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| **4. AEROBIC ENERGY SYSTEM** |
| **OBJECTIVES:**  To know how the body demands energy and how it produces it in long and lasting efforts.  Identify the differences between the two anaerobic systems and the aerobic system.  Apply the aerobic system in a stamina activity. |
| **RESOURCES:**  **Video 4**: [Energy Systems](https://www.youtube.com/watch?v=dWe8vtztW-4)  **Activity 4**: [Ejercicios aeróbicos y anaeróbicos](https://es.liveworksheets.com/eq1919513kc)  App: [Strava](https://www.strava.com/) |
| **MAIN PART:**  We will start explaining how the aerobic system works and why it needs fat and carbohydrates when the activity has low intensity and long extension.  In groups of three the students are going to discuss three benefits of the aerobic system activities: reduce fat, improve the cardiovascular system and decrease the blood pressure and have to think over why it happens.  **Activity 4:** Students must complete the form individually  Exercise: In PE class we will experience a class of aerobic games such as: touch knees, the clock (a person turning a rope and the rest jumping over it), the four corners, the train (in rows the last have to catch the first), the chain, monkey tail, Kangaroo race, back against back, and more....and discuss why they think we are using fat and carbohydrates. |
| **BONUS ACTIVITY:**  Optional: (Download the APP Strava. Using the APP the student will have to register an activity) then explain to the rest of the classmates why it is aerobic and name all its features. |