# Breathing and Respiration

Topic Checklist / Progression Check

| I know this colour green | I'm not sure colour yellow | I don't know this colour red |
|---|---|---|

| Subtopics and Learning Objectives | Start | End |
|---|---|---|
| **Aerobic Respiration** | | |
| - Recall what happens in aerobic respiration | | |
| **Gas Exchange System** | | |
| - Recall the function of the organs in the gas exchange system | | |
| - Explain how the structure of the lungs allows efficient gas exchange | | |
| **Getting Oxygen** | | |
| - Describe the effects of exercise on breathing and heartbeat rates | | |
| - Describe how substances reach respiring cells from the blood and how waste products are returned to the blood | | |
| - Describe the causes, and explain the effects of reduced oxygen supply on the body | | |
| **Comparing Gas Exchange** | | |
| - Recall how to detect aerobic respiration | | |
| - Describe how gas exchange occurs in different organisms | | |
| **Anaerobic Respiration** | | |
| - Recall what happens in anaerobic respiration | | |
| - Describe the effects of anaerobic respiration during and after hard exercise | | |

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