

## Energy Systems- Transition work

Whenever we take part in exercise or just doing daily tasks, we use energy. Energy is provided by different means and this depends on the intensity and duration of the activity.

In today's lesson you will be finding out about the different energy systems the body uses.

### Task 1

- Watch the videos below on Anaerobic and Aerobic energy systems
- Anaerobic energy systems  
<https://www.youtube.com/watch?v=uCmNQQWlrc0&list=PL2H-dSxtUaJnn4PbFnYczGEDxNJ4v5PHM&index=2>
- Aerobic Energy system  
<https://www.youtube.com/watch?v=PQMJSme780&index=1&list=PL2H-dSxtUaJnn4PbFnYczGEDxNJ4v5PHM>

### Task 2

- Using the information from the videos and also the additional energy systems information sheet (this was attached on class charts), complete the table below.
- Watch the You tube clips in the second table and fill in the details

Energy system	Energy comes from where?	Brief details about the energy system	Sport that would use this energy system
ATP-PC (Alactic)			
Lactic Acid			
Aerobic Energy Sytem			

<u>You tube clip</u>	<u>Sport</u>	<u>Energy system used</u>	<u>Explanation</u>
<a href="#">Thai weightlifter sets Olympic Record in Women's 58kg Weightlifting</a>			
<a href="#">USA wins a second gold in Women's Water Polo</a>			

<a href="#">Eliud Kipchoge wins Men's Marathon gold</a>			
<a href="#">Usain Bolt Vs Justin Gatlin Rio 2016</a>			

**Task 3....Question.....**

As part of his charity, Mo Farah has challenged the world 100m champion, Usain Bolt to race over a distance that would not suit either runner. Mo Farah is the current Olympic champion over 5000 and 10,000m, whilst Usain Bolt is the Olympic champion over 100 and 200m. Farah has suggested that they race between 600-800m.

- Do you agree with this distance? Explain. Select an optimum distance that would be fair to both athletes.
- Why do you think that one athlete is better suited to one distance than another distance?

**Task 4**

Summer work....

On class charts you will find a word document attached. This has a **6 mark question** on joints and joint movement. The question has a mark grid and also a structure frame. You need to use the structure frame to write your answer. Once you have completed this you need to upload the question to class charts and I will mark it.

Many thanks and see you soon!