



### Year 8 Health Related Fitness: Lesson 3 – Aerobic and Anaerobic Exercise

#### **Big Question**

What are the differences between Aerobic and Anaerobic activities?

#### **Theory**

Watch the video below:

[https://www.youtube.com/watch?v=8Y\\_Fdjl2v4I](https://www.youtube.com/watch?v=8Y_Fdjl2v4I)



Aerobic means 'with air' and refers to the body producing energy with the use of Oxygen. This typically involves any exercise that lasts longer than two minutes in duration. Continuous exercises such as cycling and cross country running are performed aerobically.

Anaerobic means 'without air' and refers to the body producing energy without oxygen. Typically these activities are short in duration, such as sprinting, jumping.

#### **Activity 1: Anaerobic Activity.**

Choose an anaerobic activity to perform in a short exercise session. This could include sprinting along a short course with a walk back to the start (Interval training) or another short explosive activity such as repeated jumps (Plyometric training). A video of this is below.

<https://www.youtube.com/watch?v=dvggf9hPwtM>



#### **Activity 2: Aerobic Activity**

Now perform an aerobic style activity. This could be going for a longer run/power walk or cycle ride or doing a cardio workout in a room or the garden. See below.

<https://www.youtube.com/watch?v=OLvPxQaw5Zc>



#### **Activity 3:**

Contrast the two sessions you have done. Try to think of as many contrasting words that distinguish between the two sessions. Example might be Fast/Slow. Write as many as you can in the space below

#### **Get inspired**

Look up the types of training done by elite athletes such as Usain Bolt. An example is given in the video.

[https://www.youtube.com/watch?v=Fg\\_00lbfZ-c](https://www.youtube.com/watch?v=Fg_00lbfZ-c)



Design your own mini version of one of their training session to have a go at.