https://www.bbc.co.uk/bitesize/guides/z8fhycw/revision/1> | Use books/ prior knowledge/internet to help support the task sheet Draw a diagram of the heart and label the following: right and ventricles/right and left atrium/aorta/pulmonary vein/vena cava. Colour the diagram in for blue deoxygenated and red oxygenated. Describe the pathway of the blood through the heart in a beat.  |
| 2 | * Explain the functions of arteries, capillaries and veins
 | <https://www.bbc.co.uk/bitesize/guides/zvjkbdm/revision/1> | Draw a table and place Arteries, Capillaries and Veins as headings. For each one draw a picture as to the vessel size and explain the functions of each one.   |
| 3 | * Describe systole and diastole in cardia cycle
 | <https://www.bbc.co.uk/bitesize/guides/z8fhycw/revision/2> | Within the cardiac cycle of the heart (each time the heart beats), describe the term Systole and Diastole, what are they? What do they mean? How are they linked to blood pressure? What should our blood pressure be?  |
| 4 | * Explain the term ‘aerobic’ exercise
 | <https://www.bbc.co.uk/bitesize/guides/z2c34j6/revision/1> | Use books/ prior knowledge/internet to help support the task sheetDraw a poster defining the term aerobic exercise, include sports examples, percentage of maximum heart rate.  |
| 5 | * Explain the term ‘anaerobic’ exercise.
 | <https://www.bbc.co.uk/bitesize/guides/z2c34j6/revision/1> | Use books/ prior knowledge/internet to help support the task sheetDraw a poster defining the term anaerobic exercise, include sports examples, percentage of maximum heart rate.  |

Don’t forget you can access the school drives and resources form the school website: <https://www.waseleyhills.worcs.sch.uk/>