

Prior Learning:		<i>This unit links to 7A – The seven life processes; 7A – Cell structure; 7A – Specialised cells; 7E-Diffusion.</i>			
Lesson Number	Title	Lesson Objectives	Content	Key words	Assessment/Homework
1	Aerobic Respiration	What is Aerobic respiration?	<ul style="list-style-type: none"> Recall the 7 processes of life Describe what respiration is and where it happens inside a cell Recall the word equation for Aerobic respiration Describe what energy is used for 	<ul style="list-style-type: none"> Mitochondria Aerobic Energy Glucose Movement Growth 	
2	The Respiratory system	What is the job of the lungs?	<ul style="list-style-type: none"> Describe what happens during ventilation Describe the structure of the Respiratory system 	<ul style="list-style-type: none"> Breathing Ventilation Trachea Bronchi Bronchioles Alveoli Ribs Diaphragm 	
3	Gaseous exchange	What happens in the Alveoli?	<ul style="list-style-type: none"> Describe the process of gas exchange in the alveoli Explain how the alveoli are adapted for their function. 	<ul style="list-style-type: none"> Air sacs Alveoli Diffusion 	
4	Getting oxygen	How does oxygen get from the lungs to the rest of the body?	<ul style="list-style-type: none"> Describe what the Circulatory system is Describe the function of blood and what it contains Explain how red blood cells are adapted for their function 	<ul style="list-style-type: none"> Heart Red blood cells White blood cells Plasma Glucose Blood vessels Surface area 	

5	Blood vessels	What do blood vessels do?	<ul style="list-style-type: none"> Describe the function of the 3 different blood vessels Describe how capillaries are adapted for their function 	<ul style="list-style-type: none"> Arteries Veins Capillaries Permeable Diffusion 	20-mark multiple choice quiz
6	Comparing gas exchange	How do different organisms exchange gas?	<ul style="list-style-type: none"> Describe how gas exchange occurs in different animals (Amoeba and Fish) 	<ul style="list-style-type: none"> Open/Closed circulatory Unicellular Gills Diffusion 	
7	Anaerobic respiration	What is Anaerobic respiration?	<ul style="list-style-type: none"> Describe what happens in anaerobic respiration Recall the word equation for anaerobic respiration Compare aerobic respiration to anaerobic respiration Describe the effects of anaerobic respiration during and after vigorous exercise 	<ul style="list-style-type: none"> Lactic acid Fatigue Stitch 	
8 Required practical	Required practical: Measuring fitness	What happens to my pulse rate when I exercise?	Skills focus: <ul style="list-style-type: none"> Plan an experiment including variables and method Draw a graph including line of best fit Make conclusions from a graph Evaluate investigation 	<ul style="list-style-type: none"> Variables Accurate Valid Pulse rate Muscle fatigue 	Teacher Assessment
Revision and Test					
Where we will use these ideas again		<ul style="list-style-type: none"> Year 9 (GCSE) – B1B Respiration Year 10 (GCSE) – B3 Circulatory system, B3 Respiratory system, B4 Fitness 			