

Anaerobic and aerobic exercise

“Label Me”



UNTAMED
EDUCATION



“Label Me”

Task Instructions

1. Give each student an unlabeled diagram or make it bigger and give it to small groups.
2. Students complete the graph using the labels.

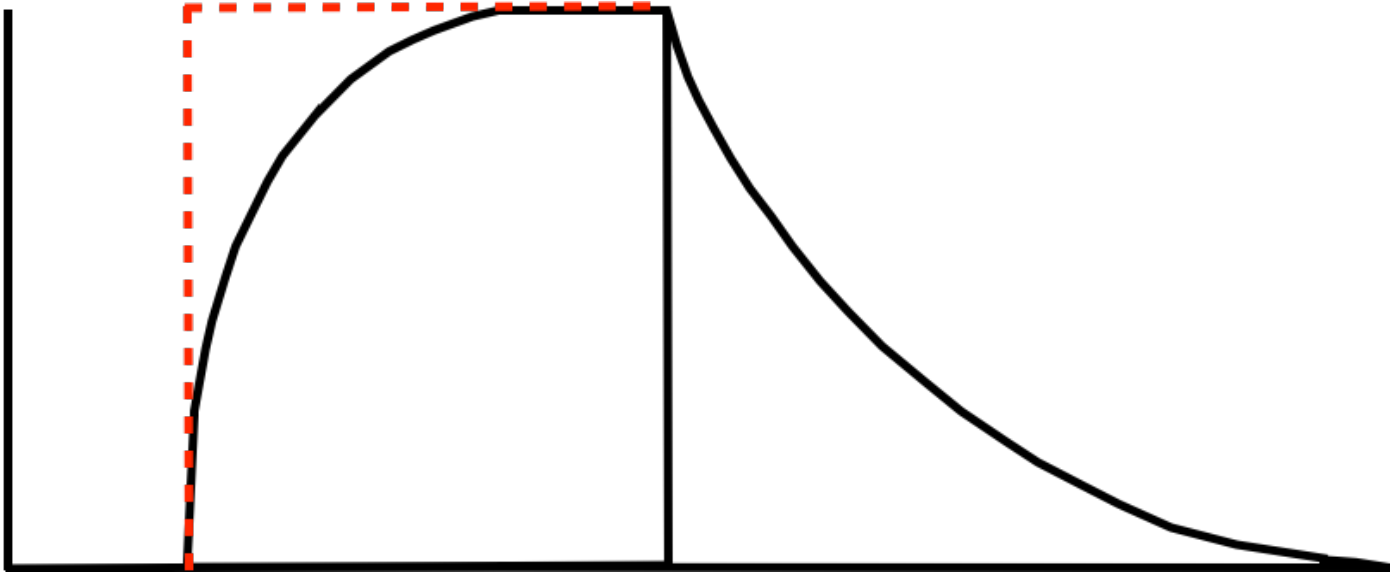
Variations/Extensions

1. Ask students to cut the answer sheet into 10-14 jigsaw puzzle pieces. They then give their pieces to another student to put back together.
2. If students complete it quickly ask them to write a paragraph that describes oxygen consumption during and post exercise. It must include all the words in the labels.

The Learning

1. This is a good starter or plenary activity that assists in checking students learning.
2. Recall is a low order thinking skill but some exam questions require low order thinking skills.

“Label Me”



- Oxygen consumed
- A graph to show the oxygen consumed during exercise and during recovery.
- O_2 deficit
- Time
- O_2 consumed
- O_2 debt



“Label Me”

Answer

