

Anaerobic and aerobic exercise

“Establish Order”



UNTAMED
EDUCATION

“Establish Order”

Task Instructions

1. Print and cut out enough card stacks for the group size of your choice.
2. Students must try to put the cards into the correct order for the biological chemical process or reaction.
3. You can choose to give the students clues if they are finding one difficult.

Variations/Extensions

1. To increase the difficulty print the sets of cards and put them all together. Tell the students how many processes they have to make.
2. Print each set on a different coloured paper or separate into three different stacks to make it easier.

The Learning

1. Allowing the students to order the information themselves instead of learning passively gives a deeper learning experience.
2. We are genetically predisposed to want to solve puzzles.
3. Students review the information repeatedly throughout the task.

“Aerobic Respiration”

GLUCOSE

OXYGEN



+

CARBON DIOXIDE

WATER

+

ENERGY

+

“Anaerobic Respiration”

GLUCOSE

ENERGY



+

LACTIC ACID

“Journey of Glucose”

Carbohydrates consumed
in bread/rice/pasta

Stored in muscle and
liver as glycogen until
needed

Carbohydrates break down
to glucose

Enzymes break down the
carbohydrate

Glucose passes through
the digestive wall into the
blood