



I Can Statement - Year 8

MB&R

Unit/Topic Overview	Pre-taught Vocabulary	
This topic looks at Breathing, respiration, and movement which are three interconnected processes that keep your body alive and active. Breathing is the physical act of inhaling oxygen into your lungs and exhaling carbon dioxide waste. Once inside, that oxygen is transported by your blood to every cell for cellular respiration—a vital chemical reaction that breaks down glucose to release energy. Finally, your body uses this released energy to power movement. By contracting and relaxing muscles attached to your skeletal system, your body can bend joints and move around, proving that every step you take relies on the air you breathe and the chemistry happening inside your cells.	Respiration	alveoli
	Inhalation	Diffusion
	Aerobic	Gas exchange
	Anaerobic	Lactic acid
	Diaphragm	Antagonistic pair

RAG Rating:		Start	End
1.	I can identify the primary bones in the skeleton		
2.	I am familiar with the different joints and understand the difference between ligaments and tendons		
3.	I can draw a pair of antagonistic muscles and explain how they operate		
4.	I can describe the circulatory system and explain how each part is adapted to its role		
5.	I can describe how gas exchange works, and understands the mechanism of breathing including pressure and volume		
6.	I can describe how and why our breathing is affected by exercise		
7.	I know the equation for aerobic respiration, I know where respiration occurs and why.		
8.	I know the equation for anaerobic respiration. I can identify the differences between aerobic and anaerobic respiration. I can explain oxygen debt and recovery.		
9.	I know how the various body systems operate together during exercise		
10.	I understand symptoms, cause and treatment of heart attack and cardiac arrest, and general diseases of lungs eg asthma, emphysema, and effects of smoking		