



Personal Fitness Virtual Learning

7/8 Aerobic vs Anaerobic

May 4, 2020



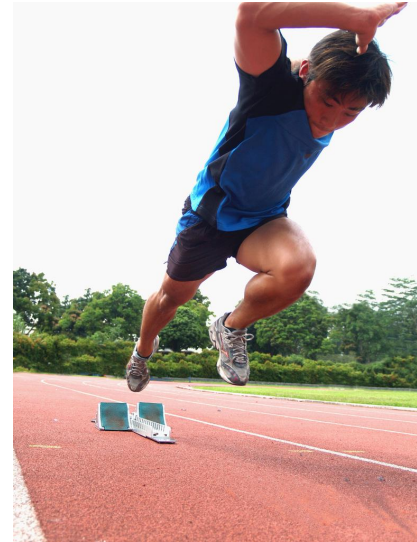
7/8 Grade Personal Fitness & Wellness

Lesson: [May 4th, 2020]

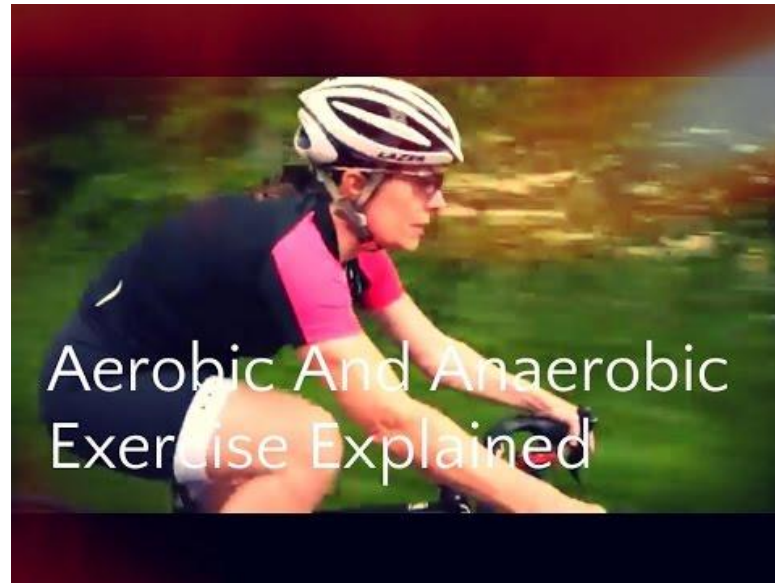
Learning Target:

Difference between aerobic and anaerobic capacity, and between muscular strength and endurance (S3 M10)

Daily Essential Question/Objective: I can describe the difference between aerobic and anaerobic activities.



Watch the video to understand the difference. A quick write is on the next slide.



Warm up:

Quick Write: From the video you just watched, what does aerobic and anaerobic mean? List examples if you can for both.



Take AVID notes over the following.

- Aerobic- (known as cardio or with oxygen) any activity that you can sustain for more than just a few minutes while your heart, lungs, and muscles work overtime. During cardiovascular conditioning, your breathing and heart rate increase for a sustained period of time. During aerobic exercise, you breathe faster and deeper than when your heart rate is at rest. Your heart rate goes up, increasing blood flow to the muscles and back to the lungs.
- Aerobic exercise can offer numerous benefits such as can help you lose weight. May help lower and control blood pressure, may increase your stamina and reduce fatigue during exercise, activates immune systems, making you less likely to get colds or the flu, strengthens your heart, and boosts mood.
- If you're new to aerobic exercise, it's important to start slowly and work up gradually to reduce your risk of an injury. For example, start by walking 5 minutes at a time and add 5 minutes each time until you're up to a 30-minute brisk walk.

Take AVID notes over the following.

- Anaerobic exercise is a physical exercise intense enough to cause lactate to form. It is used by athletes in non-endurance sports to promote strength, speed and power and by bodybuilders to build muscle mass.
- Anaerobic activities involve quick bursts of energy and are performed at maximum effort for a short time. During anaerobic exercise, your body requires immediate energy. Your body relies on stored energy sources, rather than oxygen, to fuel itself.
- Anaerobic exercise can be beneficial if you're looking to build muscle or lose weight. It can also be beneficial if you've been exercising for a long time, and are looking to push through an exercise plateau and meet a new goal. It may also help you maintain muscle mass as you age.
- Some benefits include: strengthens bones, burns fat, builds muscle, and increases stamina for daily activities like hiking, dancing, or playing with kids. Anaerobic exercise can be hard on your body.
- For workouts like HIIT and weight training, a fitness professional can also demonstrate the correct exercise techniques. Performing the exercises with proper technique is important for preventing an injury.

Review notes

Now, you will reread through your notes.

- Highlight any words or phrases. Must highlight at least 5 times between aerobic and anaerobic notes.
- Call a friend, text, or facetime a friend who did the same assignment and circle any words or phrases that you and your friend highlighted.
- Write a summary of what you learned.



- On the following slides, you will decide if the activity is aerobic or anaerobic. You will explain why. Keep your answers for the following lessons to check if you are right or wrong. There will be two more lessons to practice aerobic and anaerobic activities. So keep your answers!



Aerobic or Anaerobic? Why?

Heavy weight lifting using a one rep max



Aerobic or Anaerobic? Why?

Playing basketball for 30 minutes.



Aerobic or Anaerobic? Why?

Swimming for hours.



Aerobic or Anaerobic? Why?

Sprinting 100 yards as fast as you can.



Aerobic or Anaerobic? Why?

Dancing to the chicken dance.



Aerobic or Anaerobic? Why?

Drum Fit



All Done!!!!

