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| **3. ANAEROBIC ENERGY SYSTEMS** |
| **OBJECTIVES:**  To know how the body demands energy and how it produces it.  Identify the differences between the two anaerobic systems (lactate and alactic). |
| **RESOURCES:**  **Video 4**: [Energy Systems](https://www.youtube.com/watch?v=dWe8vtztW-4)  **Activity 3:** [Aerobic and anaerobic activities](https://www.liveworksheets.com/td3092718ek) |
| **MAIN PART:**  We will start explaining the relationship between the type of energy we use, with the time we are doing an activity and from where the energy to move a muscle comes.  Then we will see the video 4 (Energy Systems) and differentiate when an activity is alactic or lactic depending on its length and intensity. How the lactic acid produces itself and how that affects the body. As well as if oxygen is enough to move the body according to the activity.  Exercise: In couples, the students will have to make a chart and write down 10 lactate activities, sports or situations and 10 alactic. After that the students will share the rest of the class and among all, will make a big chart with all the ideas.  **Activity 3:** Students must complete the form individually. |
| **BONUS ACTIVITY:**  In PE class the activity is to experience in each student when its body can run using only oxigen without fatigue appears and write down the number of meters the student can run to know its lactic/alactic umbral. |