

Physical Education Year 10 AQA Cycle 3: The structure and functions of the respiratory system students will develop their knowledge and understanding of the function and structure of the respiratory system through the following content.		Name:	Target Grade
		Grade currently working at:	
Learners will be expected to know and understand:		8-9 – I can analyse and evaluate the functions of the respiratory system applied to performance in physical activities. I can analyse and evaluate the structures of the respiratory system and their role in movement of oxygen and carbon dioxide into and out of the body. I can analyse and evaluate the function and importance of the alveoli to enable gas exchange. I can analyse and evaluate change in tidal volume and vital capacity during physical activity. I can analyse and evaluate how the cardiovascular and respiratory systems work together to allow participation in physical activity.	
1.2.6 Composition of inhaled and exhaled air and the impact of physical activity and sport on this composition <input type="checkbox"/> The percentages of oxygen and carbon dioxide in inhaled and exhaled air and reasons for the changes in these percentages		6-7 I can apply and explain the functions of the respiratory system applied to performance in physical activities. I can apply and explain the structures of the respiratory system and their role in movement of oxygen and carbon dioxide into and out of the body. I can apply and explain the function and importance of the alveoli to enable gas exchange. I can apply and explain the change in tidal volume and viatal capacity during physical activity. I can apply and explain how the cardiovascular and respiratory systems work together to allow participation in physical activity.	
1.2.7 Vital capacity and tidal volume <input type="checkbox"/> Change in tidal volume due to physical activity and sport, and the reasons that make the change in tidal volume necessary		4-5 I can demonstrate knowledge of the functions of the respiratory system. I can demonstrate knowledge of the structure of the respiratory system. I can demonstrate knowledge of the structure of alveoli. I can demonstrate knowledge of vital capacity and tidal volume. I can demonstrate knowledge of how the cardiovascular and respiratory systems.	
1.2.8 Location of main components of respiratory system <input type="checkbox"/> The respiratory system (lungs, bronchi, bronchioles, alveoli, diaphragm) and their role in movement of oxygen and carbon dioxide into and out of the body			
1.2.9 Structure of alveoli <input type="checkbox"/> The Structure of alveoli to enable gas exchange and the process of gas exchange to meet the demands of varying intensities of exercise (aerobic and anaerobic)			
1.2.10 How the cardiovascular and respiratory systems work together to allow participation in physical activity and sport <input type="checkbox"/> Your body at work and at rest and impact of exercise			
Key Words: Inspiration; expiration; respiration; diagram; trachea; bronchus; bronchioles; alveoli; haemoglobin; gaseous exchange; oxygen dept; anaerobic exercise; VO2 max.	Numeracy : N/A	Careers: Registered Respiratory Therapist, Respiratory Physiologists, physician assistants, nurse practitioners, registered nurse	
End Cycle Assessment Student will complete an end of cycle exam on the respiratory system.		Exam Technique RDPA -Read, Decode, Plan, Answer PEE - Point-explanation-Evidence	
What Went Well (WWW):		Even Better If (EBI):	
Teacher's Comment:			